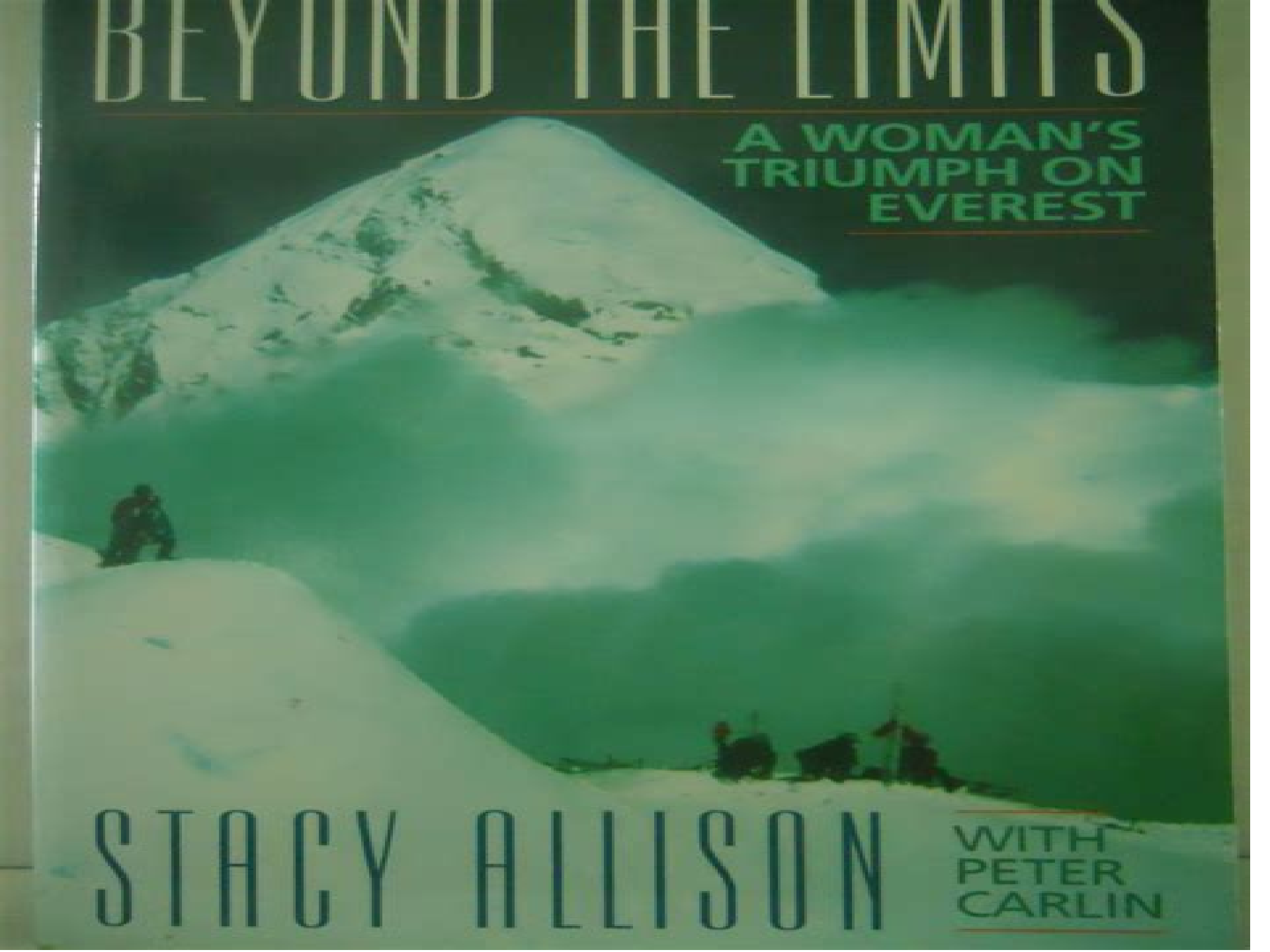


BEYOND THE LIMITS

A photograph of Mount Everest, the world's highest mountain, covered in snow and partially shrouded in mist. In the foreground, a lone climber is visible on a snow-covered ridge, and a small camp with several tents is set up on a lower slope. The sky is a pale, hazy blue.

