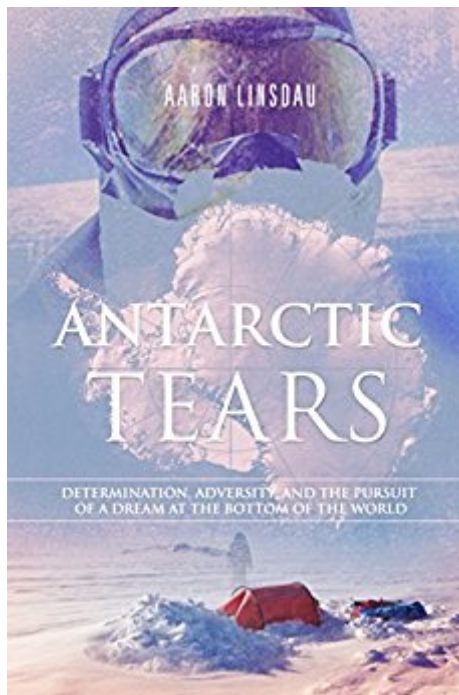


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# Antarctic Tears: Determination, Adversity, And The Pursuit Of A Dream At The Bottom Of The World



## 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 creavasses, 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!

Simply amazing. This is a tale of pure adventure and hardship created by the hellish conditions of Antarctica. It is a well written story of a passion to reach an almost impossible goal against overwhelming odds. Once you read the first page you will not be able to put it down. If you like to be out of doors, if you dream of exploring where no human has wandered, this book is for you.

Really enjoyed this book. I have read many other expedition books, everything from solo kayak adventures, polar exploration, mountaineering, to jungle exploration. Aaron does not spend much time on assembling gear and the plan. What he focuses on is the preparation to undertake such a demanding physical journey, and then the details of what its really like to be out there - slogging and forging ahead for weeks on end in fearsome conditions. Well written from the first person, you get a true insight what living in 30 degree below zero with 30 mph wind feels like. Something that isn't usually captured in the more familiar adventure books. Highly recommended!

What a rewarding read! I am truly grateful to Aaron Linsdau for writing such an adventurous story. As a nontraveler I especially appreciate the open, descriptive narration of such an endeavor. I consider this author to be heroic and truly a role model. I can recommend this story of the most severe struggle that I can conceive - remarkable. Chris Gregory, author of Buckshot Pie, Tekoa Tomes, and Straight Like a Sapling, Semper Pi Publishing, Tekoa, WA

This was a very interesting book, both as the author was preparing for his Antarctic journey, and while he was on it. However, I'm not sure if this book was self-published, but it sure needed an editor. There were punctuation mistakes, repetitiveness, and awkward phrasing. I see that the author is now a motivational speaker. These days (and I have experience as someone who just retired after a 31-year professional career), the emphasis is on teamwork and leadership. How can someone who was on a solitary journey for 3 months apply his experience to teamwork and leadership? Sure, the people back home in the US and at ALE gave him advice and moral support, but that's not working side-by-side with people day-in and day-out. The person that fascinated me

the most and about whom I want to find out more about is Vilborg. She sounds like an amazing woman! I am intrigued by her mostly because she is my height, around 5 feet. Okay, she is a lot fitter, but my husband said although I won't go to Antarctica (the Rockies and Macchu Picchu were challenging enough for me), I can lose more weight and work on getting fitter, using her as inspiration. Thanks to Aaron for introducing her to me.

Truth is often more exciting than fiction. The author certainly has my respect! I'm afraid I'd have perished the first day of his incredible trek! This book was offered free for Kindle, which is how I came to read it. I enjoyed reading it and thank the author for his generosity.

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