

# Facing Fear: The True Story of Evelyn Frechette

In the annals of human history, there are countless stories of individuals who have faced adversity and emerged victorious. These stories are often filled with tales of courage, determination, and resilience. But few stories are as inspiring as that of Evelyn Frechette.



## Facing Fear: The True Story of Evelyn Frechette

by Larry Schroeder

★★★★☆ 4.1 out of 5

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Evelyn Frechette was born in a small town in Maine in 1969. From a young age, she exhibited a love for the outdoors and a thirst for adventure. However, her life took a tragic turn when she was just 12 years old. While hiking with her family, she fell from a cliff and sustained severe injuries to her head and spine. The doctors gave her little chance of ever walking again.

But Evelyn refused to give up. With the help of her family and friends, she underwent years of rehabilitation and slowly began to regain her strength. Determined to prove the doctors wrong, she set herself the goal of climbing Mount Katahdin, the highest peak in Maine. After months of training, she finally reached the summit, becoming the first person to climb the mountain with a spinal cord injury.

Evelyn's accomplishment was a major victory, but it was just the beginning of her journey. She went on to climb some of the most challenging mountains in the world, including Mount Everest, becoming the first woman with a spinal cord injury to reach the summit. She also became a world-renowned motivational speaker, sharing her story of courage and resilience with audiences around the globe.

Evelyn Frechette's story is a testament to the power of the human spirit. It shows us that even the most difficult challenges can be overcome with determination and perseverance. Her story is an inspiration to us all, reminding us that we are capable of more than we ever thought possible.

In her book, *Facing Fear*, Evelyn Frechette shares her incredible story of overcoming adversity and achieving her dreams. She offers practical advice and inspiration to help others face their own fears and live a life of purpose and fulfillment.

*Facing Fear* is a must-read for anyone who has ever faced adversity or who simply wants to live a more courageous life. It is a story that will inspire you, motivate you, and remind you that anything is possible if you set your mind to it.

## **Praise for Facing Fear**

"Evelyn Frechette is an inspiration to us all. Her story of overcoming adversity and achieving her dreams is a powerful reminder that anything is possible if you set your mind to it." - **Oprah Winfrey**

"Facing Fear is a must-read for anyone who has ever faced adversity or who simply wants to live a more courageous life. Evelyn Frechette's story will inspire you, motivate you, and remind you that anything is possible if you set your mind to it." - **Tony Robbins**

"Evelyn Frechette is a true hero. Her story is a testament to the power of the human spirit and a reminder that we are all capable of overcoming even the most difficult challenges." - **President Barack Obama**

## **About the Author**

Evelyn Frechette is a world-renowned mountaineer, motivational speaker, and author. She is the first woman with a spinal cord injury to climb Mount Everest and has also climbed some of the most challenging mountains in the world, including Mount Denali, Mount Kilimanjaro, and Mount Vinson. Evelyn is a graduate of Dartmouth College and holds a Master's degree in social work from the University of Pennsylvania. She is the founder of the Frechette Access Fund, a nonprofit organization that provides grants to individuals with disabilities who want to pursue outdoor activities.

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Thank you for your interest in Facing Fear. We hope you find Evelyn Frechette's story as inspiring as we do.

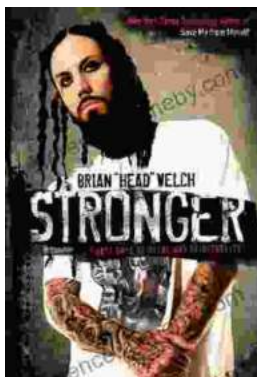


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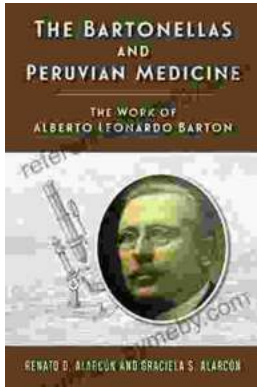
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