Ice Bound - A Doctor's Incredible Battle for Survival at the South Pole

Jerri Nielsen was a forty-six-year-old doctor working in Ohio when she made the decision to take a year's sabbatical at Amundsen-Scott South Pole Station on Antarctica, the most remote and perilous place on Earth. The "Polies," as they are known, live in almost total darkness for six months of the year, in winter temperatures as low as 100 degrees below zero—with no way in or out before the spring. During the long winter of 1999, Dr. Nielsen, solely responsible for the mental and physical fitness of a team of researchers, construction workers, and support staff, discovered a lump in her breast. Consulting via email with doctors in the United States, she performed a biopsy on herself, and in July began chemotherapy treatments to ensure her survival until condition permitted her rescue in October. A daring rescue by the Air National Guard ensued, who landed, dropped off a replacement physician, and minutes later took off with Dr. Nielsen. This is Dr. Nielsen's own account of her experience at the Pole, the sea change as she becomes "of the Ice," and her realization that as she would rather be on Antarctica than anywhere else on earth. It is also a thrilling adventure of researchers and scientists embattled by a hostile environment; a penetrating exploration of the dynamics of an isolated, intensely connected community faced with adversity; and, at its core, a powerfully moving drama of love and loss, of one woman's voyage of self-discovery through an extraordinary struggle for survival.

Ice Bound - A Doctor's Incredible Battle for Survival at the South Pole

A physician stranded at the South Pole describes how she discovered a lump in her breast, treated herself with a biopsy and chemotherapy, and was rescued by the Air National Guard, and reflects on her experiences and her colleagues. The Antarctic winter, with temperatures 100 below zero, shuts supply lines down completely; conditions are too treacherous for planes or boats and the only connection with the rest of the world is satellite hook-up. During the long winter of 1999, Dr. Nielsen, the only physician on a staff of forty-one people, discovered a lump in her breast. Consulting via satellite e-mail with doctors in the U.S., she was forced to perform a biopsy & in June began to treat herself with chemotherapy, in order to insure that she could survive until conditions permitted her rescue in October. A daring rescue by the Air National Guard ensued, who landed, dropped off a replacement physician, & in less than five minutes took off with Dr. Nielsen. Set in one of the most remote and desolate yet strikingly beautiful landscapes on earth, Jerri Nielsen's narrative of her transforming experiences is a thrilling adventure of researchers & scientists embattled by a hostile environment, a chronicle of the marvels -- and limits -- of modern medical technology, & a penetrating exploration of the dynamics of an isolated, intensely connected community faced with adversity. But at its core this is a powerfully moving drama of one woman's voyage of self-discovery & courage & the fierce dedication of scores of colleagues -- both known & unknown to her -- whose aid proved to be her salvation. "Ice Bound" is the inspiring true story of Dr. Jerri Nielsen, the physician with
breast cancer stranded at a South Pole research station, whose amazing rescue made headlines around the globe. Set in a remote and desolate yet strikingly beautiful landscape, Nielsen's narrative of her transforming experience is a thrilling adventure.

**Ice Bound - One Woman's Incredible Battle for Survival at the South Pole**

Jerri Nielsen was a forty-six year old doctor working in Ohio when she made the decision to take a year's sabbatical at the Amundsen-Scott South Pole Research Station in Antarctica, the most remote and perilous place on earth. The 'Polies', as the inhabitants of the research station are known, live in almost total darkness for nine months of the year, in winter temperatures as low as 100 degrees below zero, with no way in or out before spring. As the physician for 41 researchers, construction workers and support staff, Jerri Nielsen's job was to keep the Polies mentally and physically fit. This is her own account of her sea change as she becomes 'of the Ice', and finds that she would rather be in Antarctica than anywhere else on Earth. It is also a thrilling adventure of researchers battling against a hostile environment, and a penetrating exploration of the dynamics of an intense, isolated community faced with adversity. But at its core it is a powerfully moving drama of love and loss, of one woman's voyage of self-discovery and courage, and a very personal struggle for survival.

**Icebound - A Novel**

BONUS: This edition contains an excerpt from Dean Koontz's The City. A secret Arctic experiment becomes a frozen nightmare, when a team of scientists are set adrift on an iceberg--with a murderer in their midst, and a massive explosive charge only hours away from detonation. This original early Koontz novel--in the tradition of Winter Moon--is now available in large print edition, releasing simultaneously with Ballantine's mass market edition.

**Poles Apart - Parallel Visions of the Arctic and Antarctic**

In Poles Apart, Galen Rowell takes us on an exhilarating visual journey to the top and the bottom of the world, using the parallel visions of his camera to reveal the fascinating differences between these polar opposites.

**Bold Women of Medicine - 21 Stories of Astounding Discoveries, Daring Surgeries, and Healing Breakthroughs**

Stories of twenty-one courageous women from the 1800s to the present focused on finding cures, tending the sick and wounded, and healing with science and compassion. Readers meet groundbreakers such as Elizabeth Blackwell, the first woman to receive a medical degree in the United States; Mary Carson Breckinridge, the "nurse on horseback" who delivered babies in the Appalachian Mountains; and heart surgeon Kathy Magliato, one of the few women trained in heart transplant surgeries. Packed with photos, informative sidebars, and including source notes and a bibliography, this collection is an invaluable addition to any reader's bookshelf.
Primary Care Procedures in Women's Health

Despite the common perception that medicine is becoming specialty driven, there are many reasons for primary care providers to offer women’s health procedures in an office setting. Women feel more comfortable having procedures done by prov- ers whom they already know and trust. Continuity of care is still valued by patients, who trust their primary care providers to work with them as collaborators in the decision-making process. Women have found that their options for care have become limited, not by their own decision, but by the lack of training of their p- vider. In rural areas, the barriers of time, expense, and travel often prevent many women from obtaining necessary care; yet many of the procedures that these women are requesting are relatively easy to learn. Positive experiences are shared by women who then refer friends and family by word of mouth. This book has been designed to assist not only the clinician performing the pro- dures covered, but also the office staff with setting up the equipment tray prior to p- forming the procedure and with preparing office documents and coding information needed to complete the procedure. Most procedures covered can be done with a mi- mum investment in equipment and require minimal training.

