

PATRICK HICKEY

# 7 SUMMITS

A NURSE'S QUEST TO CONQUER MOUNTAINEERING AND LIFE

*7 Summits: A Nurse's Quest to Conquer Mountaineering and Life* shows how hard work, persistence, a belief in oneself, and the support of family and friends can lead one to the top of the world. This book is the story of Patrick Hickey's journey as an insecure youth dealing with the challenges of rural life, meager financial resources, difficulty in school, and awkward peer interactions. Despite these challenges, he harbored dreams of adventure, faraway places, and success in life. A support network of family, friends, and eventually co-workers directed him to a successful career as a university nursing professor, an adventure traveler, and the first nurse in the world to successfully summit the highest mountain on each of the 7 continents, the "7 Summits." This book explores the broader perspectives of goal setting, motivation, dedication, and the pursuit of challenge in the face of extreme adversity. It is a captivating story and a must-have for every practicing or student nurse.

*"Pat's quest to conquer the 7 Summits is an amazing story filled with high risk and personal satisfaction. It is not a quest of wealth but of personal measurement and of opportunity to ensure a strong future for the profession of nursing. I hope you enjoy joining Pat on his adventures to the eight highest points in the world—the 7 mountain tops and the classroom full of nursing students."*

**William Duffy**  
Vice President of Nursing  
NorthShore University HealthSystem

*"Patrick Hickey shares a remarkable story of persistence, aspiration, and achievement in his book 7 Summits. His story will appeal to many who have an adventurous spirit, compassionate heart, and determined will."*

**Daniel J. Pesut**  
Professor and Associate Dean for Graduate Programs  
Indiana University School of Nursing

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A portion of the sale of this book supports the Nurses Can Do Anything Scholarship established by Dr. Hickey in the Foundation of the National Student Nurses' Association ([www.nсна.org](http://www.nсна.org)).



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