

Honouring High Places The Mountain Life Of Junko Tabei

The E. J. Hughes Book of Boats
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The E. J. Hughes Book of Boats

Runners' vocabulary is full of acronyms like DNS for "Did Not Start" and DNF for "Did Not Finish," but when Mirna Valerio stepped up to the starting line, she needed a new one: DNQ for "Did Not Quit." Valerio has tied on her running shoes all across the country, from the dusty back roads of central New Jersey to the busy Route 222 corridor in Pennsylvania to the sweltering deserts of Arizona. When you meet her on the trail, you might be surprised to see she doesn't quite fit the typical image of a long-distance runner. She's neither skinny nor white, and she's here to show just how misguided these stereotypes can be. In this prejudice-busting, body-

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positive memoir told with raw honesty, an adventurous spirit, and a sharp sense of humor, Valerio takes readers along on her journey from first-time racer to ultramarathoner and proves that anyone can become a successful athlete.

Chariot on the Mountain

The personal story of the first American woman climber to attempt Mount Everest describes her transformation from an overprotected Chicago youth to the leader of women climbing teams, describing her successful ascents of Mount McKinley and Annapurna and her receipt of a Gold Medal from the Society of Women Geographers. Reprint.

Aeneid

Presents the stories of the sharps who have acted as expert consultants to Westerners climbing the Himalayas, focusing in particular on Chhiring Dorje Sherpa and Pasang Lama, who survived when 11 other climbers died on K2 in August 2008. 15,000 first printing.

A Beautiful Work in Progress

How to Build a Brain provides a detailed exploration of a new cognitive architecture - the Semantic Pointer Architecture - that takes biological detail seriously, while addressing cognitive phenomena. Topics ranging from semantics and syntax, to neural coding and spike-timing-dependent plasticity are integrated to develop the world's largest functional brain model.

Cross Country

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From internationally renowned mountain historian Bernadette McDonald comes a highly readable, intense and exciting look at the explosion of Slovenian alpinism in the context of that country's turbulent political history. After the Second World War a period of relative calm began in Josip Broz Tito's Yugoslavia. During the next thirty years citizens could travel freely if they had the money. Most did not, but alpinists did. Through elaborate training régimes and state-supported expeditions abroad, Yugoslavian alpinists began making impressive climbs in the Himalaya as early as 1960. By the '70s, they were ascending the 8000ers. These teams were dominated by Slovenian climbers, since their region includes the Julian Alps, a fiercely steep range of limestone peaks that provided the ideal training ground. After Tito died in 1980, however, the calm ended. Inter-ethnic conflict and economic decline ripped Yugoslavia apart. But Serbian strongman Slobodan Milošević misread the courage and character of several Yugoslavian states, including Slovenia, and by 1991 Slovenia was independent. The new country continued its support for climbers, and success bred success. By 1995, all of the 8000ers had been climbed by Slovenian teams. And in the next ten years, some of the most dramatic and futuristic climbs were made by these ferocious alpinists. Apart from a few superstars, most of these amazing athletes remain unknown in the West.

Paradise Lost

A fast-paced and engaging story that takes the reader on a remarkable family journey from the flatlands of suburbia to the top of the world. Climbing Mount Everest is one of humanity's greatest feats of physical, emotional and psychological endurance. In 2008 Alan Mallory and his family took on the challenge and became the first family of four to set foot on the summit of the world's highest peak. It was a two-month journey filled with emotion, loyalty,

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adventure and terror. From staggering across ladders spanning seemingly bottomless crevasses and fighting exhausting bouts of altitude-related sickness to climbing through a blizzard in the dead of night and almost losing two family members' lives, every segment of the climb was an exhilarating and unforgettable challenge. This particular expedition is a fantastic example of the importance of strong family values and maintaining a deep level of trust between team members. The story highlights many of the background experiences and adventures that prepared the Mallorys to take on such a challenge, and explores the key traits that are essential for a safe and successful outcome to any team endeavour.

