



# To the Summit

*Getting out of a wheelchair and to the Himalayas on dal bhat, grit and in defiance of multiple sclerosis*

NICK ALLEN



\$39.99

CATEGORY: Adventure / Health

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## AN INSPIRATIONAL STORY OF DETERMINATION AND GRIT

**'A beautifully told and moving story about physical, mental and spiritual wellness, the restorative power of the natural environment, and the journey towards freedom through mountaineering.'**

— Laurence Fearnley, author of *The Hut Builder*

**'A frank, insightful and compelling account of climbing with multiple sclerosis. Nick's writing is eloquent; his drive is inspiring. This is a remarkable book.'**

— Jan Arnold, New Zealand Everest climber, mother and doctor

The inspirational story of climber Nick Allen, who went from outdoorsman to wheelchair-bound with multiple sclerosis to back to the life in the mountains he loves through sheer determination and grit.

This book follows Nick's first faltering steps back into the back country and his decision to set up a trust so other MS sufferers can have outdoor experiences.

And it follows his most astounding adventure yet: trekking to base camp at Everest, and — at considerable risk to his health — conquering the Himalayan peak, Imja Tse. *To the Summit* was also the winner of the Mountain and Adventure Literature Non-Fiction award at the Mountain Film & Book Festival.

## ABOUT THE AUTHOR

**Nick Allen** is a passionate trumper and climber. Diagnosed with multiple sclerosis at the age of 25, Nick thought his climbing dreams were over. With the help of rehabilitation specialists, Nick has been able to get back outdoors, climbing and tramping. Nick is also passionate about helping others and has set up a scholarship fund, administered by Multiple Sclerosis NZ, to help others with MS overcome the obstacles that prevent them from getting outdoors. He lives in Palmerston North.

## SALES POINTS

- Inspirational story of courage and determination.
- Full colour and full of fantastic photos.
- A lively and engaging read.
- Major media national campaign planned.

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