A WOMAN'S
TRIUMPH ON
EVEREST

STACY ALLISON

WITH
PETER
CARLIN

Beyond The Limits A Womans Triumph On Everest

**Frederic V. Hartemann, Robert
Hauptman**



Beyond The Limits A Womans Triumph On Everest:

Beyond the Limits Stacy Allison, Peter Carlin, 1996-07 BEYOND THE LIMITS A Woman's Triumph On Everest recounts the story of Stacy Allison's climb of Mount Everest to become the first American woman to reach the summit. Stacy's skill in mountaineering was attained through experience on the highest peaks of North America, Russia, and the Himalayan peaks of K2 and Ama Dablam. After suffering a first attempt failure on Mount Everest, Stacy assumed she would not have another opportunity to climb the mountain. The journey to reach her ultimate goal, beginning with the dream, traversing through the challenges both in her personal life and as a member of an elite climbing team, has lessons that can motivate the reader to believe that anything is possible.

Beyond the Limits Stacy Allison, Peter Carlin, 1994-04-01 At 29,028 feet Mount Everest is the world's highest, most challenging mountain, looming in our imagination as a monument to the impossible for every three climbers who reach its elusive summit, one dies trying. But for one moment in 1988, Stacy Allison stood alone on this mythic peak, the only spot on earth where she couldn't climb any higher. At that moment, Allison became the first American woman ever to reach the summit of Everest.

1995 American Alpine Journal American Alpine Club, H. Adams Carter, The American Adrenaline Narrative Kristin J. Jacobson, 2020 1 DESIRING NATURES 2 CONQUERING NATURES 3 SPIRITUAL NATURES 4 EROTIC NATURES 5 RISKY NATURES 6 RESTORATIVE NATURES Appendix List of Contemporary American Adrenaline Narratives

Mountaineering Women David Mazel, 1994 Sixteen of their stories, sometimes published under the name of a male relative, sometimes under anonymous bylines such as a Lady, are here recovered and collected for the first time.

Mountain Madness: Robert Birkby, 2009-02-01 An extraordinary life. The New York Times Book Review. A fitting homage to one of the great outdoor extremists. Kirkus Reviews. Legendary climber Scott Fischer found in Mount Everest a perfect landscape for his fearless spirit. Scaling the world's highest peak tested his skills, his courage, and his endurance. His legendary final expedition and its tragic outcome are portrayed in Everest, the 3-D movie adaptation starring Jake Gyllenhaal as Scott Fischer. Robert Birkby, one of Scott's close friends, captures in this intimate and stirring portrait who Scott Fischer really was and what led him to climb to the top of the world before he left it altogether. A personal, uncritical biography that rounds out the portrait of Fischer sketched in Krakauer's best seller *Into Thin Air*. The New York Times Book Review. A much fuller picture of a climber widely critiqued in the high-profile coverage after the Everest tragedy. Seattle Post-Intelligencer. A vivid portrait of a superb athlete whose love of mountain climbing drove everything he did. Ed Viesturs, author of *No Shortcuts to the Top*. Birkby succeeds in illuminating the power mountains can exert over the human soul. Publishers Weekly. Updated with a New Introduction and Epilogue. Plus new photos exclusive to the digital edition.

Embracing Risk Tom Baker, Jonathan Simon, 2010-02-15 For much of the twentieth century, industrialized nations addressed social problems such as workers' compensation, benefits, and social welfare programs in terms of spreading risk. But in recent years, a new approach has emerged, using risk both as a way to conceive of and address social problems and as an incentive to reduce individual

claims on collective resources Embracing Risk explores this new approach from a variety of perspectives The first part of the book focuses on the interplay between risk and insurance in various historical and social contexts The second part examines how risk is used to govern fields outside the realm of insurance from extreme sports to policing mental health institutions and international law Offering an original approach to risk insurance and responsibility the provocative and wide ranging essays in Embracing Risk demonstrate that risk has moved well beyond its origins in the insurance trade to become a central organizing principle of social and cultural life *Grasping for Heaven* Frederic V. Hartemann, Robert Hauptman, 2014-01-10

