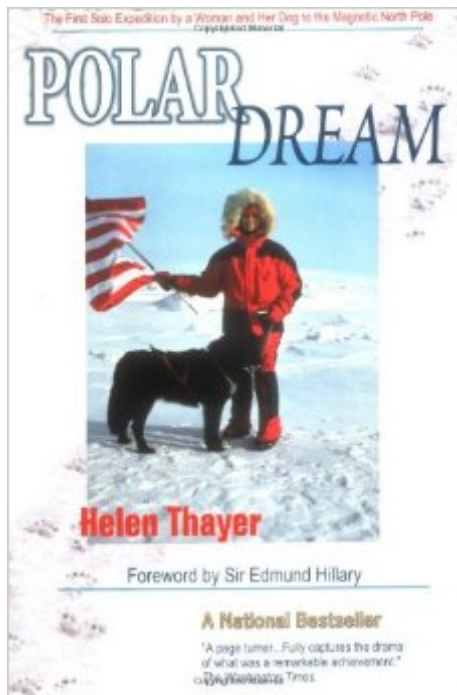


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# Polar Dream: The First Solo Expedition By A Woman And Her Dog To The Magnetic North Pole



## Synopsis

In 1988, at the age of 50, Helen Thayer became the first woman in the world to travel on foot to the magnetic North Pole, one of the world's most remote and dangerous regions. Her only companion was Charlie, her loyal husky, who was integral to her survival. *Polar Dream* is the story of their heroic trek and extraordinary relationship as they faced polar bears, unimaginable cold, and a storm that destroyed most of their supplies and food. A new epilogue, maps, and many previously unpublished expedition photographs are new to this second edition. "A page-turner.... Fully captures the drama of what was a remarkable achievement." â The Washington Times

## Book Information

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## Customer Reviews

Without a snowmobile, dog team or resupply, Helen Thayer walked and skied alone to the Magnetic North Pole with her Eskimo dog Charlie. This true story of the trust that bonded woman and canine companion together is a classic. Frostbite, storms, broken sea ice, a tent fire, near starvation, and polar bears, never deterred this amazing five-foot-three-inch, 50 year old woman from her goal. A recent shattering crisis in my life left me without hope until a friend gave me this book. It changed my life, enabling me to set a goal, look ahead with optimism and never give up just as Helen Thayer did in her quest to reach the M.N.Pole. Her writing style is fast moving and delightfully descriptive and portrays a humble down to earth individual who absolutely adores her Charlie who saved her life from a polar bear. The writing style makes you feel as if you are right there traveling with Helen and Charlie. This second edition has many more photos than the first and the updated first chapter and the new Epilogue enhance an already great book. A definite must read!

I am a big fan of stories of arctic adventure, and this is one of the best. In this day of snow mobiles and ATVs, we have a woman at 50 -- author Helen Thayer -- setting out to walk to the magnetic north pole, pulling her own sled and accompanied by an Inuit dog she had only known for a couple of days. On her first day out, she suffers such terrible frostbite of her fingers they become almost useless. (I would have called it quits right there.) Then come polar bears -- one the world's most deadliest creatures. And they keep on coming. Some curious, some life-threatening. But, she continues on her amazing journey, not for fame or fortune, but for scientific information for her program Adventure Classroom. There are some fantastic photos included and very helpful maps. Her writing style is breezy and compelling. It's a triumph of the human spirit and the bonding of a dog and companion. What a terrific book.

Polar Dream is the personal memoir of Helen Thayer, the first woman (and the oldest person at age 50) to travel on foot, unresupplied, to the magnetic North Pole. Her harrowing trek on skis for 27 days, aided only by a dog trained to warn her of approaching bears, is described in vivid, engaging detail, as are her seven encounters with polar bears which she survived through skill, luck and quick thinking. Black-and-white photographs, including ones taken by the author during her trek, enhanced a narrative of profound insights into the beauty and wildness of the arctic. Readers who appreciate true life adventure will enjoy the excitement and wonder of Helen Thayer's Polar Dream.

An extraordinary true story of courage, determination and fortitude. Every chapter not only contains the wow factor but is an illustration of what the human spirit is capable of. Thayer is an accomplished writer who keeps the reader wanting more. An incredible story of a woman and her faithful dog Charlie, as they endure the hardships of polar travel on foot together with no dog teams or snowmobiles or resupply. Sue White Edmonton, Canada

I first read this book in a German translation and then attended a lecture in New York by Helen Thayer, the author. Because of her amazing world wide adventures from the Polar Regions, to the deserts and the rain forest I expected someone six-feet tall. Instead I listened as this five-foot-three-inch diminutive dynamo enthralled her audience with her solo walk to the magnetic North Pole at 50 years old and her subsequent adventures including a trek of almost 1,500 miles across the Gobi desert last year at 63 years old. Polar Dream, the story of her solo walk to the magnetic North Pole with her Inuit dog Charlie is invigorating, with a down to earth humble look at

life. Charlie is loyally devoted to Helen and saves her life from a polar bear. Polar Dream has been available for ten years. The first edition was excellent and the second edition is even better with many more photos. I bought 14 books in English, 4 books in German, and one in Dutch for Christmas presents and all recipients are inspired and can't wait for Thayer's next book. The fast moving, highly descriptive story is sensitive and not afraid to expose vulnerable inner thoughts and feelings. This is a great book for men and women as proven by my Christmas gift list. And kudos to wonderful Charlie, Helen's devoted dog-assistant and life saver on the journey.

Great book. Helen Thayer set off in her 50s to walk to the magnetic North Pole. She did it only with Charlie, the polar bear wonder dog, given (sold) to her by the Inuit who were sure she wouldn't survive without a dog team who knew how to fend off polar bears. She finally agreed to taking one dog, who became her true partner in the journey (and afterward). The story is an outstanding tale of what she learned about herself and how she and Charlie so totally bonded, mutually dependent on each other. Helen prepared well and clearly fully respects Nature in all senses. It is also a wonderful tale about Charlie--about the intelligence of dogs we people would see more often if we just give them a chance to be themselves. This is an outstanding book for anyone of any age and hopefully will help more people understand the criticality and fragility of Nature, and the importance of treating animals (in this case, dogs) with true respect, care, compassion, and love. The book clearly shows the intelligence not just of Charlie, but also of the various polar bears Helena encountered (and successfully avoided attack from, without killing them). It also is an excellent book to get people thinking about themselves and their thoughts. Some of the lessons Helen learned, for example, included early on learning to say "no" as well as the importance of remaining positive and in control even when Nature seemed to be in control via a strong storm whirling around her for several days at a time. She includes photos from her journey, which also are amazing. An exciting, excellent book. I highly recommend this for everyone.

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