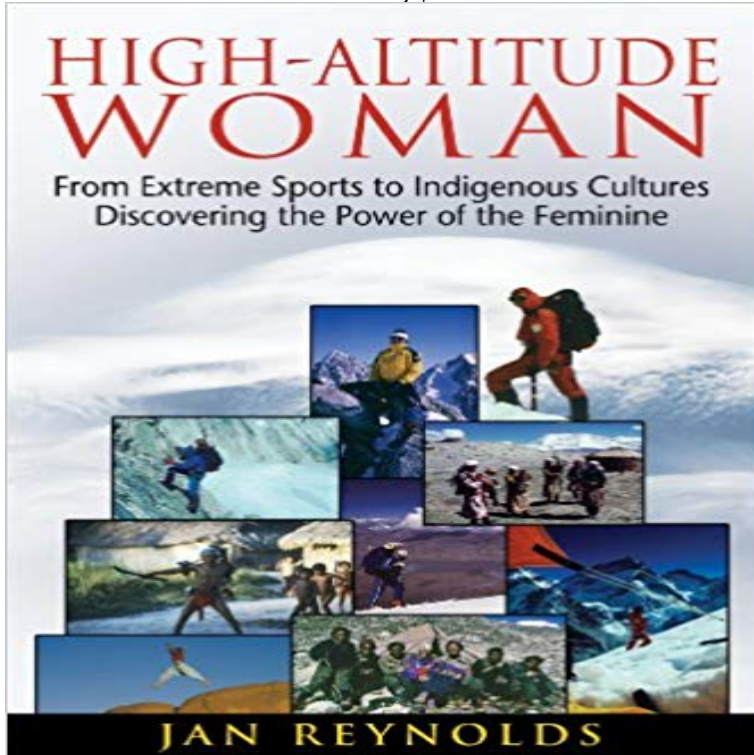


High-Altitude Woman: From Extreme Sports to Indigenous Cultures-Discovering the Power of the Feminine



One of the first female extreme athletes reflects on how her feminine strengths led to her success in a male-dominated field. Written by Jan Reynolds, medal winner in World Cup biathlon and former world record-holder for women's high-altitude skiing. Recounts many of Reynolds' adventures, including her Mount Everest expeditions. Explains how she didn't simply emulate the men around her but embraced her feminine strengths of compassion, mediation, cooperation, and observation. Shares insights from her immersion in several indigenous cultures, where she identified gender traits found in all cultures. World record-breaking skier and climber Jan Reynolds has sought adventure in the Himalayas, the Southern Alps, the Sahara Desert, the Canadian Arctic, and the Amazon Basin--often as the only woman in her expedition. Tasked time and again with having to prove herself in the company of men, her tireless dedication on each high-risk excursion opened the door for many of today's female extreme athletes. Recounting in vivid detail many of her adventures, including multiple Mount Everest expeditions, Reynolds explains that her success on each formidable journey didn't arise simply by emulating the men around her but by embracing her feminine strengths of compassion, mediation, cooperation, and observation. As she traveled the world, she broadened her insights into the psychologies of men and women with her immersion in several indigenous cultures, such as the ancient salt traders of Tibet, where she identified gender traits and strengths found in all cultures. Providing a guide for women entering male-dominated fields, Reynolds explains how women as well as men should nurture their feminine assets for more successful relationships at work, at play, at home, and in our global relationship with the natural world.

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