Honouring High Places

Over the past 100 years, climbers have been pushing standards in the Canadian Rockies. From long alpine ridges to steep north faces, the Rockies are synonymous with cutting edge ascents. Peaks such as Robson, Chephren, Kitchener, Twins and Alberta elude the many and reward the few. Many of the big faces were climbed between the 1960s and 1990, the golden age of alpinism in the Rockies. The men and women who first were part of the golden age set high standards. Future alpinists read old journals and guidebooks, hoping to experience what the alpine "pioneers" did. The Rockies require a certain edge that comes with age, humiliation and failure, for most. Perhaps the ones who drink the most whiskey, dream of the biggest peaks and sleep with snowballs in their hands are the ones rewarded with the momentary triumph of coming to a draw with one of these mountains. This is not a guidebook, rather a story book by the people who risked life and limb to establish long and difficult climbs in the style of bold. What kind of climb? The scary kind of climb, the kind that will send most packing and the kind that rarely gets climbed, but often are dreamed about. They demand every inch of one's physical, mental and spiritual self being. The kind that

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might, has and could kill. These climbs are not for the weak of heart, the beginner or even the advanced climber. They are for a rare breed. A breed that through experience in harsh and unpleasant situations have honed their skills in a manner that allows them to ante up. The mountains dictate the route and conditions, the climbers dictate the style. These routes are perhaps enjoyed best through the words of others, the pictures taken with frosty lenses and numb fingers, the stories told by the bold souls who knowingly stepped into the spiritual, mental and physical struggle these mountains offer. Suffering, unforgiving circumstances, where if mistakes are made there is a price to pay. The grades are trivial, for it is the experience, not the difficulty that defines the route. These are not any-given-weekend routes. Many factors must align for an ascent to go down, conditions of both the route and the climber must be tip top. These routes are for occasions when the mind and body need a check, a good check. With an increasing number of people entering the world of climbing, it is important to keep these stories close. To know a small group of climbers including Canadian, European, American and South Africans made bold decisions that brought the world's attention to Canada. Legends were born, men died. The mountains made of rotten rock, ice and snow kept the stakes high. Once the summits were had, the walls had to be had. Nearly 100 years after the rise of alpinism in Europe, it began in Canada. The 1860s are for Europe what the 1960s are for Canada. The peaks had been climbed and it was time for the faces. The pursuit of difficulty on steep terrain, ice and rock marked the dawn of the golden era and the 25 bold and cold.

Ancestral Medicine

A rich and revelatory memoir of a young woman reclaiming her courage in the stark landscapes of the north. By the time Blair Braverman was eighteen, she had left her home in California,

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moved to arctic Norway to learn to drive sled dogs, and found work as a tour guide on a glacier in Alaska. Determined to carve out a life as a “tough girl”—a young woman who confronts danger without apology—she slowly developed the strength and resilience the landscape demanded of her. By turns funny and sobering, bold and tender, *Welcome to the Goddamn Ice Cube* brilliantly recounts Braverman’s adventures in Norway and Alaska. Settling into her new surroundings, Braverman was often terrified that she would lose control of her dog team and crash her sled, or be attacked by a polar bear, or get lost on the tundra. Above all, she worried that, unlike the other, gutsier people alongside her, she wasn’t cut out for life on the frontier. But no matter how out of place she felt, one thing was clear: she was hooked on the North. On the brink of adulthood, Braverman was determined to prove that her fears did not define her—and so she resolved to embrace the wilderness and make it her own. Assured, honest, and lyrical, *Welcome to the Goddamn Ice Cube* paints a powerful portrait of self-reliance in the face of extraordinary circumstance. Braverman endures physical exhaustion, survives being buried alive in an ice cave, and drives her dogs through a whiteout blizzard to escape crooked police. Through it all, she grapples with love and violence—navigating a grievous relationship with a fellow musher, and adapting to the expectations of her Norwegian neighbors—as she negotiates the complex demands of being a young woman in a man’s land. Weaving fast-paced adventure writing and ethnographic journalism with elegantly wrought reflections on identity, *Welcome to the Goddamn Ice Cube* captures the triumphs and the perils of Braverman’s journey to self-discovery and independence in a landscape that is as beautiful as it is unforgiving.

