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High Altitude Interiors: One Woman's Approach to Hiking California's Fourteeners

By Michal Reed

AUTHORHOUSE, United States, 2008. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. High Altitude Interiors is a personal account of one woman's goal to climb all of California's mountains over fourteen thousand feet before she turned fifty. It conveys the physical and emotional risks of an older woman committing to such a project; the development of skills and confidence; the intimacy of sharing such adventures with others, as well as exploring vast amounts of time alone; the physical and emotional barriers that must be recognized and overcome or accepted; and lots of quirky self-deprecation. Each of the disappointments, setbacks, and failures are used as opportunities for new explorations. Though set within the specific context of mountaineering, Reed's process of setting goals as guidelines to encourage exploration and growth can also be applied to other areas as well. Working through fear, the value of goals (and abandoning them), planning, fitness, limitations and creating reasonable expectations, are all illustrated in ways that are easy to assimilate. This book has several different strands: the articulation and execution of goals; physical descriptions of the climbs; the evolution of the skills and confidence of the narrator;...



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