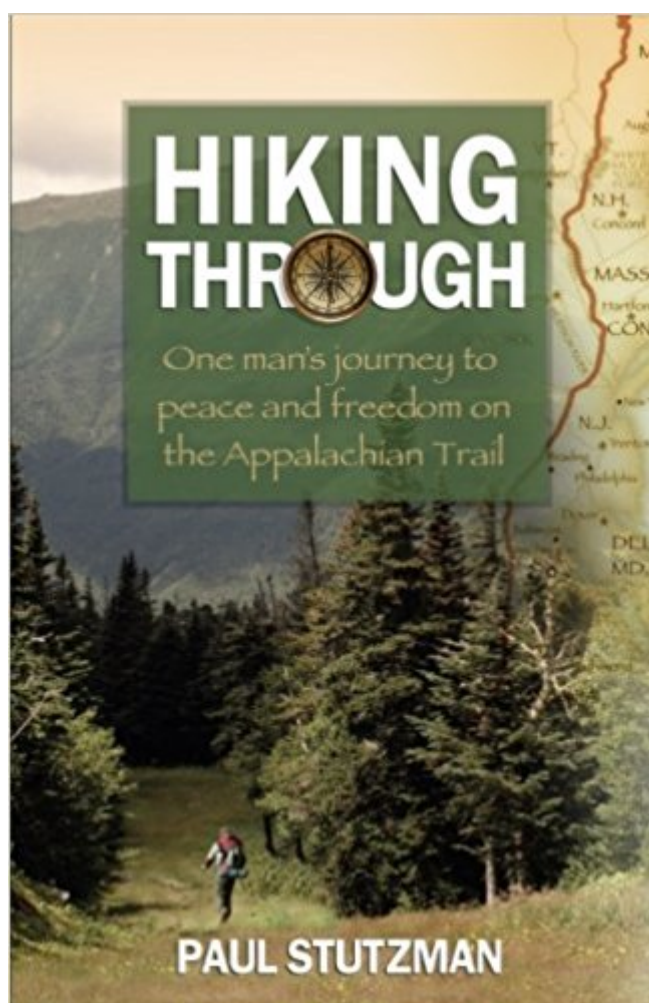


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# Hiking Through: One Man's Journey To Peace And Freedom On The Appalachian Trail



## Synopsis

With breathtaking descriptions and humorous anecdotes from his 2,176-mile journey along the Appalachian Trail, Paul Stutzman reveals how immersing himself in nature and befriending fellow hikers helped him recover from a devastating loss.

## Book Information

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## Customer Reviews

"Appalachian Trail enthusiasts, hikers, and dreamers will find this story a compelling account of the physicality of coming to terms with life and its sadnesses." ---Publishers Weekly --This text refers to the Audio CD edition.

A life-changing journey begins with a single step After Paul Stutzman lost his wife to breast cancer, he sensed a tug on his heart--the call to a challenge, the call to pursue a dream. With a mixture of dread and determination, Paul left his job, traveled to Georgia, and took his first steps on the Appalachian Trail. What he learned during the next four and a half months changed his life--and can change yours as well. In *Hiking Through*, you'll join Paul on his remarkable 2,176-mile trip through fourteen states in search of peace and a renewed sense of purpose. Along the way, you'll meet fascinating and funny people, experience trail magic, and discover that every choice we make on the path has consequences for the journey. More than that, you'll come away with a new understanding of God's grace and guidance--even in the smallest things. "Hiking Through is a page-turner! Being a hiker, I have read a number of books about the AT; this one is different. It is

about accomplishing a goal but it is also about love, family, friendship, change, discovery, healing, and so much more. Hope you enjoy the read as much as I did!"--Dr. Steve Wingfield, founder of the Steve Wingfield Evangelistic Association and author of Live the Adventure" For a serious backpacker to be interested in yet another version of how it is to hike the entire Appalachian Trail, a book must have a unique twist. Some writers use romance to delineate them from the others, some use spirituality to be different, some humor, some life's struggles, and some the trail itself and the challenges that it presents. Hiking Through has it all!"--Bill Irwin, speaker, author of Blind Courage, counselor, and executive director of Free Indeed Ministries, with Orient, hero dog-guide of the Appalachian Trail Paul Stutzman is a restaurant-manager-turned-captivating-storyteller who left his career after his wife's death from breast cancer. His passion and mission is to share what he learned on his thru-hike of the Appalachian Trail. When he is not hiking or biking cross-country, he makes his home in Ohio.

There are various reasons for thru-hiking the Appalachian Trail. The trail demands preparation, persistence, time, focus, and an appreciation of nature and the diversity of those who share the trail with you. The reasons for thru-hiking vary, but it is a journey that you don't forget. I appreciate the ones who share their journey with others. Thank you, Paul (and others) for sharing your story.

This book is written in a way that makes you feel you're hiking alongside Paul. He vividly describes his journey on the AT, and with God.

Good writer, explained his hike very detailed. Not a religious book but incorporates God and his relationship with God. Of course you see and can talk to God amongst so much beauty. I enjoyed reading this every night and was sad to see the story end. I section hike the PCT, and I'm more into the PCT but really learned about the AT with this book.

Exceptional in a special way. Bringing together the difficulty of a loved ones cancer and passing away, then challenge your self to do the App. trail. Th is will bring ones faith to a strong understanding of what you are. Paul writes so well through it all with his meeting of others on the trail. We all need an inner strength to get through it. Thanks Paul!!

My experience as a bereavement counselor for our local hospice, as well as my own loses, has taught me that grief is a good thing. It is a gift from God that validates the importance of our loved

ones and though often messy and uncomfortable, the journey through grief has the great potential for deepening the meaning and priorities of our lives. Paul certainly echoes these sentiments. I was also touched and encouraged by Paul's insight into his understanding of the difference between religion and spirituality. Certainly our religion often "frames" our spirituality... but as the saying goes... "not everyone is religious, but everyone is spiritual whether they acknowledge it or not". Loved Paul sharing his experiences on the trail. I have a new appreciation for the phrase "wet and cold"! Hoping to section hike a portion of the AT this year with my son.

I'm a big fan of the Appalachian Trail, and since I know I'll never be able to thru hike it myself, I very much enjoyed hiking alongside this author. He opened up his raw emotions and shared his process of grief healing very poignantly. I could relate to his experiences with God along the way, I know those were as much life-changing as the hike itself. His descriptions of the trail and hiking experiences allowed me to vicariously enjoy the journey as I read along. A great read if you love the outdoors and hiking.

Presented a very realistic approach to how to accomplish this substantial achievement. As a vicarious reader, found it mentioned a lot of things that make the journey believable, both positive and negative, and helped understand how he did it. Would like to do it myself, but at least this account gives a realistic explanation of the dos and don'ts, as well as presenting his emotional journey in a sensitive but not overly so manner. Recommend for anyone who is thinking about a major effort of this sort, as well as those of us who like to fantasize a bit...

An enjoyable read about hiking the trail, healing from loss and a personal spiritual experience. It was interesting to read about the people he met and his connections and what it is like to hike this far. One thing I would like to ask the author - his message was connect with your loved ones and yet when a grandchild was born and his daughter expressed a need to see him he did not go..... good book

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