



The Survivors Club: The Secrets and Science that Could Save Your Life

By Ben Sherwood

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Which is the safest seat on an airplane? Where is the best place to have a heart attack? Why does religious observance add years to your life? How can birthdays be hazardous to your health?

THE SURVIVORS CLUB

Each second of the day, someone in America faces a crisis, whether it's a car accident, violent crime, serious illness, or financial trouble. Given the inevitability of adversity, we all wonder: Who beats the odds and who surrenders? Why do some people bound back and others give up? How can I become the kind of person who survives and thrives?

The fascinating, hopeful answers to these questions are found in **THE SURVIVORS CLUB**. In the tradition of *Freakonomics* and *The Tipping Point*, *this book* reveals the hidden side of survival by combining astonishing true stories, gripping scientific research, and the author's adventures inside the U.S. military's elite survival schools and the government's airplane crash evacuation course.

With **THE SURVIVORS CLUB**, you can also discover your own Survivor IQ through a powerful Internet-based test called the Survivor Profiler. Developed exclusively for this book, the test analyzes your personality and generates a customized report on your top survivor strengths.

There is no escaping life's inevitable struggles. But **THE SURVIVORS CLUB** can give you an edge when adversity strikes.

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Editorial Review

From Publishers Weekly

Sherwood (*The Man Who Ate the 747*), a writer for the *L.A. Times*, travels worldwide to gain insight from people who have survived a slew of near fatal phenomena ranging from a mountain lion attack to a Holocaust concentration camp, and interviewing an array of experts to understand the psychology, genetics and jumble of other little things that determines whether we live or die. Readers curious about their own survivor profile can take an Internet test, which is explained in the books later pages. Sherwoods assertion that survival is a way of perceiving the world around you is enlightening, as are some of the facts he uncovers: you have 90 seconds to leave a plane crash before the cabin temperature becomes unbearable; luck has more to do with personal perspective than chance. But Sherwoods balance of self-help, scientific theories and first-rate reporting is diminished by occasionally overwrought prose as well as the countless survivors stories, which can run together in a touchy-feely stream of faith and optimism. (*Jan.*)

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From [Booklist](#)

According to Sherwood, two questions are central to this book. What does it really take to survive a catastrophic event and what kind of survivor are you? You might be surprised at the answers. While there are tactics and strategies to surviving life tragedies, unforeseen accidents, and other catastrophes, many of these are instinctive (some, like exhibiting transitory superhuman strength, are manifested physiologically, without conscious planning). Some of us, Sherwood explains, are better survivors than others—in prisoner-of-war camps, for example, the people most likely to collapse are the eternal optimists who believe rescue is imminent and fail to come to terms with the possibility of long-term imprisonment. The book is a useful, insightful exploration of the nature of survival, the resilience of the human mind and body, and the ways in which we can all use our natural gifts to maximize our chances of coming through catastrophic situations. -- David Pitt

Review

"Experience the wisdom of people who improbably survived the abyss of death. What do they wish they had known before they survived the ordeal, and what is your Survivors IQ? You will want to know the answers that could save your life." (**Mehmet Oz, MD**)

"The book is absolutely fantastic. If you haven't read *The Survivors Club*, you have to...Ben Sherwood talked to survivors of every possible crisis situation from a woman being eaten by a lion to an economic collapse. How did they survive? You will find yourself in there and gain an awful lot of hope." (**The Glenn Beck Show, Fox News Glenn Beck**)

"Ben Sherwood has given voice to what we all wonder. Would I make it? Do I have what it takes to survive - and what does it take, by the way? The answers are all here in riveting stories, scientific research, good luck, and Ben's own travels into the world of learning of how to survive when death is this close." (**Tom Brokaw**)

" A must-read." (**The New York Times**)

"Four Stars. It's difficult to pass up a book whose prologue opens with, 'First they tell you not to panic and then they try to drown you.'...*The Survivors Club* will be particularly appealing to those who liked (Malcom

Gladwell's) *Outliers* -- and those who were awed by US Airways Capt. Chelsey Sullenberger's skill in crash-landing his bird-crippled plane in the Hudson River in a manner that enabled all on board to survive." **(Detroit Free Press)**