A View of the World

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K2

Robert Sullivan, who has driven cross-country more than two dozen times, recounts one of his family's many journeys from Oregon to New York. His story of moving his family back and forth from the East Coast to the West Coast (along with various other migrations), is replete with all the minor disasters, humor, and wonderful coincidences that characterize life on the road, not to mention life. As he drives, Sullivan ponders his Lewis and Clark and other fellow nation-crossers, meets Beat poets who are devotees of cross-country icon Jack Kerouac, and plays golf on an abandoned coal mine. And, in his trademark celebration of the mundane, Sullivan investigates everything from the history of the gas pump to the origins of fast food and rest stops. *Cross Country* tells the tales that come from fifteen years of driving across the country (and all around it) with two kids and everything that two kids and two parents take when driving in a car from one coast to another, over and over, driving to see the way the road made America and America made the road. Praise for *Cross Country*: "Sullivan writes with precision, humor and empathy, and his own voice carrying us along."-Oregonian "[A] sprawling, zigzagging, history-drenched memoir."-Boston Globe "[An] entertaining, eclectic and eccentric memoir."-Cleveland Plain Dealer "[Sullivan] channels Walt Whitman's sense of wonder."-Washington Times "[Sullivan] could be the uncrowned king of road tripping."-Seattle Post Intelligencer "Sullivan is sensitive, witty and well-read, which is why it's so much fun to have him along for the ride."-USA Today "Sullivan is fascinatinghe's in a league with Bill Bryson, a writer who deftly mixes humor and knowledge."-Fort Worth Star Telegram "Cross Country is, by turns, grand, timely, intriguingfascinating." -LA Times Book Review "[Sullivan] is brilliant at

Deer Hunting in Paris

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Presenting the cultural and neuronal forces that power our distinctively human modes of awareness, the author proposes that the human mind is a hybrid product of interweaving a super-complex form of matter (the brain) with an invisible symbolic web (culture) to form a cognitive network. Reprint. 11,500 first printing.

Breaking Trail

Based on true events, this astonishing account from Emmy and Peabody Award-winning journalist Jack Ford vividly recreates a treacherous journey toward freedom at a time when the traditions of the Old South still thrived. . . Two decades before the Civil War, middle-class farmer Samuel Maddox lies on his deathbed. Elsewhere in his Virginia home, a young woman named Kitty knows her life is about to change. She is one of the Maddox family's slaves—and Samuel's biological daughter. When Samuel's wife, Mary, inherits her husband's property, she will own Kitty, too, along with Kitty's three small children. After Samuel's death, Mary decides to grant Kitty—an educated woman who has been treated more like family than slave—and her children, their freedom. Helped by Quaker families along the Underground Railroad, Mary travels with them to Pennsylvania to file emancipation papers. But Kitty is not yet safe. Dragged back to Virginia by a gang of slave catchers led by Samuel's own nephew, Kitty takes a defiant step: charging the younger Maddox with kidnapping and assault. On the surface, the move is hopeless. But Kitty has allies—Mary, and Fanny Withers, a socialite who secures a lawyer. The sensational trial that follows will decide the fate of Kitty and her children—and bond three extraordinary yet very different women together in their quest for justice. “Stunning . . . with a compelling clarity that only someone like Ford can provide.” —Dan Abrams, ABC News Chief Legal Affairs Anchor “Ford does an excellent job portraying the warring factions of the time: those in the South who wanted to

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preserve their way of life, and those who felt slavery was unjust.”
—Publishers Weekly “A tautly plotted, swiftly moving tale.” —Sabra Waldfogel, author of *Sister of Mine*

Issuing Divine Restraining Orders from the Courts of Heaven

Alone in Antarctica

Sacred Natural Sites are the world's oldest protected places. This book focuses on a wide spread of both iconic and lesser known examples such as sacred groves of the Western Ghats (India), Sagarmatha /Chomolongma (Mt Everest, Nepal, Tibet - and China), the Golden Mountains of Altai (Russia), Holy Island of Lindisfarne (UK) and the sacred lakes of the Niger Delta (Nigeria). The book illustrates that sacred natural sites, although often under threat, exist within and outside formally recognised protected areas, heritage sites. Sacred natural sites may well be some of the last strongholds for building resilient networks of connected landscapes. They also form important nodes for maintaining a dynamic socio-cultural fabric in the face of global change. The diverse authors bridge the gap between approaches to the conservation of cultural and biological diversity by taking into account cultural and spiritual values together with the socio-economic interests of the custodian communities and other relevant stakeholders.

Tomaz Humar

The story of Canadian women who felt the pull of the mountains and climbed some of the highest peaks wearing woollen knickers and hobnail boots.