Mars One - The Ultimate Reality TV Show?

This book dissects the hype and hubris of the Mars One venture. Every aspect of the mission design is scrutinized, from the haphazard selection process to the unproven mission architecture. A controversial project, many professional astronauts consider Mars One a reckless attempt, yet it gained popular attention. This go-to reference guide provides the reader with insights into the myriad issues arising from the project's loss of funding, loss of sponsorship, loss of TV rights. It explains what contributed to an overly optimistic assessment of Mars One's mission-specific technology, and what captivated the public and the many willing candidates despite these flaws. From the author of Survival and Sacrifice in Mars Exploration (2015) among many more books on spacefaring, this is yet another up-to-the-minute account of an emerging player in the private space market from an expert on the subject.

The 4 Percent Universe - Dark Matter, Dark Energy, and the Race to Discover the Rest of Reality

The epic, behind-the-scenes story of an astounding gap in our scientific knowledge of the cosmos. In the past few years, a handful of scientists have been in a race to explain a disturbing aspect of our universe: only 4 percent of it consists of the matter that makes up you, me, our books, and every planet, star, and galaxy. The rest—96 percent of the universe—is completely unknown. Richard Panek tells the dramatic story of how scientists reached this conclusion, and what they're doing to find this “dark” matter and an even more bizarre substance called dark energy. Based on in-depth, on-site reporting and hundreds of interviews—with everyone from Berkeley’s feisty Saul Perlmutter and Johns Hopkins’s meticulous Adam Riess to the quietly revolutionary Vera Rubin—the book offers an intimate portrait of the bitter rivalries and fruitful collaborations, the eureka moments and blind alleys, that have fueled their search, redefined science, and reinvented the universe.
Into Thin Air

#1 NATIONAL BESTSELLER • "A harrowing tale of the perils of high-altitude climbing, a story of bad luck and worse judgment and of heartbreaking heroism." —PEOPLE

A bank of clouds was assembling on the not-so-distant horizon, but journalist-mountaineer Jon Krakauer, standing on the summit of Mt. Everest, saw nothing that "suggested that a murderous storm was bearing down." He was wrong. The storm, which claimed five lives and left countless more—including Krakauer's—in guilt-ridden disarray, would also provide the impetus for Into Thin Air, Krakauer's epic account of the May 1996 disaster. By writing Into Thin Air, Krakauer may have hoped to exorcise some of his own demons and lay to rest some of the painful questions that still surround the event. He takes great pains to provide a balanced picture of the people and events he witnessed and gives due credit to the tireless and dedicated Sherpas. He also avoids blasting easy targets such as Sandy Pittman, the wealthy socialite who brought an espresso maker along on the expedition. Krakauer's highly personal inquiry into the catastrophe provides a great deal of insight into what went wrong. But for Krakauer himself, further interviews and investigations only lead him to the conclusion that his perceived failures were directly responsible for a fellow climber's death. Clearly, Krakauer remains haunted by the disaster, and although he relates a number of incidents in which he acted selflessly and even heroically, he seems unable to view those instances objectively. In the end, despite his evenhanded and even generous assessment of others' actions, he reserves a full measure of vitriol for himself. This updated trade paperback edition of Into Thin Air includes an extensive new postscript that sheds fascinating light on the acrimonious debate that flared between Krakauer and Everest guide Anatoli Boukreev in the wake of the tragedy. "I have no doubt that Boukreev's intentions were good on summit day," writes Krakauer in the postscript, dated August 1999. "What disturbs me, though, was Boukreev's refusal to acknowledge the possibility that he made even a single poor decision. Never did he indicate that perhaps it wasn't the best choice to climb without gas or go down ahead of his clients." As usual, Krakauer supports his points with dogged research and a good dose of humility. But rather than continue the heated discourse that has raged since Into Thin Air's denouncement of guide Boukreev, Krakauer's tone is conciliatory; he points most of his criticism at G. Weston De Walt, who coauthored The Climb, Boukreev's version of events. And in a touching conclusion, Krakauer recounts his last conversation with the late Boukreev, in which the two weathered climbers agreed to disagree about certain points. Krakauer had great hopes to patch things up with Boukreev, but the Russian later died in an avalanche on another Himalayan peak, Annapurna I. In 1999, Krakauer received an Academy Award in Literature from the American Academy of Arts and Letters—a prestigious prize intended "to honor writers of exceptional accomplishment." According to the Academy's citation, "Krakauer combines the tenacity and courage of the finest tradition of investigative journalism with the stylish subtlety and profound insight of the born writer. His account of an ascent of Mount Everest has led to a general reevaluation of climbing and of the commercialization of what was once a romantic, solitary sport; while his account of the life and death of Christopher McCandless, who died of starvation after challenging the Alaskan wilderness, delves even more deeply and disturbingly into the fascination of nature and the devastating effects of its lure on a young and curious mind."