A rare combination of superb storytelling and practical value. If you do nothing more than read this remarkable book, that alone will improve your chances of prevailing in life's toughest challenges. **(Gavin de Becker, NYT bestselling author of The Gift of Fear)**

"A-minus. The true-life stories are satisfying...but it's the science that fascinates." **(Entertainment Weekly)**

"Editor's choice: These are days when a survival guide really comes in handy. This entertaining book is a mix of helpful hints...and tales of bearing witness to survival." **(Chicago Tribune)**

"The book that every household should have next to the *Merck Manual* and the Bible." **(Connie Martinson Talks Books)**

"This is one of those useful, lively, fun books that tells you something new and totally fascinating on every page, and I simply couldn't stop reading it. Want to live to a ripe old (happy) age? Pick up a copy of *The Survivors Club* and enjoy." **(Frontiersman (Wasilla, Alaska) The Bookworm)**

Ben Sherwood has done an absolutely amazing job of researching the science surrounding the mystery of survival. The book is a treasure trove of information, much of which I had never encountered before. I found myself captivated by the studies and scientists - and deeply moved by the stories of people surviving under the most incredible circumstances. For both my brain and heart it was a page turner. And given the practical pay-off, you probably shouldn't leave your bed without it! **(Tim Johnson, MD, ABC News Medical Editor)**

"This book will grab you from the first page and keep you riveted through the end. Sherwood has chosen a viscerally compelling topic and written it brilliantly. Oh sure, THE SURVIVORS CLUB could save your life--but what matters more to me is that it's a wonderful read, the kind that makes whatever life you're living feel that much more worthwhile." **(Martha Beck, New York Times bestselling author of Leaving the Saints and Expecting, Adam, and columnist for O, The Oprah Magazine)**

"[The] stories are gripping, to put it mildly... Sherwood gains our trust with his Boy Scout common sense: Be prepared, play to your strengths, stay unruffled, keep the faith." **(Kirkus Reviews)**

Enlightening...first-rate reporting. **(Publishers Weekly)**

The book is a useful, insightful exploration of the nature of survival, the resilience of the human mind and body, and the ways in which we can all use our natural gifts to maximize our chances of coming through catastrophic situations. **(Booklist)**

Users Review

From reader reviews:

Vincent Overly:

What do you in relation to book? It is not important together with you? Or just adding material if you want something to explain what you problem? How about your free time? Or are you busy man or woman? If you don't have spare time to try and do others business, it is make you feel bored faster. And you have free time?

What did you do? Every person has many questions above. They should answer that question due to the fact just their can do this. It said that about reserve. Book is familiar on every person. Yes, it is right. Because start from on pre-school until university need this particular The Survivors Club: The Secrets and Science that Could Save Your Life to read.

Odessa Currie:

Nowadays reading books be a little more than want or need but also turn into a life style. This reading practice give you lot of advantages. The advantages you got of course the knowledge your information inside the book in which improve your knowledge and information. The data you get based on what kind of book you read, if you want attract knowledge just go with training books but if you want truly feel happy read one along with theme for entertaining including comic or novel. Often the The Survivors Club: The Secrets and Science that Could Save Your Life is kind of publication which is giving the reader unpredictable experience.

Ellen Weiss:

A lot of people always spent their particular free time to vacation as well as go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity here is look different you can read a book. It is really fun for you personally. If you enjoy the book which you read you can spent the entire day to reading a e-book. The book The Survivors Club: The Secrets and Science that Could Save Your Life it is quite good to read. There are a lot of people who recommended this book. They were enjoying reading this book. Should you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not to cover but this book has high quality.

Michael Short:

As a university student exactly feel bored to help reading. If their teacher expected them to go to the library as well as to make summary for some book, they are complained. Just small students that has reading's soul or real their interest. They just do what the teacher want, like asked to go to the library. They go to presently there but nothing reading seriously. Any students feel that studying is not important, boring along with can't see colorful images on there. Yeah, it is to get complicated. Book is very important for you. As we know that on this period, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. Therefore , this The Survivors Club: The Secrets and Science that Could Save Your Life can make you experience more interested to read.

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