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Striking Beauty

A collection of personal stories and reflections based on the memoirs of Junko Tabei, the first woman to climb Mount Everest and the Seven Summits. *Honouring High Places* is a compelling collection of highlights from Junko Tabei's stirring life that she considered important, inspiring and interesting to mountaineering culture. Until now, her works have been available only in Japanese, and RMB is honoured to be sharing these profound and moving stories with the English-speaking world for the first time. The collection opens on Mount Everest, where the first all-women's expedition is met with disaster but pushes on against all odds. The story then shifts to the early years of Tabei's life and reflects on her countryside childhood as a frail girl with no talent for sport, and cultural expectations that ignored her passion for mountains. With reminiscences of the early days of female climbers on Everest, the deaths of fellow mountaineers, Tabei's pursuit of Mount Tomur, a cancer diagnosis, and efforts to restore a love for nature in the surviving youth of the Fukushima earthquake and tsunami that hit Japan in 2011, this beautifully curated collection of essays captures the essence of a notable time and the strength of character of one of the 20th and 21st centuries' female mountaineering pioneers.

The Family That Conquered Everest

What happens when a Korean-American preacher's kid refuses to get married, travels the world, and quits being vegetarian? She meets her polar opposite on an online dating site while sitting at a café in Paris, France and ends up in Paris, Maine, learning how to hunt. A memoir and a cookbook with recipes that skewer human foibles and celebrates DIY food culture, *Deer Hunting in Paris* is an unexpectedly funny exploration of a vanishing way of life in a complex cosmopolitan world. Sneezing madly from hay fever, Lee

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recovers her roots in rural Maine by running after a headless chicken, learning how to sight in a rifle, shooting skeet, and butchering animals. Along the way, she figures out how to keep her boyfriend's conservative Republican family from "mistaking" her for a deer and shooting her at the clothesline.

Welcome to the Goddamn Ice Cube

Junko Tabei Masters the Mountains

Set in a remote fishing village in Japan, *The Sound of Waves* is a timeless story of first love. A young fisherman is entranced at the sight of the beautiful daughter of the wealthiest man in the village. They fall in love, but must then endure the calumny and gossip of the villagers.

Honouring High Places

"Jan Redford is a bad-ass. She is also a born storyteller." —John Vaillant, author of *The Tiger* In this funny and gritty debut memoir, praised by *Outside*, *Sierra*, *Alpinist*, and more, Jan Redford grows from a reckless rock climber to a mother who fights to win back her future. As a teenager, she sets her sights on the improbable dream of climbing mountains. By age twenty, she's a climber with a magnetic attraction to misadventures and the wrong men. Redford finally finds the love of her life, an affable Rockies climber. When he is killed in an avalanche in Alaska, a grieving Redford finds comfort in the arms of another extreme alpinist. Before long, they are married, with a baby on the way. While her husband works as a logger, Redford tackles the traditional role of wife and mother. But soon, she pursues her own dream, one that pits her against her husband. *End of the Rope* is Redford's telling of heart-stopping

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adventures, from being rescued off El Capitan to leading a group of bumbling cadets across a glacier. It is her laughter-filled memoir of friendships with women in that masculine world. Most moving, this is the story of her struggle to make her own way in the mountains and in life. To lead, not follow.

The Sound of Waves

In 2012, while others his age were enjoying quiet retirement, Ron Fellowes set off on the challenge of a lifetime. His dream to ride a 102 year-old FN motorcycle across the world - to the Belgian factory where the bike originated - had all the hallmarks of an epic adventure: one that was never going to be easy. For eight months Ron rode 14,600 kilometres through 15 countries under grueling conditions, into some of the world's most hostile territory. He faced desert sandstorms, mountains too steep for the motorcycle's capability, the threat of rockslides and bombings when he took a detour, and pressure from armed police through conflict zones. He was robbed, and when held at gunpoint, Ron came face-to-face with his own mortality. The motorcycle's limited capacity - no gears, inadequate brakes and pedal assisted - made it a daily struggle. Breakdowns were common, and only Ron's ingenuity and single-mindedness, Lynne's logistical support, and the generosity of others kept him going. Beautifully illustrated in full colour throughout, *No Room for Watermelons* is co-written by Ron and Lynne. It is an engaging, and entertaining account of one man's stoic determination to fulfill his dream. You will be carried along for the ride, and inspired to achieve your own dreams no matter how impossible they seem.

