

"... relentlessly honest . . . Aspen's voice is memorable
and her endurance marvelous."

—PUBLISHER'S WEEKLY REVIEW

Arctic Daughter

A Wilderness Journey

Jean Aspen

Arctic Daughter A Wilderness Journey

Jean Aspen



Arctic Daughter A Wilderness Journey:

Arctic Daughter Jean Aspen, 2015-03-15 Setting off in an overloaded canoe they journeyed down the Yukon River and walked upstream into the remote Brooks Range to build a cabin and live off the land She was twenty two daughter of a famous woman adventurer He was her childhood sweetheart Four years later they emerged from the Alaskan wilds Now in her sixties Jean Aspen updates her spellbinding tale of adventure in a harsh and beautiful land for a new generation ARCTIC DAUGHTER is at once an extraordinary journey of self discovery and a lyrical odyssey A READER S DIGEST book selection this remarkable tale of survival and courage measures the value of dreams against the unforgiving realities of the natural world First published in 1988 by Bergamot Books Minneapolis MN

Arctic Son Jean Aspen, 2014-04-09 The chronicle of a family s first year alone in Alaskan wilderness here is a poetic exploration into what we value in life In 1992 Jean Aspen took her husband Tom and their young son to live in Alaska s interior mountains where they built a cabin from logs hunted for food and let the vast beauty of the Arctic close around them Jean had faced Alaska s wilderness alone before in a life altering experience she shared in Arctic Daughter Cut off from the rest of the world for more than a year now her family would discover strength and beauty in their daily lives They candidly filmed themselves and later produced a companion documentary ARCTIC SON Fulfilling the Dream which shows on PBS stations across the nation From an encounter with a grizzly bear at arm s length to a challenging six hundred mile river passage back to civilization Arctic Son chronicles fourteen remarkable months alone in the Brooks Range At once a portrait of courage a lyrical odyssey and authentic adventure this is a family s extraordinary journey into America s last frontier

Down the Wild River North Constance Helmericks, 2017-10-24 In suburban Arizona 1964 Connie Helmericks announced to her two daughters 12 year old Ann and 14 year old Jean We re going to make a canoe expedition to the Arctic Ocean And for two successive summers that s exactly what they did Down the Wild River North is the vividly told story of their adventures in the remote northern reaches of Canada and the Arctic in a twenty foot canoe amidst a wondrous and vast landscape A wilderness adventure and a story of family bonds and spiritual renewal

The Flight of the Arctic Tern Helmericks, Constance, 2018-03-01 The Flight of the Arctic Tern first published in 1952 chronicles the travels and adventures of husband and wife Constance and Harmon Helmericks Beginning in Connecticut then flying across Canada to the north of Alaska in a Cessna 140 the couple begin a lifelong pioneering adventure of living simply in the wilds of Alaska

Trusting the River Jean Aspen, 2017-05-05 Jean Aspen daughter of arctic explorer and author Constance Helmericks began life in the wilderness Throughout six decades the natural world has remained central to her What began as a series of letters to her son Lucas when she and her husband Tom set out to search for a different future evolved over the seasons into a many snapshots of her remarkable life All those seemingly random threads have woven the tapestry of her journey and the journey of the river flowing by the remote cabin In Trusting the River she closes the circle of her mother s books and her own early work Arctic Daughter