Operating in some of the most challenging and dangerous conditions on earth mountain climbers are uniquely driven men and women In these interviews 15 well known climbers and three leading historians of the sport all native to or living in North America recount experiences shared by only a tiny portion of humanity They discuss all aspects of international climbing including physical conditioning high summit ascension the ethics and environmental concerns of the sport the risks and rewards of mountaineering and a number of their famed expeditions and first ascents Life and Death on Mt. Everest Sherry B. Ortner, 2020-03-31 The Sherpas were dead two more victims of an attempt to scale Mt Everest Members of a French climbing expedition sensitive perhaps about leaving the bodies where they could not be recovered rolled them off a steep mountain face One body however crashed to a stop near Sherpas on a separate expedition far below They stared at the frozen corpse stunned They said nothing but an American climber observing the scene interpreted their thoughts Nobody would throw the body of a white climber off Mt Everest For more than a century climbers from around the world have journeyed to test themselves on Everest's treacherous slopes enlisting the expert aid of the Sherpas who live in the area Drawing on years of field research in the Himalayas renowned anthropologist Sherry Ortner presents a compelling account of the evolving relationship between the mountaineers and the Sherpas a relationship of mutual dependence and cultural conflict played out in an environment of mortal risk Ortner explores this relationship partly through gripping accounts of expeditions often in the climbers own words ranging from nineteenth century forays by the British through the historic ascent of Hillary and Tenzing to the disasters described in Jon Krakauer's Into Thin Air She reveals the climbers or sahibs to use the Sherpas phrase as countercultural romantics seeking to transcend the vulgarity and materialism of modernity through the rigor and beauty of mountaineering She shows how climbers behavior toward the Sherpas has ranged from kindness to cruelty from cultural sensitivity to derision Ortner traces the political and economic factors that led the Sherpas to join expeditions and examines the impact of climbing on their traditional culture religion and identity She examines Sherpas attitude toward death the implications of the shared masculinity of Sherpas and sahibs and the relationship between Sherpas and the increasing number of women climbers Ortner also tackles debates about whether the Sherpas have been spoiled by mountaineering and whether climbing itself has been spoiled by commercialism **The Inspiration Factor** Terry Barber, Pat Springle, 2010 For managers and executives who are watching their employees struggle there is a simple solution

that can turn a workplace around in just 12 weeks and grow the bottom line This book shows businesspeople how to inspire not just motivate others by tapping into their dreams and tying them to corporate goals Along the way those inspiring organisations make more money have better employee retention and earn greater customer loyalty than their competitors do Being authentic seeing others abilities connecting with other people s dreams and earning trust through credibility are some of the tenets of author Terry Barber s programme To underscore the seven principles of inspiration he outlines he offers real life applications throughout the book based on his almost thirty years of experience And to help leaders nail the art and science of identifying and applying their unique abilities to inspire others he provides thought provoking questions and concrete exercises that can be implemented the very day they open the book For leaders who question whether they and their teams are valuing the right things focusing on the right priorities and building a supportive environment this book offers confidence personal fulfilment and a more productive happier workforce

Gentle Expedition , Climbing expeditions can have a major impact on the environment particularly on highly traveled peaks Gentle Expeditions demonstrates how to plan and execute a low impact expedition The book covers such topics as selecting an environmentally conscious leader packing light choosing gear dealing with human waste and deciding whether to use supplemental oxygen Other considerations for a gentle expedition include being respectful of local people and establishing and maintaining low impact base and high camps