Virgil, Aeneid, 4.1-299

The first book to focus on the intersection of Western philosophy

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and the Asian martial arts, *Striking Beauty* comparatively studies the historical and philosophical traditions of martial arts practice and their ethical value in the modern world. Expanding Western philosophy's global outlook, the book forces a theoretical reckoning with the concerns of Chinese philosophy and the aesthetic and technical dimensions of martial arts practice. *Striking Beauty* explains the relationship between Asian martial arts and the Chinese philosophical traditions of Confucianism, Buddhism, and Daoism, in addition to Sunzi's *Art of War*. It connects martial arts practice to the Western concepts of mind-body dualism and materialism, sports aesthetics, and the ethics of violence. The work ameliorates Western philosophy's hostility toward the body, emphasizing the pleasure of watching and engaging in martial arts, along with their beauty and the ethical problem of their violence.

Sacred Natural Sites

Boat lovers of all ages and people who enjoy the scenery of BC's coast will delight in this charming gift book, a worthy addition to books about BC's art history. In the course of his career, one of BC's most beloved painters, E. J. Hughes (1913–2007), depicted paddle wheelers, steamships, fishing boats, and car ferries. Now *The E. J. Hughes Book of Boats* brings many of his coastal paintings of boats together in one handsome volume—a book for art lovers and boating enthusiasts alike. Robert Amos is the official biographer of E. J. Hughes, and works with the participation of the Estate of E. J. Hughes. *The Book of Boats* follows the success of his two geographically-based volumes, *E. J. Hughes Paints Vancouver Island* (2018) and *E. J. Hughes Paints British Columbia* (2019). This new compendium features never-before-seen sketches and photographs accompanying full-page illustrations of some of the artist's finest works.

The Sacred Books of China

Selected travel writing from Norman Lewis, which makes you laugh, but also brings home the world's hurt in glorious understatement.

The Jungle Book

This extract from Ovid's 'Theban History' recounts the confrontation of Pentheus, king of Thebes, with his divine cousin, Bacchus, the god of wine. Notwithstanding the warnings of the seer Tiresias and the cautionary tale of a character Acoetes (perhaps Bacchus in disguise), who tells of how the god once transformed a group of blasphemous sailors into dolphins, Pentheus refuses to acknowledge the divinity of Bacchus or allow his worship at Thebes. Enraged, yet curious to witness the orgiastic rites of the nascent cult, Pentheus conceals himself in a grove on Mt. Cithaeron near the locus of the ceremonies. But in the course of the rites he is spotted by the female participants who rush upon him in a delusional frenzy, his mother and sisters in the vanguard, and tear him limb from limb. The episode abounds in themes of abiding interest, not least the clash between the authoritarian personality of Pentheus, who embodies 'law and order', masculine prowess, and the martial ethos of his city, and Bacchus, a somewhat effeminate god of orgiastic excess, who revels in the delusional and the deceptive, the transgression of boundaries, and the blurring of gender distinctions. This course book offers a wide-ranging introduction, the original Latin text, study aids with vocabulary, and an extensive commentary. Designed to stretch and stimulate readers, Gildenhard and Zissos's incisive commentary will be of particular interest to students of Latin at AS and undergraduate level. It extends beyond detailed linguistic analysis to encourage critical engagement with Ovid's poetry and discussion of the most recent scholarly thought.

The Bold and Cold

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 predecessors — 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.

Buried in the Sky

A collection of personal stories and reflections based on the memoirs of Junko Tabei, the first woman to climb Mount Everest and the Seven Summits. *Honouring High Places* is a compelling collection of highlights from Junko Tabei's stirring life that she considered important, inspiring and interesting to mountaineering culture. Until now, her works have been available only in Japanese, and RMB is honoured to be sharing these profound and moving

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stories with the English-speaking world for the first time. The collection opens on Mount Everest, where the first all-women's expedition is met with disaster but pushes on against all odds. The story then shifts to the early years of Tabei's life and reflects on her countryside childhood as a frail girl with no talent for sport, and cultural expectations that ignored her passion for mountains. With reminiscences of the early days of female climbers on Everest, the deaths of fellow mountaineers, Tabei's pursuit of Mount Tomur, a cancer diagnosis, and efforts to restore a love for nature in the surviving youth of the Fukushima earthquake and tsunami that hit Japan in 2011, this beautifully curated collection of essays captures the essence of a notable time and the strength of character of one of the 20th and 21st centuries' female mountaineering pioneers.

