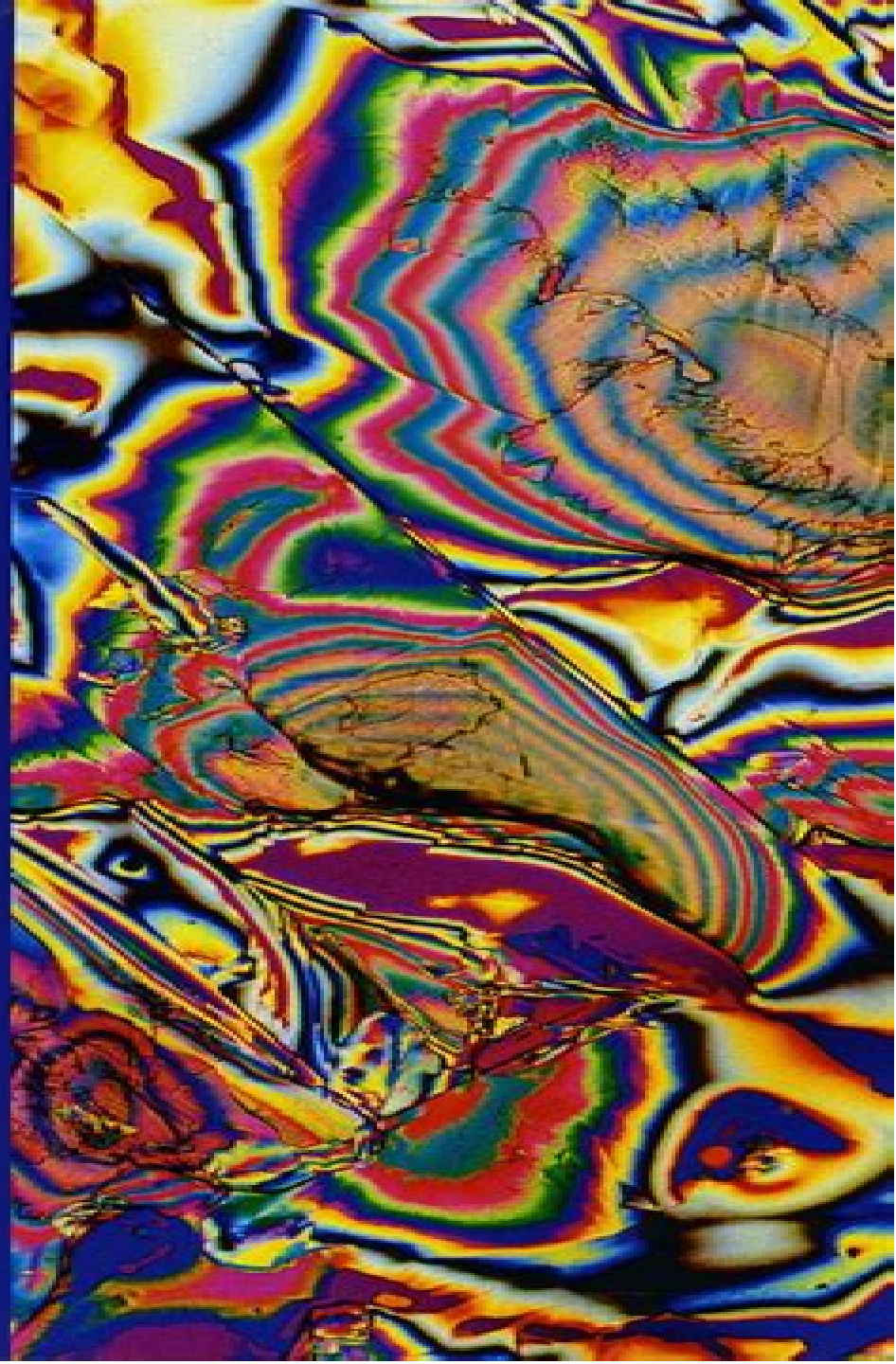


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and
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for the
Nonscientist**

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Robert F Scott's journey to the South Pole and consequent disaster Borrowing from various scientific disciplines Krzysztof Sienicki lucidly argues against each of the presumed causes of Captain Scott and his companions' deaths In particular he demolishes the notions of extreme low temperatures ferocious winds and food/fuel shortages as the main causes of the disaster Using neural network computer simulations he proves that the Extreme Cold Snap Never Ending Gale and food/fuel scarcity never occurred By eliminating the alleged causes of the disaster the author provides data and arguments that the deaths of Scott Wilson and Bowers were a matter of choice rather than fate The choice was made long before there was an actual end of food/fuel and long before the end of the physical strength needed to reach delusive salvation at One Ton Depot

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transforms more than the body's functions and contours it diminishes its transcendent power compelling it conform to a profoundly limited imagination of what the body can do **Clean Living Paleo Basics** Luke Hines, Scott

Gooding, 2015-02-24 The definitive guide to the paleo diet from Australia's favourite personal trainers Being healthy is a priority in today's world and with new fad diets popping up all the time it can be hard to know what to eat in order to get the most out of your body Get back to basics and let Australia's Clean Living experts Luke and Scott show you how to live the paleo life and be the best that you can be The paleo diet has been around since the dawn of humankind and its whole food principles without any processed ingredients are exactly what our bodies need for fuel This quick and easy ready reference guide is packed full of tips swap outs and recipes that will see you well on your way to making positive changes in your life Whether you're just starting out and looking to learn the basics of how to eat paleo or you're a seasoned clean lifer and want

to grow what you've learned so far this book has it all Clean Living Paleo Diet Basics is not a diet book a quick fix or a fad but a guidebook that will help you achieve vibrant health and sustain it for the rest of your life *New Technical Books* New York Public Library, 1988

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