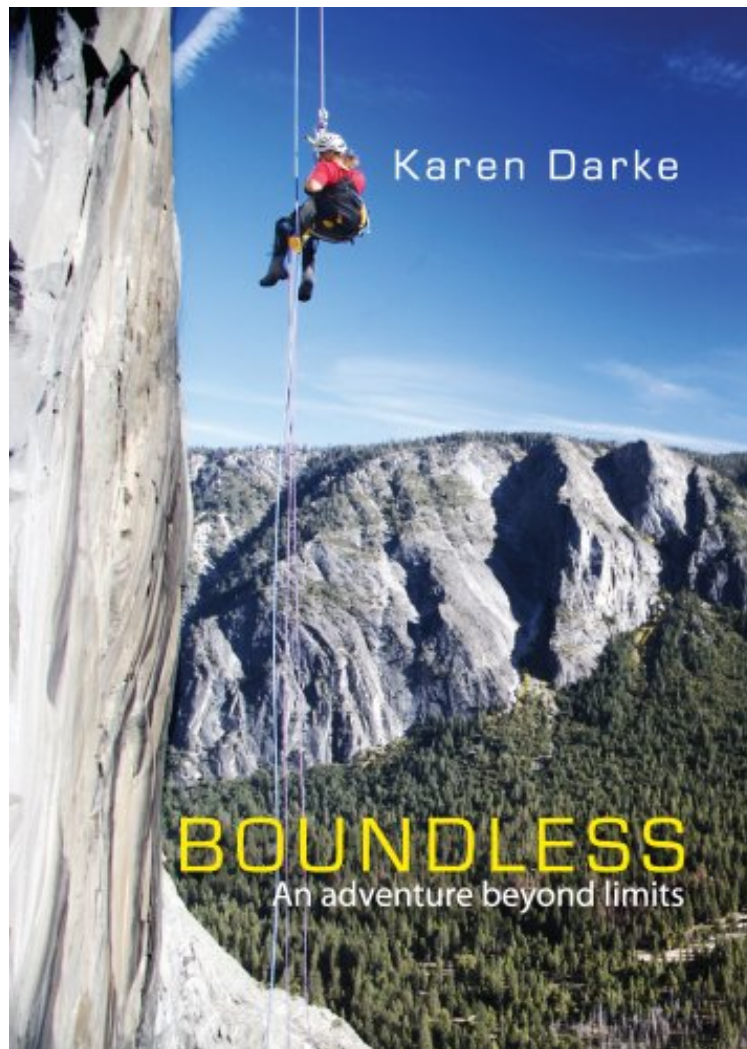


(Get free) Boundless (English Edition)

Boundless (English Edition)

Von Karen Darke

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Von Karen Darke : Boundless (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Boundless (English Edition):

KurzbeschreibungKAREN DARKE IS AN EXTRAORDINARY HUMAN BEING, and a woman who has touched the lives of many through her spirit for adventure. A keen runner and mountaineer, she was paralysed in a rock-climbing accident on a Scottish sea cliff at the age of twenty-one. Facing life in a wheelchair, Karen chose to continue

her adventures - breaking preconceived ideas of just what was possible for someone who could feel or move nothing below their chest. In her first book *If You Fall* she wrote about recovering from this accident, and her return to adventures and the value of embracing change. *Boundless* carries on from *If You Fall* and covers a two year period in which she faces her biggest challenges yet - both in the wilderness and at home. These begin with a 600 kilometre crossing of the Greenland ice cap on a sit-ski, a month long journey across one of the world's last great expanses of wilderness. It was a journey which led to Karen confronting her greatest fear, returning to the ropes and climbing the iconic overhanging rock-face of El Capitan. *Boundless* is far more than just a book of expedition heroics, and instead offers a raw, funny and honest view of a life that really is lived at the edge.

Pressestimmen "Disability is a state of mind, not a state of body." (Karen Darke) "Her story is not just one of the triumph of the human spirit, but of the 'spiritual'. It's 'spirit' that makes us what we are, 'spirit' that calls out to us in wilderness places." (Sir Ranulph Fiennes) "Karen Darke has overcome the restrictions of injuries that would have broken many others and discovered a life of challenge and adventure that most of us only dream about." (Joe Simpson, author of *Touching the Void*) "A lot of people in her situation would want to give up. Karen's done exactly the opposite, and that's really astonishing." (Fearne Cotton, *Cosmopolitan Ultimate Woman Judge*)

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