



Survival Psychology

John Leach

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Explodes the myth that the cause of death can be attributed to loss of moral fiber or lack of will to survive. Leach gives good practical advice on the psychological first aid needed to survive. -Chris Brooks, Chief Medical Officer, Canadian Air Force

In circumstances of extreme stress and deprivation, why do some survive while others perish? In this primer on the psychological aspects of human survival, John leach draws on dramatic historical and contemporary incidents of disaster to provide an engaging look at survival psychology under the harshest physical and psychological conditions. Focusing on such factors as hunger, thirst, cold, heat, crowding, isolation, fatigue, and sleep deprivation, and on their psychological consequences, Survival Psychology reveals much about the short and long term effects of disaster on the human psyche.

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