



**Melissa
Arnot Reid**

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MELISSA ARNOT REID

Melissa Arnot Reid is a pioneering mountaineer, educator, and advocate with over two decades of experience as a mountain guide. She is known for her relentless pursuit of personal excellence and her commitment to sharing her knowledge with others.

In 2016, Melissa became the first American woman to summit and descend Mount Everest without supplemental oxygen, marking her sixth successful ascent of the world's highest peak and cementing her place in mountaineering history. Her achievement made international headlines, turning her into a sought-after speaker and media figure, featured in top publications and television programs. Despite this recognition, she remains dedicated to her work as a mountain guide and as the co-founder of The Juniper Fund, a non-profit providing financial support to the families of Nepali workers who have lost their lives in the mountains.

Melissa's journey, both on and off the mountain, is captured in her memoir, *Enough: Climbing Toward a True Self on Mount Everest*. In the book, she offers an unfiltered look at the triumphs and hardships of a life spent in pursuit of greatness—not just in mountaineering, but in self-discovery. She shares candid reflections on navigating life in a male-dominated space, dealing with loss, and redefining what success and fulfillment truly mean. Through powerful storytelling, she reveals that the biggest mountains we climb are often the ones within ourselves.

Melissa lives in the Methow Valley of Washington State with her husband, Tyler, where they run their respective guide services and continue their shared passion for adventure.



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