



Momentarily in the Moment

Michael E. Kennedy, Claire Anderson

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Momentarily In The Moment by Michael E. Kennedy MD, is a series of vignettes describing the author's extensive experience in the mountain ranges and canyons of the American West as well as the European Alps. This is more than a simple climbing story. He also describes his long struggle with alcohol and subsequent journey into successful recovery. His memoir is infused with action and insight into one man's efforts to become a mountaineer, physician, husband and father.

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