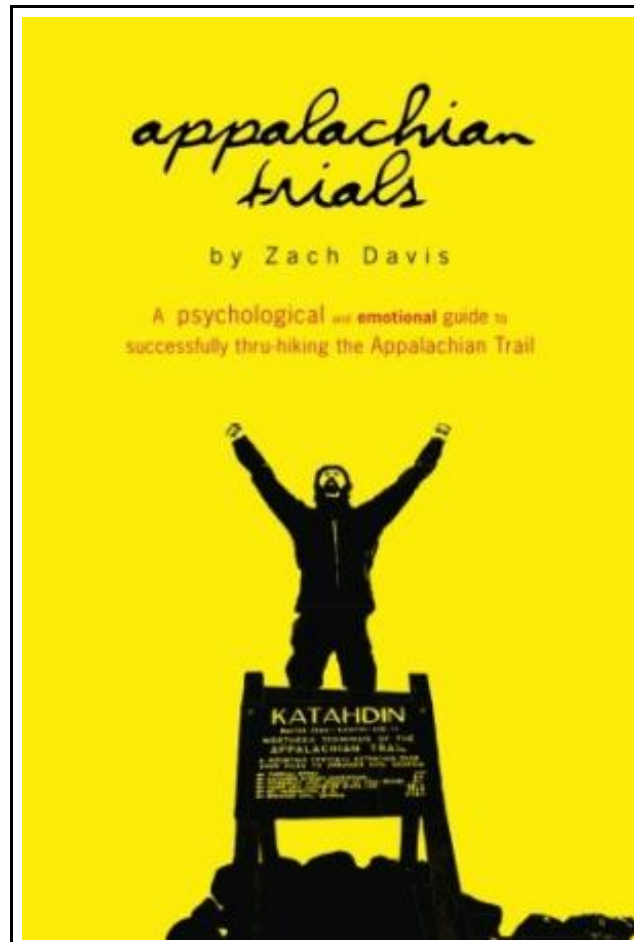


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(Roxanne Stehr)

APPALACHIAN TRIALS: A PSYCHOLOGICAL AND EMOTIONAL GUIDE TO THRU-HIKE THE APPALACHIAN TRAIL (PAPERBACK)



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Good Badger Publishing, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. I really loved it.Appalachian Trials is full of specific tactical tips for mental preparation, which is key well beyond the AT. - 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 he 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 one 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 they 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 the Virginia Blues...

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