Upward Bound Michael Useem, Jerry Useem, Paul Asel, 2003-11-04 Your team has faltered at a critical moment A key member says he can t continue requiring you to make a snap decision Do you write him off Or do you risk the whole venture by trying to get him back on his feet It could be a scenario straight from the business world Yet this one occurred high on the slopes of the world s deadliest mountain K2 where lives not just livelihoods depended on the leader s choice Decisions don t get much starker That s why mountains though seemingly a world apart from business hold unique and surprising insights for managers and entrepreneurs at any altitude More than just symbols of our upward strivings they are high altitude management laboratories testing grounds where risk fear opportunity and ambition collide in the most unforgiving of settings Upward Bound brings together a remarkable team of nine writers equally at home among the high peaks and in the corridors of corporate power including Good to Great author Jim Collins legendary climber and outdoor clothing entrepreneur Royal Robbins and Stacy Allison the first American woman to summit Mount Everest Their riveting often harrowing accounts reveal Why rock climbers distinction between failure giving up before reaching the edge of your abilities and what they call fallure committing 100 percent and using up all your energy and reserves can help companies transcend their vertical limits What happens when a leader abdicates responsibility in the Death Zone of Mount Everest and how a similar vacuum at sea level can corrupt corporate purpose How large climbing expeditions use exquisite organization and pyramids of people to place just two climbers on top making heroes of some from the sacrifice of all What ridge walking between deadly avalanches and the lure of Mount McKinley s summit taught a venture capitalist about nurturing risky high

tech start ups How a simple insight using proximate goals propelled a faltering climber up El Capitan in a seemingly undoable solo ascent a ten day lesson that would later jump start a business Why more accessible peaks like Mount Sinai can exert a pull every bit as powerful as Mount Everest How to think like a guide While most people will never find themselves in the thin air of the world s highest places Upward Bound brings those places down to earth for anyone seeking the path to his or her own summit Whether it s up the career ladder or toward a creative peak Upward Bound addresses the fundamental question of why we climb while capturing the power of mountains to instruct as well as inspire Making Gender Sherry B Ortner,1997-10-31 In this collection of new and previously published essays Sherry Ortner draws on her more than two decades of work in feminist anthropology to offer a major reconsideration of culture and gender Making Gender is rich in theoretical insights and ethnographic examples offering a stimulating synthesis of the field by one of its founders and foremost theorists

Everest Robert Birkby,2015-01-01 EverestRobert BirkbyOd him lajsk ch ud lost roku 1996 smutn proslul ch jako trag die na Mount Everestu ub hlo u mnoho let Dv komer n expedice tehdy vsadily na p edpov hezk ho po as a vyrazily sm remk nejvy mu vrcholu sv ta Jedna z nich postupovala pod veden m Scotta Fischera majiteleseattlesk agentury Mountain Madness kter zde zahynul V n sleduj c ch letech p es hl p b houbou tragick ch expedic dalece samotn fakta a p esunul se sp e do kategorie legend Bylo naps nomnoho knih vysv tluj c ch motivace a jedn n pr vodc i jednotliv ch len v prav Everest v ak nen p b h o tom jak Scott Fischer zem el ale jak il Je to strhuj c vypr v n a oslava ivota pro it ho ve v k ch bez hranic i omezen ivota charismatick ho lov ka p ekypuj c hoentuziasmem a t m nadlidskou vytrvalost Everest je popis Scottova v stupu z beztv rn krajinyNew Jersey a k nejzn m j m t t m planety je sv a energickou p ipom nkou toho e je pot ebast le posouvat hranice a limity a z rove poklonou mu i jeho v e pro dobrodru stv se uk zalab t naka livou snad pro ka d ho koho v ivot potkal Robert C Birkby je americk dobrodruh pr vodce spisovatel fotograf motiva n mluv a design rturistick ch cest Po vysok kole nastoupil jako u itel angli tiny na Missourisk univerzit pr ci alen sledn opustil aby mohl p ej t t i a p l tis ce kilometr dlouhou Apala skou stezku Pozd ji se iviljako spisovatel a novin a spolupracoval tak s organizac pro ochranu p rody pro kterou dilstavbu turistick ch tras po cel ch Spojen ch st tech Scotta Fischera poznal v roce 1982 kdy ho Scott p esv d il aby s n m zlezl Mount Olympus N sledn pracoval pro Fischerovu agenturu Mountain Madness jako autor reklamn ch text a pr vodce vedldobrodru n v pravy v Kask dov m poho na Alja ce Kilimand ru Elbrusu i v Nep lu Birkby jetak autorem mnoha knih se skautskou tematikou P b h Fischerovy posledn expedice je ztv rn n ve 3D filmu Everest s Jakem Gyllenhaalem a KeirouKnightley v hlavn ch rol ch Birkby l skypln posb ral st pky ze ivota Scotta Fischera a vytvo il tak barvit portr t pi kov hosportovce jeho ve ker ivotn cesty dila l ska k horolezectv est let po kter jsem se Scottemkamar dil pat k nej pam tn j m chv l m m ho ivota Sv t bez n j je smutn j m m stem Ale d kyBirkbyho p sobiv mu ivotopisu mohou ten i Scotta docenit a to asn osobn m zp sobem Ed Viesturs autor knihy Na vrchol dn zkratky nevedou Everest je velice osobn ivotopis dokresluj c Fischer v portr t jen hrub nast n n v Krakauerov bestselleru Peklo bl zko nebe The New York Times Book Review Birkby velmi sp n