Ungava

[CLICK HERE](#) to download the first chapter from *Freedom Climbers* (Provide us with a little information and we'll send your download directly to your inbox) "One of the most important mountaineering books to be written for many years." —Boardman-Tasker Prize See this book trailer for *Freedom Climbers* made by RMB Books, its publisher in Canada, where the cover is slightly different from the *Mountaineers Books* U.S. edition * Behind the Iron Curtain, Cold War mountaineers found freedom on the world's highest peaks—and paid an awful price to achieve it * Winner of the Boardman-Tasker Prize, Banff Grand Prize, and American Alpine Club Literary Award *Freedom Climbers* tells the story of Poland's truly remarkable mountaineers who dominated Himalayan climbing during the period between the end of World War II and the start of the new millennium. The emphasis here is on their "golden age" in the 1980s and 1990s when, despite the economic and social baggage of their struggling country, Polish climbers were the first to tackle the world's highest mountains during winter, including the

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first winter ascents on seven of the world's fourteen 8000-meter peaks: Everest, Manaslu, Dhaulagiri, Cho Oyu, Kanchenjunga, Annapurna, and Lhotse. Such successes, however, came at a serious cost: 80 percent of Poland's finest high-altitude climbers died on the high mountains during the same period they were pursuing these first ascents. Award-winning writer Bernadette McDonald addresses the social, political, and cultural context of this golden age, and the hardships of life under Soviet rule. Polish climbers, she argues, were so tough because their lives at home were so tough—they lost family members to World War II and its aftermath and were so much more poverty-stricken than their Western counterparts that they made much of their own climbing gear. While *Freedom Climbers* tells the larger story of an era, McDonald shares charismatic personal narratives such as that of Wanda Rutkiewicz, expected to be the first woman to climb all 8000-meter peaks until she disappeared on Kanchenjunga in 1992; Jerzy Kukuczka, who died in a fall while attempting the south face of Lhotse; and numerous other renowned climbers including Voytek Kurtyka, Artur Hajzer, Andrej Zawaka, and Krzysztof Wielicki. This is a fascinating window into a different world, far-removed from modernity yet connected by the strange allure of the mountain landscape, and a story of inspiring passion against all odds. This title is part of our LEGENDS AND LORE series. [Click here >](#) to learn more.

Women Explorers

Love and tragedy dominate book four of Virgil's most powerful work, building on the violent emotions invoked by the storms, battles, warring gods, and monster-plagued wanderings of the epic's opening. Destined to be the founder of Roman culture, Aeneas, nudged by the gods, decides to leave his beloved Dido, causing her suicide in pursuit of his historical destiny. A dark plot, in which

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erotic passion culminates in sex, and sex leads to tragedy and death in the human realm, unfolds within the larger horizon of a supernatural sphere, dominated by power-conscious divinities. Dido is Aeneas' most significant other, and in their encounter Virgil explores timeless themes of love and loyalty, fate and fortune, the justice of the gods, imperial ambition and its victims, and ethnic differences. This course book offers a portion of the original Latin text, study questions, a commentary, and interpretative essays. Designed to stretch and stimulate readers, Ingo Gildenhard's incisive commentary will be of particular interest to students of Latin at both A2 and undergraduate level. It extends beyond detailed linguistic analysis to encourage critical engagement with Virgil's poetry and discussion of the most recent scholarly thought.

Gardens of the Righteous

In August, 2005, Tomaž Humar was trapped on a narrow ledge at 5900 metres on the formidable Rupal Face of Nanga Parbat. He had been attempting a new route, directly up the middle of the highest mountain face in the world - solo. After six days he was out of food, almost out of fuel and frequently buried by avalanches. Three helicopters were poised for a brief break in the weather to pluck him off the mountain. Because of the audacity of the climb, the fame of the climber, the high risk associated with the rescue, and the hourly reports posted on his base-camp website, the world was watching. Would this be the most spectacular rescue in climbing history? Or a tragic - and very public - death in the mountains? Years before, as communism was collapsing and the Balkans slid into chaos, Humar was unceremoniously conscripted into a dirty war that he despised, where he observed brutal and inhumane atrocities that disgusted him. Finally he did the unthinkable: he left and finally arrived home in what had become a new country - Slovenia. He returned to climbing, and within very few years, he was among the best in the

