



# How to Avoid Being Killed in a War Zone: The Essential Survival Guide for Dangerous Places

*Rosie Garthwaite*

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Whether you're a war correspondent or an aid worker, a tourist worried about an increasingly hostile world or an armchair traveler concerned that your own backyard is fast becoming a war zone, *How to Avoid Being Killed in a War Zone* will help you survive some of the world's most volatile environments.

Well-traveled journalist Rosie Garthwaite offers practical advice drawn from her own personal experience and that of others, including many seasoned colleagues, who have worked in some of the world's most hostile regions. Topics covered include everything from avoiding land mines and hostage situations to amputating a limb and foraging for safe food. The book is a true survival manual (all medical advice has been vetted by doctors from Doctors Without Borders), but it is also a transporting read, filled with vicarious thrills and written with brio and humor by a woman who has seen it all. Perfect for those planning short trips or extended stays in dangerous destinations, or-much like the popular Worst-Case Scenario handbooks-for readers who simply prefer to be thoroughly prepared, wherever life may take them.

Rosie Garthwaite began her journalistic career as a freelance reporter in Basra, Iraq, just after graduating from college, and learned about survival in dangerous regions firsthand. She wrote this book to answer some of the questions her colleagues seemed to face daily in the field. Garthwaite works as a television journalist in the Middle East and is based in Doha, Qatar. This is her first book.

## How to Avoid Being Killed in a War Zone: The Essential Survival Guide for Dangerous Places Details

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# **From Reader Review How to Avoid Being Killed in a War Zone: The Essential Survival Guide for Dangerous Places for online ebook**

## **Eric Stone says**

Interesting and potentially very useful if you like to travel to dicey places. I was a journalist for many years, though thankfully I never covered any wars - there was that time when I was trapped in a no mans land between a bunch of armed Stalinists and another bunch of armed right wingers in Lisbon during the revolution, but nothing came of it - but from my friends who have covered wars I've heard enough stories to get the impression that this book is on the money about a lot of subjects. It is also an entertaining read.

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## **Sian O'hara says**

Unsurprisingly this comes in handy while in a war zone as it contains a good deal of information and reminders of first aid principles when you can't expect an ambulance come fetch you or someone with you. Also contains a lot of common sense which, in some chapters, contributes to a lengthy read.

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## **Sheriene says**

I have to admit that one of my guilty pleasures is in reading survival guides. This one is written by a journalist about her times and lessons learnt, in war zones.

It makes for an interesting read and gives you some insight into the difficulties, dangers and problems that are encountered.

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## **Dana says**

I didn't find this book necessarily useful, the tips and advice were fairly common sense and there was nothing really new compared to other survival/travel books...but...the true accounts captivated me. Hearing the stories of the "people behind the stories" and reading about life in a war zone while trying to maintain some neutrality was a refreshing change. I think the author had great material to work with and maybe if she diverted away from making this a survival book it would have been gold!

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## **Hannah says**

I very much enjoyed the content of this book, and the author's dry witty way of giving advice. There was a lot of very useful information in the book, and I would definitely read through the book again before heading into a war or disaster zone. Though advice can't save you from the unpredictable nature of what happens in those regions, this book feels like it would give you a strong advantage.

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### **Betsy says**

This is a how-to book for journalists and anyone else heading into a war zone. How to prepare before you get there, how to run your team, how to cope with guns, riots, and weather, how to spot a fake checkpoint, how to survive if you're stranded in a jungle or desert; also, how to realize that it's time to go home and how to deal with the mental repercussions of the job.

The author draws on her own experience of years of reporting from the Middle East, her training as a former British Army officer, and interviews with many experienced correspondents. The stories they tell of things that went well, or went very badly, are fascinating.

The third audience for the book, besides those going to war zones and those interested in behind-the-scenes anecdotes, is people interested in preparedness. The chapters on first aid and emergency medicine and on how to survive if stranded in the woods or during extreme weather are fairly comprehensive.