popisuje s lu jakou dok hory opanovat lidskou du i Jeho vypr v n mprostupuje i Fischerovo charisma kouzlo osobnosti a neskr van ze po dobrodru stv Birkbyhov el vzpom nka zahraje siln na strunu nejen horolezc m ale ka d mu kdo n kdy p ed asn ztratiln koho bl zk ho Publishers Weekly Horolezci sv tov ho form tu a horsk mu v dci vzdal posmrtn hold truchl c oddan p tel alezeck par k Birkby p in nejen detaily z Fischerova ivota ale i p b hy o setk n ch s medv dy p echodech zamrzl alja sk krajiny dobrodru n m v stupu na Kilimand ro nebo nebezpe n chv zv ch v okol Annapurny Zaslou en pocta jednomu z nejv t ch extr mn ch dobrodruh Kirkus Reviews Scott el z dobrodru stv do dobrodru stv Ka d mu z n s se ob as n jak velk dobrodru stv p ihod ale ne takov nep etr it s rie Kdo takhle ije Nikdo V t ina z n s je na to p li konzervativn A to Scott nebyl Stacy Allisonov prvn Ameri anka na vrcholu Mount Everestu a autorka knihy Beyond the Limits A Woman s Triumph on Everest Divok j zda s jakou Scott Fischer prolet l sv m ivotem vyvrcholila s ri rozhodnut a okolnost vedouc k trag dii na Mount Everestu v roce 1996 Kniha Roberta Birkbyho nab z ten i podmaniv pohled na tohoto lov ka a na z itky kter vedly k jeho osudn mu dni Phil Powers v konn editel Americk ho horolezeck ho svazu a vlastn k agentury Jackson Hole Mountain Guides Everest je sv a energickou p ipom nkou toho e je pot eba posouvat hranice a limity a z rove poklona mu i jeho v e pro dobrodru stv se uk zala b t naka livou snad pro ka d ho kohopotkal Wally Berg Berg Adventures International **AB Bookman's Weekly** ,1997

Anderson's Travel Companion Compiled by Sarah Anderson,2016-12-05 A selection of the best in travel writing with both fiction and non fiction presented together this companion is for all those who like travelling like to think about travelling and who take an interest in their destination It covers guidebooks as well as books about food history art and architecture religion outdoor activities illustrated books autobiographies biographies and fiction and lists books both in and out of print Anderson s Travel Companion is arranged first by continent then alphabetically by country and then by subject cross referenced where necessary There is a separate section for guidebooks and comprehensive indexes Sarah Anderson founded the Travel Bookshop in 1979 and is also a journalist and writer on travel subjects She is known by well known travel writers such as Michael Palin and Colin Thubron Michael Palin chose her bookshop as his favourite shop and Colin Thubron and Geoffrey Moorhouse among others made suggestions for titles to include in the Travel Companion Break Through Tim Clinton,Pat Springle,2012-05-01 undefined When does true love give in When does true love push back Break Through shows you how to love and how to set effective limits so that everybody wins Most of our relationships may be healthy and satisfying but we often have one or two important people who change the rules and drive us crazy a deadbeat dad an alcoholic spouse a wayward child a demanding boss a lazy roommate Leading Christian counselor Tim Clinton and noted author Pat Springle help you Identify why you gravitate toward unhealthy relationships Redefine love trust and your responsibility to the people you care about Learn which choices and behaviors cause relationship troubles Experience the freedom of forgiveness Learn to say yes when you want to and no when you need to Give up your need to please rescue fix or control anyone else Study questions checklists and inspirational stories help you find the moment when you break through to the loving healthy

