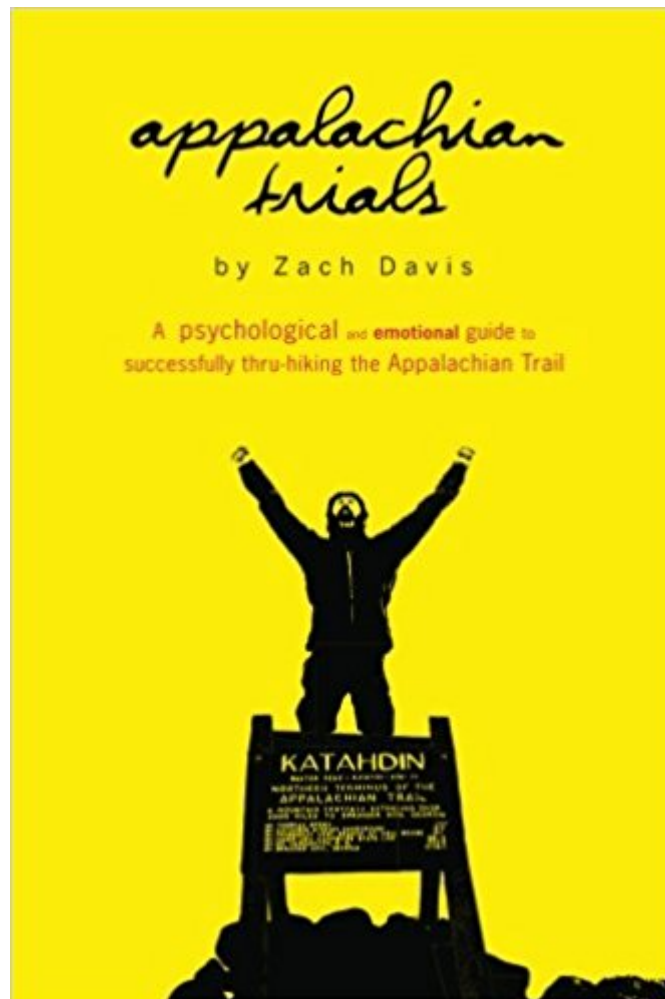


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# Appalachian Trials: A Psychological And Emotional Guide To Thru-Hike The Appalachian Trail (Volume 1)



## Synopsis

â œI really loved itâ |Appalachian Trials is full of specific tactical tips for mental preparation, which is key well beyond the AT.â • - Tim Ferriss, author of New York Times Best Selling *The 4-Hour Workweek* and *The 4-Hour Body* Each year, it is estimated that more than 2,000 people set out to thru-hike the Appalachian Trail, yet seven in ten ultimately fall short of their goal. Given the countless number of how-to books and websites offering information about logistics, gear, and endurance training, one would think that more people would finish this 2,200 mile trek. Why then, do so many hikers quit prematurely? After successfully thru-hiking the AT in five months with zero prior backpacking experience, author, Zach Davis, is convinced heâ™s discovered the answer. Aspiring thru-hikers, Davis tells readers, are preparing the wrong way- sweating on the StairMaster, meticulously plotting each re-supply box, or obsessing over the a synthetic or down sleeping bag or perfect pair of socks. While the AT undoubtedly presents extraordinary physical challenges, it is the psychological and emotional struggles that drive people off the trail. Conquering these mental obstacles is the key to success. This groundbreaking book focuses on the most important and overlooked piece of equipment of all- the gear between oneâ™s ears. Filled with first-hand, touching yet humorous vignettes and down-to-earth advice that both instructs and inspires, *Appalachian Trials* gives readers the mental road map theyâ™ll need to hike from Springer Mountain to Mt. Katahdin. In *Appalachian Trials* readers will learn: Goal setting techniques that will assure hikers reach Mt. Katahdin The common early stage pitfalls and how to avoid them How to beat â œthe Virginia Bluesâ • The importance of and meaning behind â œhiking your own hikeâ • 5 strategies for unwavering mental endurance The most common mistake made in the final stretch of the trail Tips for enjoying rather than enduring each of the five million steps along the journey Strategies for avoiding post-trail depression and weight gain In addition, the Bonus Section of *Appalachian Trials* includes: A thorough chapter on gear written by thru-hiker of the AT and Pacific Crest Trail, and professional backpack gear reviewer Information about the trail's greatest and most unknown risk and how to guard against it 9 tips for saving money before and during your thru-hike A thorough FAQ section including information ranging from how to obtain sponsorship, to the best stove for the trail, to avoiding chafing, and much more!

## Book Information

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## Customer Reviews

I purchased this book on Kindle a few days ago and actually took notes. The wife is asking if I feel OK(I've never taken notes of anything I've read since completing college and didn't take many then). This isn't just a "Hiking the A.T." book. This is a book on living life to it's fullest and how to laugh in the face of misery. Do as Zach says, not as he sometimes does(read the book)!! I live about 45 minutes from Springer Mtn. I'm in these woods often doing short 4-5 day section hikes by myself(my preference). Have met many people on the trail. Everything Zach talks about in the book resonates truth. There's no sugar coating or embellishing life on the trail in this book. I couldn't tell you how many books I've read on hiking, gear, nature and social aspects of life on the trail. Never have I picked up a book like this one(read the book). I often dream of doing a thru-hike while reading these stories. Living vicariously through the eyes of the author. I say that because I'm 50 years young. In descent shape for an old fart, have a job, wife, daughter in college(not cheap). It's just not the thing a responsible dude does, right. Wrong! After reading Zach's book, I've got a fire lit under my bum like never before. Many of the lessons, and daily rituals Zach talks about(read the book), I currently practice. ie: meditation, acceptance, this too shall pass. I learned them from a little group I belong to that will remain anonymous. Well Zach, thanks for the shove. I'm doing this! I have the gear; I'll make the time; I've been section hiking for several years, and now, after reading your book, I know I have the mental fortitude to laugh in the face of misery.

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