



# Mud, Sweat, and Tears: The Autobiography

*Bear Grylls*

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## **Mud, Sweat, and Tears: The Autobiography** Bear Grylls

“Bear Grylls is a veritable superhero....The former UK Special Forces paratrooper has braved the world’s harshest environments.”

—Hampton Sides, *Outside Magazine*

“Bear Grylls is one tough, crazy dude.”

—*Washington Post*

Already a #1 *London Sunday Times* Bestseller, *Mud, Sweat, and Tears* is the adrenaline-fueled autobiography of the mega-popular star of the hit survival series *Man Vs. Wild*, adventurer Bear Grylls. A former British Special Forces commando, a man who has always sought the ultimate in dangerous challenges, Bear’s true story reads like an outdoors action and adventure novel. But Bear’s story is true—full of breathtaking escapes and remarkable exploits that would make any Jack London or H. Ryder Haggard hero proud.

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