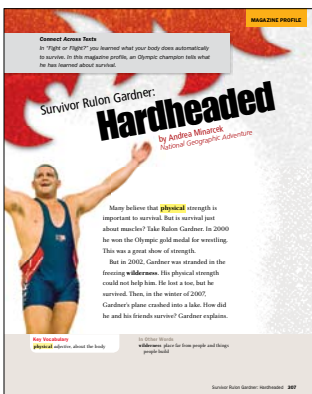


## Fight or Flight? What Your Body Knows About Survival

**Genre:** Article

This informative article describes the fight or flight system in our bodies that has been around since the cavemen walked the earth. Readers learn how the body responds physically to stress.



## Survivor Rulon Gardner: Hardheaded

**Genre:** Magazine Profile

Rulon Gardner is a gold-medal winning Olympic wrestler. In the winter of 2007, he was in a plane crash in the freezing wilderness of Utah. Gardner tells how he was able to survive.