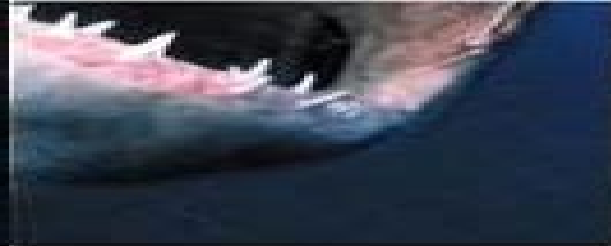


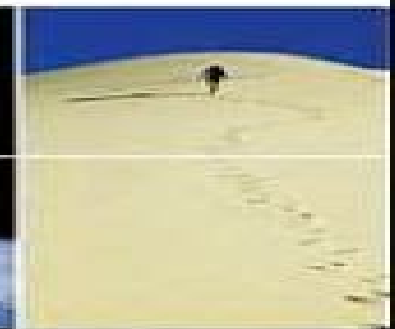
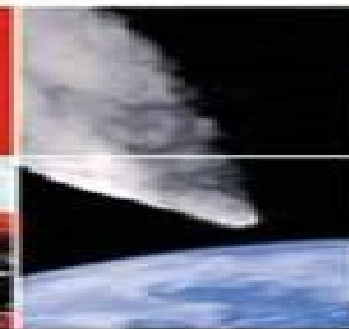


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**WHAT HAPPENS TO THE BODY AND MIND
AT THE LIMITS OF HUMAN ENDURANCE**



KENNETH KAMLER, M.D.

High Seas Surviving The Extremes

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