relationships with the people who matter most *Genre* ,2002 Worth a Thousand Words Bette D. Ammon,Gale W. Sherman,1996-09-15 This guide provides a single source comprehensive listing of a fascinating and helpful group of books picture books for older readers A multitude of ideas about how to use them in the classroom supplements this list of carefully selected quality fiction and nonfiction books that focuses on universal themes appeals to all ages addresses important issues and is accessible to multiple learning styles Picture books aren't just for the very young Innovative educators and parents have used them for years with readers of all ages and reading levels knowing that students comprehend more from the visual verbal connections these books offer They are great tools for teaching visual literacy and writing skills are effective with reluctant readers ESL students and those reading below grade level and can easily be used to support various curriculum This guide provides a single source comprehensive listing of a fascinating and helpful group of books and a multitude of ideas about how to use them in the classroom The authors have carefully selected quality fiction and nonfiction that focus on universal themes appeal to all ages treat important issues and are accessible to multiple learning styles The Try James P. Owen,2013-06-01 What is it that separates the doers leaders and success stories among us from the dreamers also rans and wannabes To bestselling author James P Owen it's all about having The Try the quality of giving 110 percent to the task or challenge at hand In The Try a dozen true stories of ordinary people who've done extraordinary things across varied fields of endeavor Owen reveals The Try as a character trait that can be forged in several ways Some of those profiled are driven by a childhood dream or long held ambition Others are fueled by someone else's belief in them an unwavering belief in themselves or the urge to pit themselves against daunting odds Still others find The Try in a life changing moment when they hit rock bottom or come face to face with failure What all high achievers have in common Owen believes is a blend of inner drive focus and determination that pushes them to pursue their goals relentlessly confronting every obstacle and never ever giving up His insightful profiles bring to life new scientific evidence that effort trumps ability Owen provides inspiration that will strike a chord with anyone who has a lofty goal a deep personal ambition or a major challenge to face By connecting the dots in this collection of stories he also delivers practical how to advice for those who want to cultivate The Try in themselves or those they love

