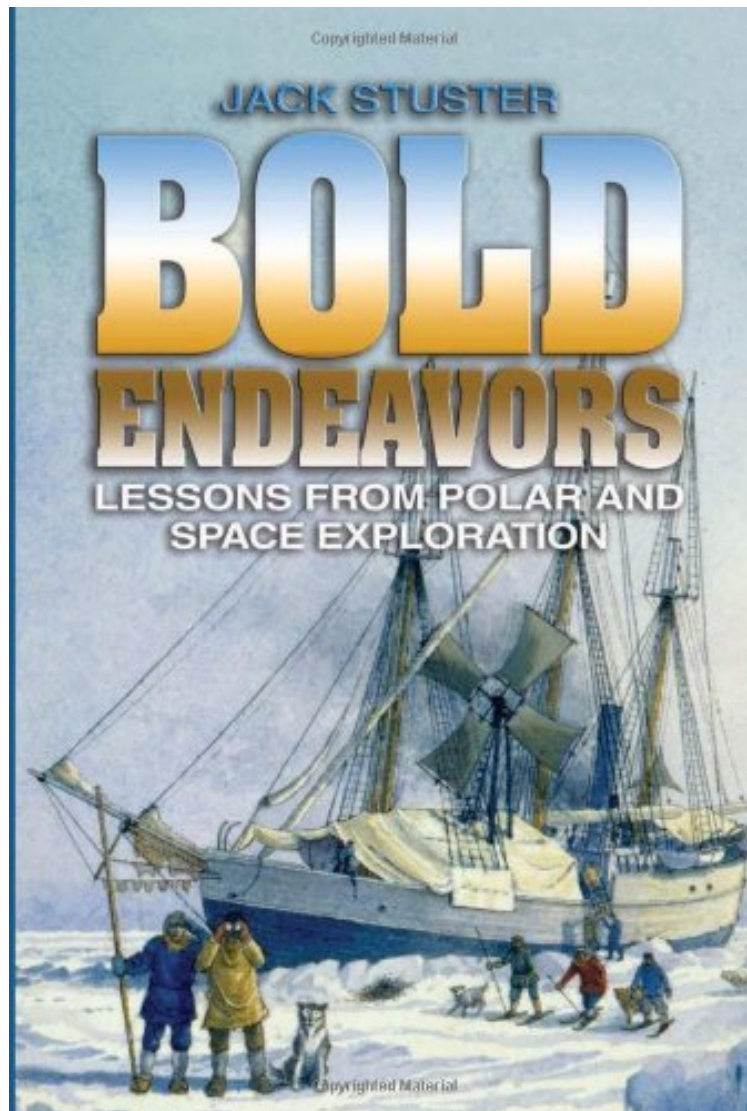


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Bold Endeavors: Lessons from Polar and Space Exploration

Jack Stuster

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Jack Stuster : Bold Endeavors: Lessons from Polar and Space Exploration before purchasing it in order to gage whether or not it would be worth my time, and all praised Bold Endeavors: Lessons from Polar and Space Exploration:

0 of 0 people found the following review helpful. Informative and thought-provoking REPORT.By W. H. PostEnjoyable report on the useful lessons gleaned from expeditions of yore and how they may be applicable to future expeditions--specifically in inhospitable, remote environments.The emphasis is on identifying and examining the qualities and behaviors that render some individuals and groups more resilient than others in confined and isolated situations that may last for months or years.This book reads more like a report than a narrative. Points are made in a

matter-of-fact tone, rather than with the literary flair one would expect of fiction or a well-written history or biography. Nonetheless, I thoroughly enjoyed reading it and found it informative and thought provoking. And, frankly, the report-like tone allows one to read chapters out of order without missing something vital in the process. Definitely worth the read and, afterward, a place on your library's shelf. 0 of 0 people found the following review helpful. In depth knowledge By Jeffrey L. Smith, PE If you haven't read Scott and Amundsen, go do that. Then read Bold Endeavors to understand the deeper knowledge and wisdom that makes for successful expeditions, on earth or in space. 1 of 1 people found the following review helpful. Four Stars By Diana Patterson Fascinating and insightful - especially enjoyed reading references to polar exploration

Bold Endeavors: Lessons from Polar and Space Exploration presents the results of 15 years of research for NASA and the Department of Defense concerning the factors that contribute to adjustment and sustained human performance under conditions of isolation and confinement. The research involved the study of previous space operations and conditions on Earth, such as submarines, Antarctic stations, polar expeditions, and voyages of discovery, that are comparable to what might be expected for future long duration space missions. **Bold Endeavors** is read by students, engineers, behavioral scientists, modern explorers, and the personnel staffing US Antarctic stations, among others; it has been described as "required reading" for members of NASA's Expedition Corps, astronauts who are preparing for expeditions to the International Space Station and beyond. **Bold Endeavors** is of interest to the fields of psychology, psychiatry, human factors and ergonomics, anthropology, aerospace engineering, space medicine, personnel selection, organizational management, and the history of exploration. The chapter on Food is even used as a reference in culinary and hospitality-management programs.

