



My Outdoor Life

Ray Mears

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My Outdoor Life Ray Mears

Ray Mears is a household name through his television series *Tracks*, *World of Survival*, *Bushcraft Survival*, *The Real Heroes of Telemark*, and many more.

He is a private individual who shuns publicity whenever possible and would prefer to let his many skills tell their own tale - until now.

In *My Outdoor Life*, Ray tells of his childhood and the formative years when he first developed a passion for both bushcraft and the martial arts skills that are central to his life. Having travelled the world several times over, he is no stranger to risk and has had more than his fair share of dangerous and life-threatening encounters to share with his listeners. But his life is so much more than a tale of derring-do. Shortly after he returned to England having narrowly survived a serious helicopter crash, his father died. Just a year later, he had to face the death of his first wife, Rachel. The book conveys the many sides of Ray Mears, taking us up to the present day - including the previously untold story of his involvement in the man-hunt for murderer Raoul Moat. *My Outdoor Life* gives us all a chance to share a life story as rich and as inspirational as a walk in woods with the man himself, Ray Mears.

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