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Appalachian Trials: The Psychological and Emotional Guide to Successfully Thru-Hiking The Appalachian Trail

Zach Davis

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“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 perfect sleeping bag or 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, moving yet light-hearted vignettes and down-to-earth advice that 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:
• Effective goal setting techniques that will assure you reach Mt. Katahdin
• The common early stage pitfalls and how to avoid them
• How to beat “the Virginia Blues”
• The importance of and meaning behind “hiking your own hike”
• 5 strategies for unwavering mental endurance
• The most common mistake made in the final stretch of the trail
• The top method for staving off stress
• 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!

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Asia Haynes:

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Richard Forbes:

Reading can called imagination hangout, why? Because when you are reading a book specifically book entitled Appalachian Trials: The Psychological and Emotional Guide to Successfully Thru-Hiking The Appalachian Trail your head will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely might be your mind friends. Imaging each word written in a reserve then become one web form conclusion and explanation that maybe you never get prior to. The Appalachian Trials: The Psychological and Emotional Guide to Successfully Thru-Hiking The Appalachian Trail giving you another experience more than blown away your thoughts but also giving you useful facts for your better life with this era. So now let us teach you the relaxing pattern here is your body and mind will probably be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

Irma Cook:

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Beulah Chavez:

What is your hobby? Have you heard that will question when you got students? We believe that that problem was given by teacher to their students. Many kinds of hobby, Every person has different hobby. So you know that little person similar to reading or as examining become their hobby. You have to know that reading is very important and book as to be the thing. Book is important thing to incorporate you knowledge, except

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