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vq m_2 vr m_1 vs m_2 vt m_1 vu m_2 vv m_1 vw m_2 vx m_1 vy m_2 vz m_1 wa m_2 wb m_1 wc m_2 wd m_1 we m_2 wf m_1 wg m_2 wh m_1 wi m_2 wj m_1 wk m_2 wl m_1 wm m_2 wn m_1 wo m_2 wp m_1 wq m_2 wr m_1 ws m_2 wt m_1 wu m_2 wv m_1 ww m_2 wx m_1 wy m_2 wz m_1 xa m_2 xb m_1 xc m_2 xd m_1 xe m_2 xf m_1 xg m_2 xh m_1 xi m_2 xj m_1 xk m_2 xl m_1 xm m_2 xn m_1 xo m_2 xp m_1 xq m_2 xr m_1 xs m_2 xt m_1 xu m_2 xv m_1 xw m_2 xx m_1 xy m_2 xz m_1 ya m_2 yb m_1 yc m_2 yd m_1 ye m_2 yf m_1 yg m_2 yh m_1 yi m_2 yj m_1 yk m_2 yl m_1 ym m_2 yn m_1 yo m_2 yp m_1 yq m_2 yr m_1 ys m_2 yt m_1 yu m_2 yv m_1 yw m_2 yx m_1 yy m_2 yz m_1 za m_2 zb m_1 zc m_2 zd m_1 ze m_2 zf m_1 zg m_2 zh m_1 zi m_2 zj m_1 zk m_2 zl m_1 zm m_2 zn m_1 zo m_2 zp m_1 zq m_2 zr m_1 zs m_2 zt m_1 zu m_2 zv m_1 zw m_2 zx m_1 zy m_2 zz m_1 aa m_2 ab m_1 ac m_2 ad m_1 ae m_2 af m_1 ag m_2 ah m_1 ai m_2 aj m_1 ak m_2 al m_1 am m_2 an m_1 ao m_2 ap m_1 aq m_2 ar m_1 as m_2 at m_1 au m_2 av m_1 aw m_2 ax m_1 ay m_2 az m_1 ba m_2 bb m_1 bc m_2 bd m_1 be m_2 bf m_1 bg m_2 bh m_1 bi m_2 bj m_1 bk m_2 bl m_1 bm m_2 bn m_1 bo m_2 bp m_1 bq m_2 br m_1 bs m_2 bt m_1 bu m_2 bv m_1 bw m_2 bx m_1 by m_2 bz m_1 ca m_2 cb m_1 cc m_2 cd m_1 ce m_2 cf m_1 cg m_2 ch m_1 ci m_2 cj m_1 ck m_2 cl m_1 cm m_2 cn m_1 co m_2 cp m_1 cq m_2 cr m_1 cs m_2 ct m_1 cu m_2 cv m_1 cw m_2 cx m_1 cy m_2 cz m_1 da m_2 db m_1 dc m_2 dd m_1 de m_2 df m_1 dg m_2 dh m_1 di m_2 dj m_1 dk m_2 dl m_1 dm m_2 dn m_1 do m_2 dp m_1 dq m_2 dr m_1 ds m_2 dt m_1 du m_2 dv m_1 dw m_2 dx m_1 dy m_2 dz m_1 ea m_2 eb m_1 ec m_2 ed m_1 ee m_2 ef m_1 eg m_2 eh m_1 ei m_2 ej m_1 ek m_2 el m_1 em m_2 en m_1 eo m_2 ep m_1 eq m_2 er m_1 es m_2 et m_1 eu m_2 ev m_1 ew m_2 ex m_1 ey m_2 ez m_1 fa m_2 fb m_1 fc m_2 fd m_1 fe m_2 ff m_1 fg m_2 fh m_1 fi m_2 fj m_1 fk m_2 fl m_1 fm m_2 fn m_1 fo m_2 fp m_1 fq m_2 fr m_1 fs m_2 ft m_1 fu m_2 fv m_1 fw m_2 fx m_1 fy m_2 fz m_1 ga m_2 gb m_1 gc m_2 gd m_1 ge m_2 gf m_1 gg m_2 gh m_1 gi m_2 gj m_1 gk m_2 gl m_1 gm m_2 gn m_1 go m_2 gp m_1 gq m_2 gr m_1 gs m_2 gt m_1 gu m_2 gv m_1 gw m_2 gx m_1 gy m_2 gz m_1 ha m_2 hb m_1 hc m_2 hd m_1 he m_2 hf m_1 hg m_2 hh m_1 hi m_2 hj m_1 hk m_2 hl m_1 hm m_2 hn m_1 ho m_2 hp m_1 hq m_2 hr m_1 hs m_2 ht m_1 hu m_2 hv m_1 hw m_2 hx m_1 hy m_2 hz m_1 ia m_2 ib m_1 ic m_2 id m_1 ie m_2 if m_1 ig m_2 ih m_1 ii m_2 ij m_1 ik m_2 il m_1 im m_2 in m_1 io m_2 ip m_1 