



# Surviving the Extremes: What Happens to the Body and Mind at the Limits of Human Endurance

*Kenneth Kamler*

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## Surviving the Extremes: What Happens to the Body and Mind at the Limits of Human Endurance

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A true-life scientific thriller no reader will forget, **Surviving the Extremes** takes us to the farthest reaches of the earth as well as into the uncharted territory within the human body, spirit, and brain. A vice president of the legendary Explorers Club, as well as surgeon, explorer, and masterful storyteller, Dr. Kenneth Kamler has spent years discovering what happens to the human body in extreme environmental conditions. Divided into six sections—jungle, high seas, desert, underwater, high altitude, and outer space—this book uses firsthand testimony and documented accounts to investigate the science of what a body goes through and explains why people survive—and why they sometimes don't.

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