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Climbing Everest is a treasure I will pick up over and over again."--David Breashears, four-time summiter of Everest, and chief photographer for the IMAX film, Everest "I am utterly amazed at the mind that conceives such language.

Climbing Everest: A Meditation on Mountaineering and the

phases of the climb : the preparation phase, the ascent, and the descent.(see Figure 1). Preparation phase Effective mental preparation for climbing Mount Everest is crucial to the success of reaching the summit. All 10 participants spoke of the importance of preparing for the challenge mentally, as well as physically and logistically.

Mental Strategies of Elite Mount Everest Climbers

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