



Information Sheet

May 2012

4th book by B.C. author

Prince George—Author and outdoorsman, Mike Nash, has a new book out, just in time for summer. In *Outdoor Safety & Survival* the author uses a technique of teaching through storytelling with 120 ‘reality checks’ interspersed with necessary ‘how to’ stuff about staying safe in the outdoors. Add 80 pictures to help show why connectedness to the outdoors is a key to individual and societal wellbeing and this book is a must for any bookshelf. Drawing on a lifetime of personal experience and the lessons of others, this dynamic and up-to-date book discusses ways to prepare for and deal with any number of critical situations that can arise in the outdoors, all the while ensuring an

appreciation of our wild and natural spaces. *Outdoor Safety & Survival* is a high quality, full-colour work from award-winning Canadian publisher, *Rocky Mountain Books* that aims to be an enjoyable and informative read as much as a guidebook.

Outdoor Safety & Survival is Mike’s fourth book. His earlier works include the best-selling, *Exploring Prince George - A Guide to North Central BC Outdoors* (Rocky Mountain Books / Heritage Group, 2004 and 2007); *The Mountain Knows No Expert: George Evanoff, Outdoorsman and Contemporary Hero* (Natural Heritage Books / Dundurn, 2009); and *Outdoor Safety and Survival in British Columbia's Backcountry* (self-published in 2007).

For more information, contact:

Neil Wedin - Media & Marketing Coordinator, Rocky Mountain Books, Victoria, B.C.

Tel: (250) 370 9964; Email: neil@rmbooks.com

Web: http://www.rmbooks.com/book_details.php?isbn_upc=9781927330012

Ordering Information:

Heritage Group Distribution

T 604.881.7067 / 1.800.665.3302

F 604.881.7068 / 1.800.566.3336

orders@hgdistribution.com

http://www.rmbooks.com/wholesale_info.php

Or, contact:

Mike Nash, Prince George, B.C.

Tel: (250) 962-2453; Email: pgoutdoors@telus.net

Web: <http://www3.telus.net/pgoutdoors>

