



Extreme: Why Some People Thrive at the Limits

By Emma Barrett, Paul Martin

Oxford University Press. Paperback. Book Condition: new. BRAND NEW, Extreme: Why Some People Thrive at the Limits, Emma Barrett, Paul Martin, Why do some people risk their lives regularly by placing themselves in extreme and challenging situations? For some, such as astronauts, the extreme environments are part of the job. For others, they involve the thrill and competition of extreme sports, or the achievement of goals such as being the first to reach the South Pole or climb Everest. Whether for sport or employment, all these people have made the personal choice to put themselves in environments in which there is significant risk. What drives such people? And what skills and personality traits enable the best to succeed? What abilities are shared by the successful mountaineer, astronaut, caver, or long-distance solo sailer? And are there lessons the rest of us can learn from them? The psychology of those who have to cope with extreme conditions has been a matter of much research. It is important, for example to those planning manned space programmes or the makeup of teams who will spend months in an isolated or hostile environment such as Antarctica, to understand the psychological pressures involved, and to recognize...



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