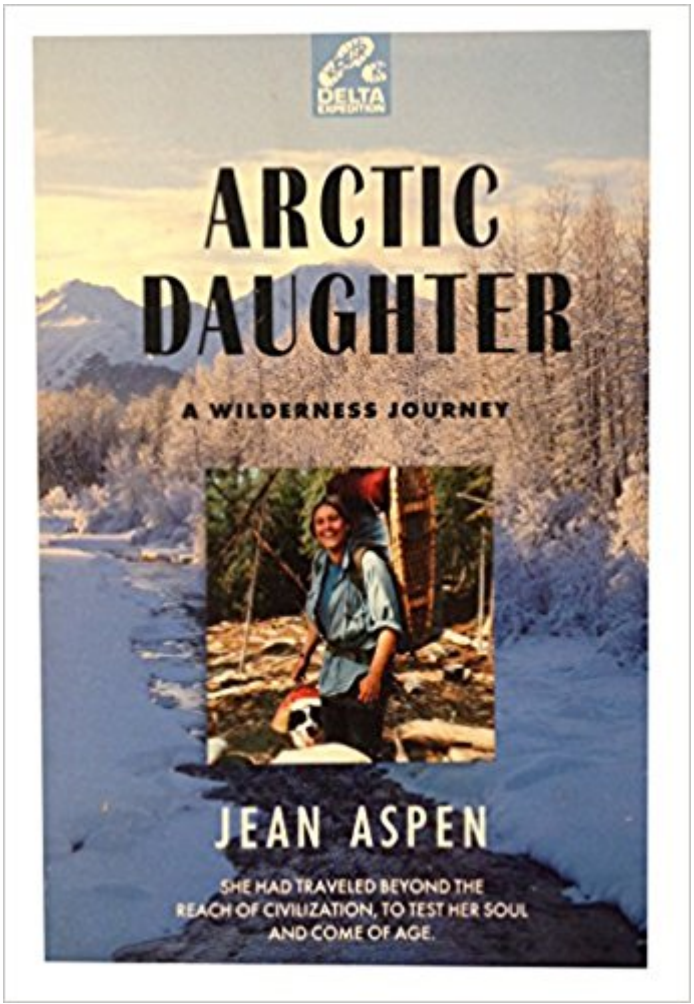
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# Arctic Daughter




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## Book Information

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## Customer Reviews

This stark, philosophical work chronicles Aspen, an artist and daughter of the author-adventurer Connie Helmericks, who, 16 years ago at the age of 22, chose to sojourn into the wilderness of Alaska, above the Arctic Circle, and live off the land. Aspen was accompanied by her first husband-to-be Phil; her harsh, relentlessly honest journal depicts two stoics who ate salted and dried horse meat, berries, evenunder miserable circumstancesraw, rubbery moose that contained "the wriggly pearl of a maggot." The couple encountered no other humans for almost a year, and in that time the author sought the " 'essence' of experience . . . that elusive something that makes the world sparkle." Aspen believed that civilization snatches away more than it gives in return: "I'm not certain that all our toys are worth what we pay for them." Rather, she endured the brutal weather and exalted when the sun returned after a 60-day absence: "Life isn't safe, no matter how carefully you plan. . . . You may as well enjoy the ride." Aspen's journey isn't pretty reading, but her voice is memorable and her endurance marvelous. Copyright 1988 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

An adventure like this is not for everyone. But for those of us who want to vicariously share the experience, Ms. Aspen takes us along on the ride. And what a ride it is! I really loved the lesson of how the doing, the building, the hunting, preserving, the trekking, ALL THE WORK, really teaches one to appreciate all that one has, how little or humble it may be. Whereas most of us take small regard for all the conveniences we are so accustomed to, Ms. Aspen teaches a great lesson in

appreciation, not just in providing for oneself, but for becoming one with the world outside--a joy lost to those behind closed doors. I have a handful of books that I have re-read multiple times, and this is one of them. I would have liked more pictures or sketches of the log home so painstakenly built--inside and out! Maybe in a reprint? Thank you to Ms. Aspen for sharing her spirit of adventure and her perspectives. It has inspired and influenced me!

May be I am prejudice here but I frist read this book in Readeers Digest Condensed books. I was so interested that I had to go out and buy the complete book version. She did what most of us can only dream of doing! So sad she left after a short stay. but she did return again.

Very well written book of two peoples adventure into the back woods ofAlaska and truly living off of the land.Follow their story as this young couple travel the Yukon River in adangerously overloaded canoe packed with winter supplies,food and building materials. Hunting and fishing along the way for food tosurvive.With the help of a old miner’s cabin and cache they were able to add totheir building materials to build a log cabin to survivethe winter. Living off of the small supplies of food they were able to packin the canoe and what they could kill for meat theymore then once were on the verge of death from the cold, lack of food andthe raging river.

This is a gripping tale of a strong and courageous woman. Most of the book is beautifully written, save two pages of sevenities sentimentality. Aside from that very minor flaw, this is the best book I have read on a sojourn in the Arctic wilderness. It makes you want to go there, do that. Aside from the poetry of the writing, the book has an unforced sense of humor. I laughed out loud many times. I recommend Arctic Daughter to all and sundry.

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