



Survivre (Sports Et Loisirs) (French Edition)

Xavier Maniguet

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Des pôles aux déserts, de la haute montagne aux grandes profondeurs, de la jungle aux océans vous trouverez dans SURVIVRE toutes les réponses à toutes les situations. Du stress de l'isolement à la survie en groupe, de la soif à la faim, de la chaleur au froid, de l'effort physique à la diététique du milieu, vous découvrirez toutes les explications, vous connaîtrez toutes les recettes. Amateur d'émotions fortes, n'exerçant sa profession de médecin que lorsqu'elle lui permet d'explorer la planète, Xavier Maniguet se devait d'écrire l'ouvrage de référence qui manquait sur la survie en milieu extrême et sur l'adaptation à toutes les formes d'agression. Homme tout terrain, curieux de tout, Xavier Maniguet s'est très tôt orienté vers l'aventure tous azimuts. Tropicaliste, il est aussi spécialiste de médecine aéronautique, de médecine hyperbarre (plongée professionnelle) et de médecine du sport. Également parachutiste, instructeur de voltige aérienne et de pilotage sur glaciers, moniteur de plongée, adepte de tous les sports, sa polyvalence scientifique et pratique lui permet d'aborder de façon exhaustive tous les aspects de la survie.

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