



THE DOCTOR'S PROTOCOL FIELD MANUAL

Do you know what emergency kills more Americans every year than all other disasters combined?

**It's not hurricanes or tornados...
It's not earthquakes or floods...
It's not mass shootings or terrorism...**

It's fire. But you won't hear life-saving information about surviving fires on TV. Nor will flight attendants tell you how long you have to don your oxygen mask during their preflight monologues. (It's a lot less time than you think.) And unless you're in the military or police, you'll never learn the simple technique that keeps you calm and focused on survival during any emergency. (It takes 30 seconds.)

You won't hear about the real threats to your wellbeing – and the easy ways to guard against them – because most people let irrational fears rule their decision-making. An entire industry has emerged to prey on these fears. It uses the most terrifying examples to encourage dread. Then, it offers to sell the terrified any number of extreme (and expensive) solutions... from cure-all elixirs to Cold War bomb shelters.

Dr. David Eifrig Jr., MD, MBA has witnessed this unfortunate trend. As a medical doctor and former Goldman Sachs trader, his professional rigor and Hippocratic oath have kept him grounded on facts and sound analysis. He's used these to construct a scientific protocol for surviving just about any crisis that may befall you.

In this field manual, you'll learn surprisingly simple strategies and tactics for survival. Implement them and you'll be poised to endure – even prosper – in the midst of any crisis. From psychoanalysis to self-defense, medical issues to personal finance, Dr. Eifrig moves the reader beyond hype and fear... to real, actionable steps for survival... and prosperity.

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The Doctor S Protocol Field Guide

Ensheng Dong



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