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world. Reinhold Messner, among others, called him the most remarkable mountain climber of his generation. His routes are seldom repeated; most consider them to be suicidal; yet he often climbs them solo. As this book was being written, he achieved the first-ever solo ascent of the east summit of Annapurna. Tomaž Humar has cooperated with Bernadette McDonald, the distinguished former director of the Banff Festival and author of several books on mountaineering, to tell his utterly remarkable story.

Ovid, Metamorphoses, 3.511-733

A practical guide to connecting with your ancestors for personal, family, and cultural healing • Provides exercises and rituals to help you initiate contact with your ancestors, find ancestral guides, and assist the dead who are not yet at peace • Explains how to safely engage in lineage repair work by connecting with your more ancient ancestors before relating with the recently deceased • Explores how your ancestors can help you transform intergenerational legacies of pain and abuse and reclaim the positive spirit of the family

Everyone has loving and wise ancestors they can learn to invoke for support and healing. Coming into relationship with your ancestors empowers you to transform negative family patterns into blessings and encourages good health, self-esteem, clarity of purpose, and better relationships with your living relatives. Offering a practical guide to understanding and navigating relationships with the spirits of those who have passed, Daniel Foor, Ph.D., details how to relate safely and effectively with your ancestors for personal, family, and cultural healing. He provides exercises and rituals, grounded in ancient wisdom traditions, to help you initiate contact with your ancestors, find supportive ancestral guides, cultivate forgiveness and gratitude, harmonize your bloodlines, and assist the dead who are not yet at peace. He explains how to safely engage in lineage

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repair work by connecting with your more ancient ancestors before relating with the recently deceased. He shows how, by working with spiritually vibrant ancestors, individuals and families can understand and transform intergenerational patterns of pain and abuse and reclaim the full blessings and gifts of their bloodlines. Ancestral repair work can also catalyze healing breakthroughs among living family members and help children and future generations to live free from ancestral burdens. The author provides detailed instructions for ways to honor the ancestors of a place, address dream visits from the dead, and work with ancestor shrines and altars. The author offers guidance on preparing for death, funeral rites, handling the body after death, and joining the ancestors. He also explains how ancestor work can help us to transform problems such as racism, sexism, homophobia, and religious persecution. By learning the fundamentals of ancestor reverence and ritual, you will discover how to draw on the wisdom of supportive ancestral guides, heal family troubles, maintain connections with beloved family after their death, and better understand the complex and interconnected relationship between the living and the dead.

Alpine Warriors

Ecology and Wonder celebrates Western Canada's breathtaking landscape. The book makes several remarkable claims. The greatest cultural achievement in the mountain region of western Canada may be what has been preserved, not what has been developed. Protecting the spine of the Rocky Mountains will preserve crucial ecological functions. Because the process of ecosystem diminshment and species loss has been slowed, an ecological thermostat has been kept alive. This may well be an important defence against future impacts of climate change in the Canadian West.

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Freedom Climbers

Use your spiritual authority to cancel the devil's plans! In our day, a powerful revelation has been released, teaching all believers how to enter the realm of breakthrough prayer and Kingdom authority—the Courts of Heaven. As a believer operating in the courts of heaven, you have been granted the legal right to issue divine restraining orders against satan and his demons! Through revelatory insights, Biblical examples, and supernatural testimonies, Dr. Francis Myles invites you to enter Heaven's courtrooms, step into your place of spiritual governance, and release divine restraining orders that destroy the schemes of the enemy! This groundbreaking teaching will empower you to: Restrain the devil's power against your life. Increase your spiritual authority as a judge in the Courts of Heaven. Identify and overcome the "Delilah Spirit" that aims at your destiny. Apply practices modeled by key biblical figures to issue divine restraining orders. Featuring a special chapter from bestselling author Robert Henderson, this fresh teaching includes 18 powerful activation prayers for issuing divine restraining orders against spiritual attacks, abuse, witchcraft, the spirit of poverty, premature death, and more. Learn to demolish the adversary's plots and step into the fullness of your Kingdom destiny!