iq m_2 ir m_1 is m_2 it m_1 iu m_2 iv m_1 iw m_2 ix m_1 iy m_2 iz m_1 ja m_2 jb m_1 jc m_2 jd m_1 je m_2 jf m_1 jg m_2 jh m_1 ji m_2 jj m_1 jk m_2 jl m_1 jm m_2 jn m_1 jo m_2 jp m_1 jq m_2 jr m_1 js m_2 jt m_1 ju m_2 jv m_1 jw m_2 jx m_1 jy m_2 jz m_1 ka m_2 kb m_1 kc m_2 kd m_1 ke m_2 kf m_1 kg m_2 kh m_1 ki m_2 kj m_1 kk m_2 kl m_1 km m_2 kn m_1 ko m_2 kp m_1 kq m_2 kr m_1 ks m_2 kt m_1 ku m_2 kv m_1 kw m_2 kx m_1 ky m_2 kz m_1 la m_2 lb m_1 lc m_2 ld m_1 le m_2 lf m_1 lg m_2 lh m_1 li m_2 lj m_1 lk m_2 ll m_1 lm m_2 ln m_1 lo m_2 lp m_1 lq m_2 lr m_1 ls m_2 lt m_1 lu m_2 lv m_1 lw m_2 lx m_1 ly m_2 lz m_1 ma m_2 mb m_1 mc m_2 md m_1 me m_2 mf m_1 mg m_2 mh m_1 mi m_2 mj m_1 mk m_2 ml m_1 mm m_2 mn m_1 mo m_2 mp m_1 mq m_2 mr m_1 ms m_2 mt m_1 mu m_2 mv m_1 mw m_2 mx m_1 my m_2 mz m_1 na m_2 nb m_1 nc m_2 nd m_1 ne m_2 nf m_1 ng m_2 nh m_1 ni m_2 nj m_1 nk m_2 nl m_1 nm m_2 no m_1 np m_2 np m_1 oq m_2 or m_1 os m_2 ot m_1 ou m_2 ov m_1 ow m_2 ox m_1 oy m_2 oz m_1 pa m_2 pb m_1 pc m_2 pd m_1 pe m_2 pf m_1 pg m_2 ph m_1 pi m_2 pj m_1 pk m_2 pl m_1 pm m_2 pn m_1 po m_2 pp m_1 pq m_2 pr m_1 ps m_2 pt m_1 pu m_2 pv m_1 pw m_2 px m_1 py m_2 pz m_1 qa m_2 qb m_1 qc m_2 qd m_1 qe m_2 qf m_1 qg m_2 qh m_1 qi m_2 qj m_1 qk m_2 ql m_1 qm m_2 qn m_1 qo m_2 qp m_1 qq m_2 qr m_1 qs m_2 qt m_1 qu m_2 qv m_1 qw m_2 qx m_1 qy m_2 qz m_1 ra m_2 rb m_1 rc m_2 rd m_1 re m_2 rf m_1 rg m_2 rh m_1 ri m_2 rj m_1 rk m_2 rl m_1 rm m_2 rn m_1 ro m_2 rp m_1 rq m_2 rr m_1 rs m_2 rt m_1 ru m_2 rv m_1 rw m_2 rx m_1 ry m_2 rz m_1 sa m_2 sb m_1 sc m_2 sd m_1 se m_2 sf m_1 sg m_2 sh m_1 si m_2 sj m_1 sk m_2 sl m_1 sm m_2 sn m_1 so m_2 sp m_1 sq m_2 sr m_1 ss m_2 st m_1 su m_2 sv m_1 sw m_2 sx m_1 sy m_2 sz m_1 ta m_2 tb m_1 tc m_2 td m_1 te m_2 tf m_1 tg m_2 th m_1 ti m_2 tj m_1 tk m_2 tl m_1 tm m_2 tn m_1 to m_2 tp m_1 tq m_2 tr m_1 ts m_2 tt m_1 tu m_2 tv m_1 tw m_2 tx m_1 ty m_2 tz m_1 ua m_2 ub m_1 uc m_2 ud m_1 ue m_2 uf m_1 ug m_2 uh m_1 ui m_2 uj m_1 uk m_2 ul m_1 um m_2 un m_1 uo m_2 up m_1 uq m_2 ur m_1 us m_2 ut m_1 uu m_2 uv m_1 uw m_2 ux m_1 uy m_2 uz m_1 va m_2 vb m_1 vc m_2 vd m_1 ve m_2 vf m_1 vg m_2 vh m_1 vi m_2 vj m_1 vk m_2 vl m_1 vm m_2 vn m_1 vo m_2 vp m_1 vq m_2 vr m_1 vs m_2 vt m_1 vu m_2 vv m_1 vw m_2 vx m_1 wy m_2 wz m_1 xa m_2 xb m_1 xc m_2 xd m_1 xe m_2 xf m_1 xg m_2 xh m_1 xi m_2 xj m_1 xk m_2 xl m_1 xm m_2 xn m_1 xo m_2 xp m_1 xq m_2 xr m_1 xs m_2 xt m_1 xu m_2 xv m_1 xw m_2 xx m_1