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To My Sons: lessons for the wild adventure called life – Bear Grylls illustrated by Charlie Mackesy

Publisher: Lion Hudson distributed by New Holland

RRP \$12.99

This collection of pithy comments and common sense will appeal to boys, young and old. The overall theme is one of encouragement to 'get out there and make the most of your life'. Bear Grylls is well-known for his outdoor exploits on the *Man Vs Wild* and *Born Survivor* TV series. He has an adventurous, give-it-a-go attitude that has earned him respect.

The practical advice he offers to readers is short and succinct. He's obviously a man who doesn't waste time - nor does he waste words.

"When you're right, shut up, and when you're wrong, admit it."

"Enjoy the silence."

"You have two ears and one mouth - use them in proportion: Listen twice as much as you speak!"

Also included are a number of scripture verses that reflect Grylls's spiritual values.

"Remember the verse, 'I can do all things through Christ who strengthens me.'" (Philippians 4:13 NKJV).

Humorous sketches complement the verses and lighten any serious tone. The illustrator has written in quirky comments of his own to emphasise the message.

There's a life-time of learning shared in this compact, hardback book. A valuable gift.

Reviewed by children's book author Jean Bennett

Author's website:

www.beargrylls.com

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