Bold Endeavors will be a classic reference in the field. -- Dr. Harry Wolbers Jack Stuster is an excellent storyteller. There is a strong theme here of man against the elements, and his accounts of human endurance alone will attract many readers. I have never seen any one do such a good job of rooting out examples from expedition literature. This outstanding work should attract a general as well as a specialized audience. -- Dr. Albert A. Harrison, Professor of Psychology Stuster certainly has done a remarkable job of research, which I hope may be very useful to future expeditions on and off the Earth. -- Arthur C. Clarke Stuster engagingly analyzes the polar expeditions and their relevance for space travel... As a how-to analysis, Stuster's book may help planners design future missions. But his anthropological perspective reminds us that such planners will be charged with a weighty of space -- Martin Collins, Air Space Stuster has written an exceptional book that covers the exploits of explorers, military personnel, scientists and astronauts in long-duration confinement and isolation. -- Leonard David, Space News Stuster is superbly experienced to undertake this first-of-its-kind analysis. His writing style is lucid and, beyond the serious results, the myriad mininarratives of human response to extreme conditions present an intriguing body of literature for the general readership. -- J.D. Ives, Choice Magazine Stuster's book is unquestionably the best single source of information on how to design life-support capsules for human habitation. -- Dr. Peter Suedfeld, Professor of Psychology This fine book has something for everyone--the physician, the psychologist, the manager, and people who are just interested in reading exciting stories of survival. I recommend it to all of those. -- Dr. William K. Douglas This is the most comprehensive review and exposition of Antarctic research findings that I have seen. It is interesting as well as informative. -- Dr. Eric Gunderson You'll find yourself living in a 9-by-13-foot hut in Antarctica with Admiral Richard E. Byrd, enjoying a theme dinner on a U.S. Navy submarine, and exercising on a Skylab treadmill. You'll witness what drives men crazy and what makes them strong. You'll see qualities of leaders and survivors... **Bold Endeavors** is a must-have for anyone seriously contemplating sending humans on long-duration space missions. It's also a great historical read. -- Kerri Dowd, Final Frontier From the Back Cover The experiences of explorers, adventures, military personnel, scientists, and astronauts in long-duration confinement and isolation have been recorded for decades. But now a behavioral scientist working for the National Aeronautics and Space Administration and the Defense Department has distilled this far-flung literature into a highly readable guide useful for everyone from NASA planners to submarine crews, mountain climbers, prison administrators, and even individual families. Jack Stuster presents startling and often eloquent accounts of people at their best and worst - alone or in small groups, isolated and confined in small places, imprisoned and challenged by extreme conditions. From these bold endeavors, Stuster has assembled the lessons learned and conclusions drawn by the world's leading behavioral scientists to make specific recommendations for facilitating human adjustment and performance in long-term isolation. Successes and failures culled from the diaries, logs, journals, interviews, and memoirs of famous explorers like Amundsen, Byrd, Scott, Heyerdahl, Cook, and Shackleton are compared and contrasted with those of shipwreck and disaster survivors, astronauts and aquanauts, POWs, adventurers, and experiment subjects. Stuster's goal is to help others avoid or mitigate chronic behavioral problems that have affected human and mission performance, often with tragic consequences. Not only will this study aid the designers of future space expeditions, its recommendations and habitability principles are also relevant to a variety of earthbound conditions, including polar and underwater exploration and habitation. In fact, nearly all human relationships that involve small groups of people living and working in confined spaces or traveling in isolated areas

can benefit from this useful and entertaining study. About the Author Jack Stuster is Vice President and Principal Scientist of Anacapa Sciences, Inc., a human factors and applied behavioral sciences research firm located in California. He specializes in the measurement and enhancement of human performance in extreme environments and contributes to the designs of equipment, training, and personnel selection