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### **Danielle Bevins-Sundvall says**

The guide book for people who want to work in dangerous places. Rosie Garthwaite draws on her military and journalistic experience to provide a solid, common sense set of guidelines. While the subject matter is broad, there are a number of tips I've heard about from former foreign correspondents that are glossed over here, but it's a good introduction for those who might be travelling to a conflict zone, and an entertaining read for the rest of us.

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### **Abdulrahman says**

Although it has some useful safety tips. In general the book is a disappointment as I thought it would reflect the author experience as a field reporter

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### **Frank Kelly says**

Informative, funny and a bit scary. A great read before hitting the road to anywhere. Garthwaite is a former Al-Jazeera reporter who has traversed through some of the more bullet-ridden, disease infested regions of the world and her insights are marvelous and cunning.

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### **Stefani says**

Entertaining look at sudden dispatches to unknown places where stepping on a land mine is easier than locating a tampon. Not necessarily something I'd read if I was, in fact, being sent to one of these far-flung locations—as other reviewers have mentioned a lot of the tips are fairly common sense, but needless to say I

still learned something (can keep a spurting wound closed now if need be). I definitely enjoyed some of the true life stories from veteran journalists that were scattered sporadically throughout the book and felt like giving each of their books a separate read would be interesting.

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### **Natalie says**

I don't know, if Rosie Garthwaite meant it that way, but some of her statements are so painstakingly bone dry, that they become hilarious reads.

I love that, because it reminds me of the sense of humor, I had as a senior firefighter sometimes, that alienates those who have not seen what I have seen. But with my colleagues/brothers at the hose, it was like a ping-pong match... Surprisingly we do recognize each other all over the world with that kind of humor... Also other Brothers in Arms... Not sure this makes any sense to whomever... But Rosie maybe?!

Don't get me wrong, this book can and will be very useful for many, and should be used with (GMV = gesundem Menschenverstand) common sense/horse-sense.

I will cherish this book for the rest of my life! Thank you!

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### **Roxanne says**

I am sure nobody is surprised that I read this. What was surprising/mildly sad for me was how little of this was new information. It would make a good first-time manual for conflict zone workers and a good gift for your loved one dispatching to do aid and development work in X country.

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### **Roberta says**

A dense little book, this one is. Ms Garthwaite tells us how to survive in an hostile environment, surrounded by hostile people, with next to nothing... well... stuff. We learn how to hunt or gather food, how to build a shelter, how to provide basic medical care, how to exercise and stay fit even when we're chained to the floor by our kidnappers.

It is a little odd to read about all of this on my Kindle, while commuting to work or sweating out the last cooking on the elliptical machine, in a very western gym. Still, it's a very interesting and smart book

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### **Jaro Van says**

How to Avoid being Killed in a War Zone is a non fiction novel written by well-travelled journalist Rosie Garthwaite. I believe that Rosie Garthwaite's first novel is packed with life saving advice for everyone, even if you aren't in a war zone this is still very entertaining and interesting to read. Furthermore, Rosie Garthwaite is successfully able to display what it is like to live and operate in a war zone and as the author of The Junior Officers, Patrick Hennessey says, "Read this book. Keep it in your backpack - it could save your life." This novel features several main ideas such as preparations, getting around a dangerous place,

resources in a war zone, minimizing potential threats, staying mentally fit, surviving extremes and emergency procedures. This non fiction novel has a very informal tone. There is a lot of listing and illustrations to go with the text to elaborate instructions or an other aspect of the book. This book is set in current times. It isn't a history book of how to survive in an ancient war zone, its about surviving in a current war zone. Even though most of these stories and tips are based on the middle east, they can also be used in other parts of the world. Overall, Rosie Garthwaite's first novel is packed with life saving advice for everyone, even if you aren't in a war zone this is still very entertaining and interesting to read. This novel is definitely worth your time if your planning on going anywhere dangerous or if you want to be informed on the subject.

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### **Mary Robinson says**

Angela thought this would be a handy resource for me and indeed it is. Journalist Rosie Garthwaite gives practical advice from her personal experience in this amazing survival guide that could apply to a lot of disaster situations. The survival tips also do a fascinating job of painting the picture of how people must live when war is a daily part of life. Very sad, very horrifying.

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