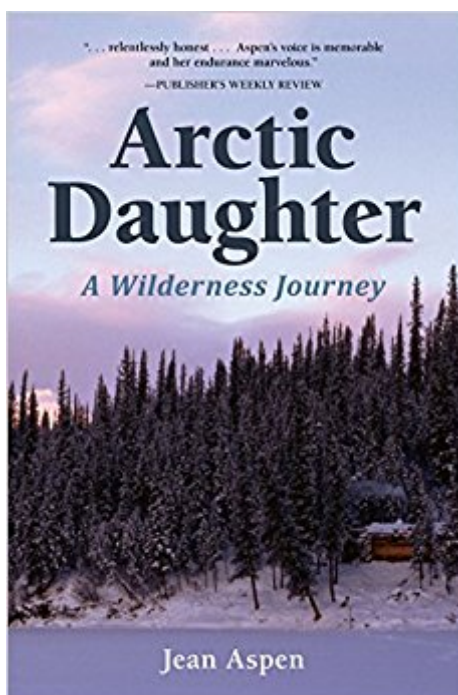


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# Arctic Daughter: A Wilderness Journey



## Synopsis

Setting off in an overloaded canoe, they journeyed down the Yukon River and walked upstream into the remote Brooks Range to build a cabin and live off the land. She was twenty-two, daughter of a famous woman adventurer. He was her childhood sweetheart. Four years later, they emerged from the Alaskan wilds. Now in her sixties, Jean Aspen updates her spellbinding tale of adventure in a harsh and beautiful land for a new generation. ARCTIC DAUGHTER is at once an extraordinary journey of self-discovery and a lyrical odyssey. A READER'S DIGEST book selection, this remarkable tale of survival and courage measures the value of dreams against the unforgiving realities of the natural world. First published in 1988 by Bergamot Books, Minneapolis, MN.

## Book Information

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## Customer Reviews

“This stark, philosophical work chronicles Aspen, an artist and daughter of the author-adventurer Connie Helmericks, who, at the age of 22, chose to sojourn into the wilderness of Alaska, above the Arctic Circle, and live off the land. Aspen was accompanied by her first husband-to-be Phil; her harsh, relentlessly honest journal depicts two stoics who ate salted and dried horse meat, berries, even under miserable circumstances raw, rubbery moose that contained the wriggly pearl of a maggot. The couple encountered no other humans for almost a year, and in that time the author sought the essence of experience . . . that elusive something that makes the world sparkle. Aspen believed that civilization snatches away more than it gives in return: I'm not certain that all our

toys are worth what we pay for them. Rather, she endured the brutal weather and exalted when the sun returned after a 60-day absence: "Life isn't safe, no matter how carefully you plan. . . . You may as well enjoy the ride." Aspen's journey isn't pretty reading, but her voice is memorable and her endurance marvelous. "Full of fine sense details . . . fascinating reading . . . joins that scant handful of good books by women about the challenge and hard-won joy of bush life lived to its fullest." THE ANCHORAGE TIMES Tips from the author and husband on DIY cabin building in New Pioneer Magazine:

[www.realworldsurvivor.com/2015/05/03/18-tips-to-building-your-own-low-cost-log-cabin/#4-0075](http://www.realworldsurvivor.com/2015/05/03/18-tips-to-building-your-own-low-cost-log-cabin/#4-0075)>"Very well written book of two peoples' adventure into the back woods of Alaska and truly living off of the land. Follow their story as this young couple travel the Yukon River in a dangerously overloaded canoe packed with winter supplies, food and building materials. Hunting and fishing along the way for food to survive. With the help of a old miner's cabin and cache they were able to add to their building materials to build a log cabin to survive the winter. Living off of the small supplies of food they were able to pack in the canoe and what they could kill for meat they more then once were on the verge of death from the cold, lack of food and the raging river." Trish Schmidt, Alaska Historian

Jean Aspen holds baccalaureate degrees in biology and nursing. Her classic books and the documentary she and her husband produced form a lifetime tapestry centered on wilderness. They live in Alaska and continue to spend much of each year afoot in nature. See more at [www.jeanaspen.com](http://www.jeanaspen.com) and their ARCTIC SON Facebook page.

I didn't know if these two "kids" were stupid or beyond brave but this was an excellent read. What a grueling experience and a good thing she had lessons from her mom or they would never have made it. It ran the gauntlet of my emotions and I recommend this book to all who enjoy living the Alaskan dream vicariously through hardy people like this. Love, love, loved it!!!

Truly an amazing book. It is so rare to find or read about a person's life that has as much depth and understanding as this book does. There is much to be learned here. In today's world so much is what I would call "plastic"....in other words fake or synthetic values. There is a new god that people for the most part seem to blindly worship/follow. It is called materialism. The author in my opinion was able to see through all that junk and identify with true reality. Every person who reads this book

can benefit from this author's insight. A marvelous work indeed.

Over my lifetime I have read of many adventures such as Jeanie and her partner Phil experienced. This one stands alone as the best I have ever read. I felt I was right there with these two extraordinary young adventurers. Jeanie writes magnificently and her words flow and keep flowing on and on throughout this wonderful piece of writing. I feel blessed to have experienced this book. My reaction was to send Jeanie's book to a few friends but could not part with my copy so I ordered separate copies to share. Jeanie has an advantage over many of us adventurers, she is the daughter of Bud and Constance Helmericks, two iconic arctic adventurers, so gene energy comes in play here. Thank you Jean Aspen, writer and adventurer of the highest order. You have mesmerized me.

A thoughtful and somewhat poetic perspective of life in the wilderness as experienced through the eyes of two college students. Ms. Aspen has done an excellent job conveying her love of the Alaskan wilds through powerful descriptors of her experiences. Reality shines through in weak rays as the hardships, highs and lows of roughing it are somewhat imbalanced. Very enjoyable read overall.

Not very exciting. While they were resourceful, their planning was bad, the prose overly descriptive reminding me of a Woodstock neivity. I found myself flipping pages to get to something interesting. I cannot recommend this book.

Excellent writing! I read this aloud to the family... and loved watching my husband sit back with his eyes closed picturing it all with no trouble, a true sign of a book well written that makes you feel right there in everything they do! If I thought my poor body could handle that frigid water, I'd be off in a heartbeat to have an adventure such as this.

This was so interesting. I could not put it down. For enthusiasts of the Arctic and Alaska experience, it is such a good read.

Disappointed in how unprepared she and her first husband were for this venture.

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