Honouring High Places

From the world of Good Night Stories for Rebel Girls comes the historical novel based on the life of Junko Tabei, the first female climber to summit Mount Everest. Junko is bad at athletics. Really bad. Other students laugh because they think she is small and weak. Then her teacher takes the class on a trip to a mountain. It's bigger than any Junko's ever seen, but she is determined to make it to the top. Ganbatte, her teacher tells her. Do your best. After that first

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trip, Junko becomes a mountaineer in body and spirit. She climbs snowy mountains, rocky mountains, and even faraway mountains outside of her home country of Japan. She joins clubs and befriends fellow climbers who love the mountains as much as she does. Then, Junko does something that's never been done before... she becomes the first woman to climb the tallest mountain in the world. Junko Tabei Masters the Mountains is the story of the first woman to climb Mount Everest. Even more than that, it's a story about conquering fears, personal growth, and never shying away from a challenge. This historical fiction chapter book includes additional text on Junko Tabei's lasting legacy, as well as educational activities designed to strengthen physical skills and conquer fears. About the Rebel Girls Chapter Book Series Meet extraordinary real-life heroines in the Good Night Stories for Rebel Girls chapter book series! Introducing stories based on the lives of extraordinary women in global history, each stunningly designed chapter book features beautiful illustrations from a female artist as well as bonus activities in the backmatter to encourage kids to explore the various fields in which each of these women thrived. The perfect gift to inspire any young reader!

Ecology & Wonder in the Canadian Rocky Mountain Parks World Heritage Site

The author shares her incredible story of summiting K2 as the first woman to scale this treacherous mountain.

No Room For Watermelons

Shortlisted for the 2019 Banff Mountain Book Award for Mountain Literature Shortlisted for the 2019 Boardman Tasker Award An intriguing biography of the renowned Austrian alpinist Paul Preuss, who achieved international recognition both for his remarkable solo

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ascents and for his advocacy of an ethically "pure" alpinism (meaning without any artificial aids). In the months before his death in 1913, from falling more than 300 metres during an attempt to make the first free solo ascent of the North Ridge of the Mandlkogel, Paul Preuss's public presentations on his climbing adventures filled concert halls in Austria, Italy, and Germany. George Mallory, the famed English mountaineer who took part in the first three British expeditions to Mount Everest in the early 1920s, is quoted as saying "no one will ever equal Preuss." Reinhold Messner, the first climber to ascend all fourteen 8000 metre peaks, was so impressed by the young Austrian's achievements that he built a mountaineering museum around Preuss's piton hammer, wrote two books (in German) about him and instituted a foundation in Preuss's name. Although he died at only 27 years old, modern climbing may never have developed the ethical, existential core that it has today if not for Preuss's bold style. Even the most trenchant traditionalists remain unsure about whether to add him to their pantheon or dismiss him as at worst a lunatic or at best an indelicate subject better left ignored.

End of the Rope

How to Build a Brain

A collection of personal stories and reflections based on the memoirs of Junko Tabei, the first woman to climb Mount Everest and the Seven Summits. Honouring High Places is a compelling collection of highlights from Junko Tabei's stirring life that she considered important, inspiring and interesting to mountaineering culture. Until now, her works have been available only in Japanese, and RMB is honoured to be sharing these profound and moving stories with the English-speaking world for the first time. The

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collection opens on Mount Everest, where the first all-women's expedition is met with disaster but pushes on against all odds. The story then shifts to the early years of Tabei's life and reflects on her countryside childhood as a frail girl with no talent for sport, and cultural expectations that ignored her passion for mountains. With reminiscences of the early days of female climbers on Everest, the deaths of fellow mountaineers, Tabei's pursuit of Mount Tomur, a cancer diagnosis, and efforts to restore a love for nature in the surviving youth of the Fukushima earthquake and tsunami that hit Japan in 2011, this beautifully curated collection of essays captures the essence of a notable time and the strength of character of one of the 20th and 21st centuries' female mountaineering pioneers.

Paul Preuss: Lord of the Abyss

Paradise Lost is an epic poem in twelve books, in English heroic verse without rhyme, by John Milton (C. P. P.) and was published in 1667. The subject is the fall of man, and the expulsion from Paradise.

A Mind So Rare

A collection of Muslim traditions.

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