



## To the Max

*Mark Inglis*

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**To the Max** Mark Inglis

**How a mountaineer who lost both legs below the knee overcame the odds to achieve incredible success, including a Paralympic medal in cycling.** Mark Inglis was only 23 when he became a double amputee. This book describes how he and fellow climber Phil Doole were trapped in an ice cave near the summit of New Zealand's Mt Cook for 13 days with minimal equipment and little food. By the time they were air-lifted out both men had severe frostbite and had to spend months in hospital recovering. Since then, Mark has set himself a number of formidable goals and achieved incredible success, while coping with the physical drawbacks of being an amputee. In this teen reader's version of *No Mean Feat* Mark tells his story with vigour and plenty of humour.

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