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Alone in Antarctica: The First Woman To Ski Solo Across The Southern Ice

Felicity Aston

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In the whirling noise of our advancing technological age, we are seemingly never alone, never out-of-touch with the barrage of electronic data and information.

Felicity Aston, physicist and meteorologist, took two months off from all human contact as she became the first woman -- and only the third person in history – to ski across the entire continent of Antarctica alone. She did it, too, with the simple apparatus of cross-country, without the aids used by her prededecessors – two Norwegian men – each of whom employed either parasails or kites.

Aston’s journey across the ice at the bottom of the world asked of her the extremes in terms of mental and physical bravery, as she faced the risks of unseen cracks buried in the snow so large they might engulf her and hypothermia due to brutalizing weather. She had to deal, too, with her emotional vulnerability in face of the constant bombardment of hallucinations brought on by the vast sea of whiteness, the lack of stimulation to her senses as she faced what is tantamount to a form of solitary confinement.

Like Cheryl Strayed’s Wild, Felicity Aston’s Alone in Antarctica becomes an inspirational saga of one woman’s battle through fear and loneliness as she honestly confronts both the physical challenges of her adventure, as well as her own human vulnerabilities.

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A lot of people always spent their very own free time to vacation or perhaps go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity that's look different you can read a new book. It is really fun for you personally. If you enjoy the book that you just read you can spent all day every day to reading a publication. The book Alone in Antarctica: The First Woman To Ski Solo Across The Southern Ice it is rather good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. When you did not have enough space bringing this book you can buy typically the e-book. You can m0ore easily to read this book through your smart phone. The price is not too expensive but this book has high quality.

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