Gutsy Women Marybeth

Bond,1996 Although Gutsy Women is a book of travel tips and wisdom like its predecessor Travelers Tales A Woman s World it is about more than just travel It is about living the rewards of risk taking feeling learning loving From the Introduction to Gutsy Women **iPad and iPad Pro For Dummies** Paul McFedries,2024-02-23 Help for newcomers to Apple s popular tablet computer Fully updated to cover the latest version of iPadOS and all the newest features iPad iPad Pro For Dummies is your fun full color guide to the most popular tablet on the market There are a lot of things you can do with an iPad browse the internet take photos and videos manage your schedule play games stream media create documents send e mail and beyond Learn how to tackle everything from the basics to more advanced iPad operations and find tips on how to make the most of the new features and customize your device to your liking You re on your way to becoming an iPad power user with this Dummies title Discover the basics of setting up and navigating your tablet Take great pictures and videos then edit and share them with the world Get tips and shortcuts that will help you do things easier and faster with iPad Learn security best practices to keep your data and your iPad safe Anyone with a new iPad or iPad Pro and the new iPadOS will love this step by step guide to iPad operation personalization and maintenance Alaska Marvin W. Falk,1995 Even Kluwer with only a sales office in the U S prints CiP in their books A house publishing books for libraries should always display cataloging in publication irresponsible This is another good bibliography in a widely used series Annotation copyright by Book News Inc Portland OR **WLW Journal** Women Library Workers (U.S.),1989 **The Frozen Toe Guide to Real Alaskan Livin'** Brookelyn Bellinger,2010-06-01 The Frozen Toe Guide to Real Alaskan Livin both embraces and instructs readers on everything one needs to know to be a true Alaskan or at least to look the part Combining both handbook format with anecdotal bits about the author s own experiences moving to the state the book advises readers on such topics ranging from winter survival skills to regional fashion to Alaskan dating advice to extreme sports Learn how to make ice cream from snow or how to seek out a career in dog mushing Find out where to travel for weekend trips and what Alaskans do for entertainment **Women's Studies Index** ,1989 **Epic Solitude** Katherine Keith,2020-02-04 All her life Katherine Keith has hungered for remote wild places that fill her soul with freedom and peace Her travels take her across America but it is in the vast and rugged landscape of Alaska that she finds her true home Alaska is known as a place where people disappear at least a couple thousand go missing each year But the same vast and rugged landscape that contributed to so many people being lost is precisely what has gotten her found She and her husband build a log cabin miles away from the nearest road and create a life of love An idyllic existence but with isolation and brutal living conditions can also come heartbreak Chopping wood and hauling water are not just parts of a Zen proverb but a requirement for survival Keith experiences tragic loss and must push on with her infant daughter alone in the Alaskan backcountry Long distance dog sledding opens a door to a new existence Racing across the state of Alaska offers the best of all worlds by combining raw wilderness with solitude and athleticism The Iditarod Trail Sled Dog Race the Last Great Race on Earth remains a true test of character and offers the

opportunity to intimately explore the frontier that she has come to love With every thousand miles of winter trail traversed in total solitude she confronts challenges that awaken internal demons summoning all the inner grief and rage that lies dormant In the tradition of Cheryl Strayed's *Wild* and John Krakauer's *Into the Wild* Epic Solitude is the powerful and touching story of how one woman found her way both despite and because of the difficulties of living and racing in the remote wilderness

Feminist Bookstore News, 1993 **Earth Works** Jim Dwyer, 1996 *Earth Works* is the only comprehensive guide available to the best new and classic books about nature and the environment for adults and YAs It provides descriptive entries for trade nonfiction and scholarly or technical books and a significant number of fiction titles which are of interest to both the general public and specialists Each chapter defines its scope then identifies key books or authors and refers to notable related works in other chapters Words to the Wise Andrea Clardy, 1986 For every woman who wants to know where to send it after it's been written here is a lively annotated listing of more than 100 book and periodical publishers Includes scholarly book publishers and children's book references as well as detailed general poetry and prose entries Page 4 of cover *The Reader's Digest* DeWitt Wallace, Lila Acheson Wallace, 1993 Canoeing Laurie Gullion, 1999 Describes the skills and techniques women need to know to safely paddle a canoe on calm water and whitewater and offers advice on purchasing equipment planning trips conditioning and special circumstances **Resourceful Woman** Shawn Brennan, Julie Winklepleck, Gina Renée Misiroglu, Marie J. MacNee, 1994 A handbook for women in all stages of life this book consists of articles poems short stories and resource information covering organizations educational and cultural programmes publications and videos relevant to women **North of Hope** Shannon Huffman Polson, 2013 When Shannon Huffman Polson's parents are killed by a wild grizzly bear in Alaska's Arctic her quest for healing is recounted with heartbreaking candor in *North of Hope* as she retraces her parents' final days along an Arctic river searching for her own sense of peace and meaning in the journey **ARCTIC SVEN FINDING KI** Loren J. Chassels, 2025-03-01 Loren J Chassels felt stuck working two demanding jobs as an EMT and a Full time high school teacher Burned out and overwhelmed he decided to take a life changing journey hiking the entire 2 190 mile Appalachian Trail from Georgia to Maine With careful planning and a spirit of adventure Loren set out to challenge himself physically and mentally As he trekked through the ever changing landscapes from lush forests to snow capped peaks he found a sense of inner harmony that had been missing from his life Loren's story is one of personal growth and self discovery He shares the joys and difficulties of life on the trail from the beauty of communing with nature to the physical toll of hiking long distances Along the way he meets a colorful cast of fellow hikers and draws inspiration from the trail's legendary thru hikers Whether you're an avid hiker or simply looking for an uplifting tale of finding one's true path Loren's journey on the Appalachian Trail will leave you inspired to seek your own adventure

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Arctic Daughter A Wilderness Journey Introduction

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