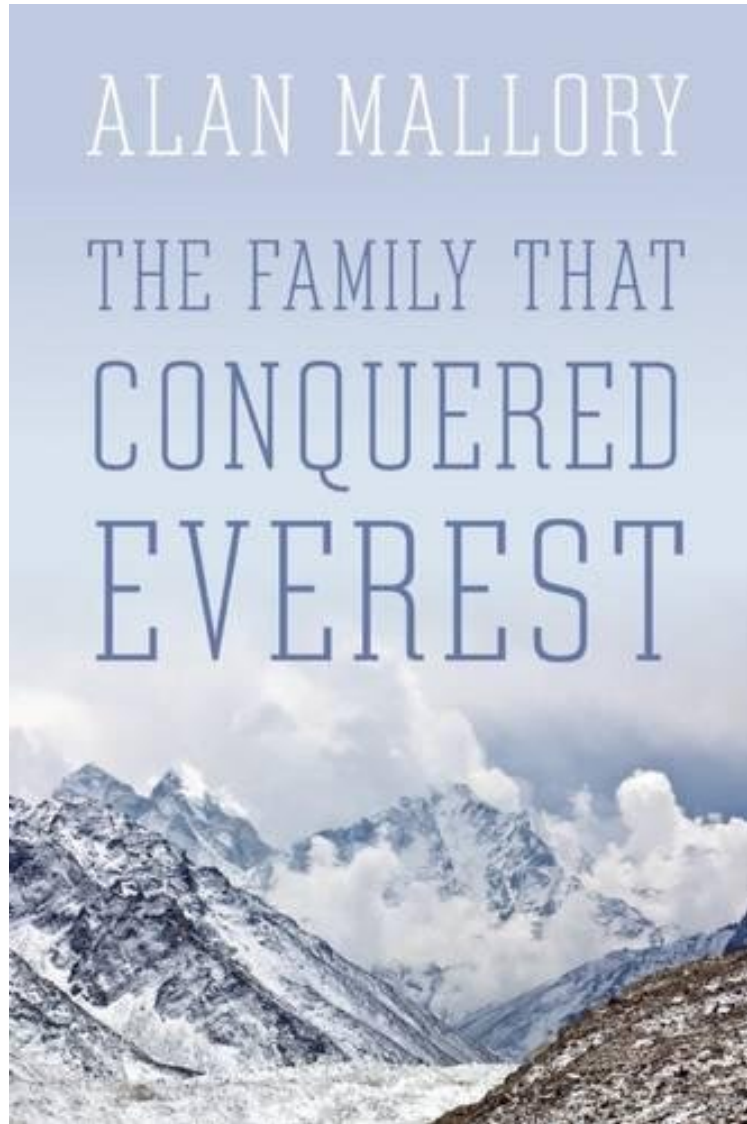


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## The Family That Conquered Everest

*Alan Mallory*

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**Alan Mallory : The Family That Conquered Everest** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Family That Conquered Everest:

Climbing Mount Everest is considered one of mankind's greatest feats of endurance. The grueling expedition to the top of the world's highest peak is a journey filled with unparalleled physical and mental challenges and some of the toughest, most extreme conditions imaginable. In 2008, Alan Mallory and his family took on the challenge and

became the first family of four to set foot on the summit. It was a two-month journey filled with emotion, loyalty, boldness and terror and the experiences the team encountered during the expedition were as incredible as they were terrifying. From staggering across ladders spanning bottomless crevasses and fighting the many altitude-related illnesses to climbing through a blizzard in the dead of night and two members of the team almost losing their lives forever, every segment of the climb was an exhilarating venture. Richly illustrated with photos from the expedition and other outdoor exploits, the book is a fast-paced and engaging adventure story that also highlights the lifestyle and family values that prepared the Mallory family for success. It explains the thinking and planning that went into making their attempt possible, the logistical nightmares that they had to circumvent and the strategies that they developed to continue moving forward in spite of the seemingly impassable obstacles and ever-changing environments they were faced with. Their unique journey has mesmerized and inspired families and individuals around the world and the book brings their journey to life in a whole new way. The book is much more than an exciting adventure though. It is also very inspirational from the standpoint of family success and togetherness. Throughout the book, Alan explores and explains the many family adventures and dynamics that enabled the Mallorys to take on such a challenge together. Collaborating and looking out for each other was paramount on the expedition as was being able to quickly and effectively resolve conflicts that arose. Many teams fell apart and had to give in to defeat if they could simply not get along and function as a single unit. The Mallorys success is a fantastic example of the importance of strong principles and maintaining a deep level of trust between team members. Alan has also included a short excerpt written by each of his family members, when they had a particularly extraordinary or inspiring experience that was best told in their own words. Each member of the team had different thoughts and experiences on the mountain and different points of view adding unique perspectives to the book. The underlying messages throughout the book are about personal development and finding the spark within each of us that drives us to do the things we do. By controlling our focus and concentrating on the things we are most passionate about, we are capable of accomplishing great things. It is our own reservations and limiting beliefs about ourselves that hold us back. If we can overcome these self-imposed limitations, there is nothing that we cannot achieve.

About the Author Alan Mallory was born and raised in Barrie, Ontario. He graduated from Queens University as a mechanical engineer and has worked in many different areas of the world developing custom machinery and resolving engineering and conductivity problems. Alan is also an international speaker and professional development trainer, focusing on leadership excellence and the associated professional development skills. In his free time, Alan loves to travel and explore new places. As an avid adventurer and outdoor enthusiast, he tries to live life to the absolute fullest. He lives in Mississauga, Ontario.