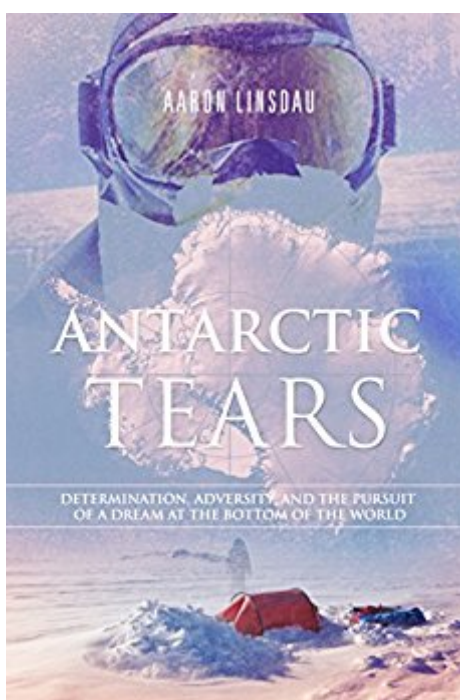


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# Antarctic Tears: Determination, Adversity, And The Pursuit Of A Dream At The Bottom Of The World



## Synopsis

Emotions run high in this true polar adventure. It's a story of triumph, harrowing danger, and outright adventure. In 2012, Aaron Linsdau left his entire life behind. Gone was the engineering career. He told his family and girlfriend that he wanted to pursue a dream to do something no other American had ever accomplished. He wanted to be the first to ski from the coast of Antarctica to the South Pole and back without aid or support. Alone. The journey to the South Pole covers over 700 miles through the most forbidding frozen terrain on the planet. The temperature is always below zero and gale force winds routinely roar across the ice. The polar plateau is devoid of life. There are no plants, animals, or insects. Antarctica provides no shelter, no protection, and is unforgiving of any mistake. But before the expedition was to start, there was much to do. Linsdau trekked 100 miles across the Greenland tundra. He skied across Yellowstone in the winter, camping in -45 degree temperatures. Towing tires up mountains and eating 4000 calories a day was preparation for Antarctica. Previous expeditions have lost tents, helplessly watching them blow over the horizon. Many explorers have quit or been rescued. What began as a brave adventure into the unknown turned into a battle for survival. Linsdau takes the reader to Antarctica. They experience incredible storms, skiing blind through whiteouts, crossing invisible crevasses, and skirting disaster. The book shows what happened every day of the expedition. The air is cold enough to freeze water in seconds and cause frostbite in minutes. Only outer space is less hospitable. Driven by passion, he sacrifices nearly everything to make his dream come true. This is a story about personal discovery, testing the limits of human endurance, total dedication to achieving a goal, and never giving up even when both body and equipment fail. There were many surprises during Aaron Linsdau's expedition to the South Pole... Antarctic Tears is also available as an audiobook in a 9CD box set or as MP3 files on a USB thumb drive. Linsdau speaks about this extraordinary experience to audiences world-wide.

## Book Information

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## Customer Reviews

Aaron has written a dramatic account of his on-foot adventure to reach the South Pole. We have the delight of his interior experience, not only on this trek but during his preparatory adventures in Greenland and Yellowstone. Why would a professional with a secure and comfortable life purposely choose such a severe journey? He answers these and other questions in a delightful way. We quickly become part of his trek facing crevasses, storms and winds of incredible fury. Using his engineer's knack for problem-solving in real time, we share his survival challenges of broken equipment and degraded supplies. His daily diary throws dangers into sharp relief as he treks over the most daunting landscape on earth. He recounts the nearly impossible task of crossing fields of "sastrugi" - strange hobgoblin formations of snow monuments cut by fierce winds. High latitudes create GPS errors, compass misreadings and ever-present threat of death from the unrelenting cold. Horizon whiteouts play vivid mind tricks: visions of places he has known in color, with people and in extreme detail; an invitation for insanity without creative exercise of mental discipline. The account is often in the vein of Robinson Crusoe's introspections, investigating the theme of human loneliness and its mental effects over prolonged isolation; also much like those in Graham Mackintosh's *Into A Desert Place* as he hiked alone in Baja. This is the read for an armchair traveler who wants an authentic South Pole adventure.

What an amazing adventure. It's hard to imagine spending eighty two days alone living in the minus 40 degree, hell Aaron found in Antarctica. After reading Aarons book I have to say "congratulations on a job well done". It's too bad he happen to pick a summer with record foul weather. I am sure if he had better weather, he would have been able to make his goal of a round trip journey to the

South Pole before Antarctic winter. It's incredible that Aaron ate 6,000 calories a day and still lost weight. I can see that Aaron has learned a great deal from this trip and would change a few things if he did it again.

Nail biting tale of adventure in conditions you will only want to read about. Aaron is humble, smart, adventurous and authentic. I thoroughly enjoyed this book and found it inspirational!

I loved reading this book as I can relate. Not that what I experienced was even remotely or even a fraction of what Arron did, but his daily struggles and how he worked through them was amazing and inspiring. I am sixty-five years old and recently trekked to Canada from my home in Southern California pulling a two wheeled hiking cart because I have a back injury that keeps me from carrying a backpack. It took me seventy-nine days and I camped over seventy of those days. It was a struggle many, many, days for me, and reading that Arron was having similar feelings during those tough days (mine obviously not under the same tough conditions) brought back flashes of similar feelings. After I finished I felt a great accomplishment and set my next goal to trekked the length of New Zealand, and then across the USA from coast to coast. To stay in shape I went to France and Spain and trekked two separate trails, 530 miles, and then 630 miles, fracturing my tibia at my knee. I had to postpone my trek to New Zealand due to this, but have set my goals to get back into shape and let nothing stop me. I had similar feelings, as Arron, when I stopped trekking in that I had a hard time sleeping in a bed because I missed my sleeping pad, sleeping bag, and my tent. Funny how that happens. Reading Arron's difficulties reminded me how I felt after stopping my treks. I loved every page of this book, and as I have mentioned, it inspires me to continue to go after my dreams and challenges. If you are an adventurer, you will like this book!

What an amazing adventure! As inexperienced as the author was with this type of trip, I was surprised that he didn't perish in the first week, especially as he started out his trip sick with bronchitis. This was truly a survival story, one filled with determination and pushing oneself to the limit of endurance. Imagine living in a little tent, walking or skiing across the most unforgiving terrain in the world, though hurricane-force winds and white out blizzards, living on butter and cookies - and doing this for nearly three months. Now, imagine doing this and still managing to keep your spirits up, cherishing each day of your adventure. I read this book while I was in steamy hot Bangkok, and it worked better than the air conditioner to keep me cold. Recommended for anyone with an interest in learning about the most inhospitable place on earth. The author takes the reader with him on a

day-by-day journey. Yes, some of it is repetitious, but I have no doubt that this is exactly what it was like to be in his shoes. When equipment fails, it breaks the monotony and therefore becomes an exciting challenge. When your food goes rancid, great! That means you'll need to improvise something different! Such is the adversity that Linsdau contended with every day of his trip to the South Pole. I hope he makes it to the North Pole soon and shares his adventure with the rest of us.

Thank you, Mr. Linsdau!

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