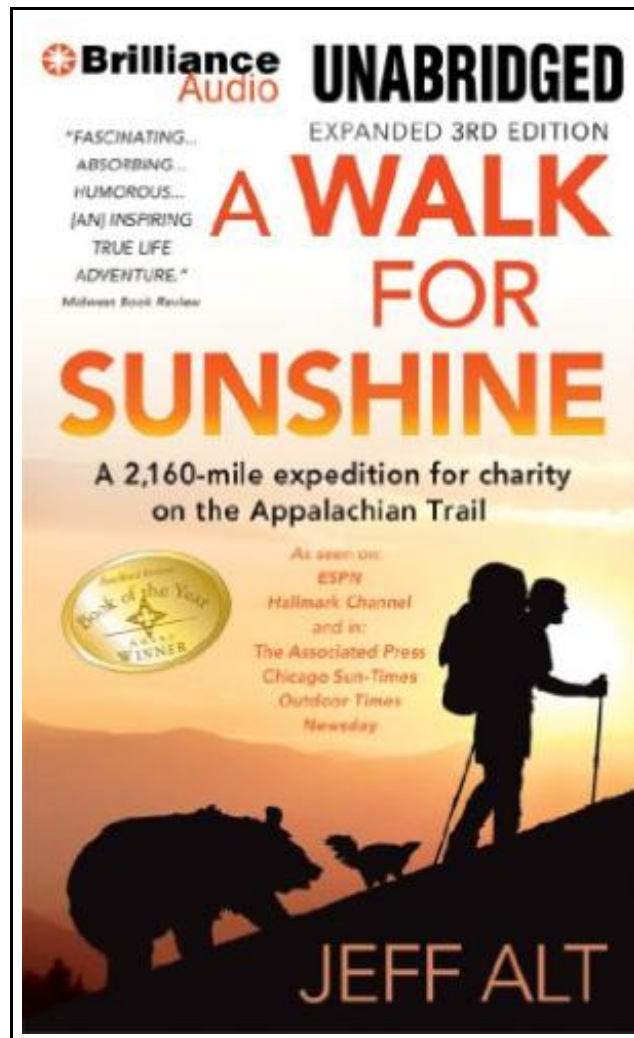


A Walk for Sunshine: A 2,160-Mile Expedition for Charity on the Appalachian Trail



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(Pete Paucek DVM)

A WALK FOR SUNSHINE: A 2,160-MILE EXPEDITION FOR CHARITY ON THE APPALACHIAN TRAIL

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Brilliance Corporation, United States, 2012. CD-Audio. Book Condition: New. 3rd. 165 x 140 mm. Language: English . Brand New. Jeff Alt takes you along every step of his 2,160-mile Appalachian Trail adventure. This entertaining journey includes bears, bugs, blisters, captivating characters, skunk bedmates, and hilarious food cravings. Alt walked more than five million steps in tribute to his brother, who has cerebral palsy and lives in a home called Sunshine. This trail adventure has inspired an annual event that has raised more than \$200,000 for Sunshine. It includes hiking tips for the whole family. Walk alongside Alt and experience the joy of turning dreams into goals and then achieving them. His lessons from the trail celebrate family, stewardship of the earth, good health, and the American spirit. ENGAGING. Newsday, NY LIVELY HUMOROUS UPBEAT. It will make you feel good. Alt s zest for life shines through on every page. Alt s words amply convey the camaraderie among fellow hikers, the beauty of the eastern mountains, and the physical hardships that must be endured on a walk of over 5 million steps. Outdoor Times Alt wrote a book about his 147-day hiatus from civilization. Give him an afternoon and he could write a book on the art of hiking as well. ESPN ALT NAILS THE TRAIL EXPERIENCE. Chicago Sun-Times A humorous and inspirational account of a man who thru-hiked as a fundraiser, emphasizing the importance of pursuing dreams. Appalachian Trail Conservancy Alt reflects on how sleeping with a skunk, being chased by a bear, charged by a bull, blisters, insects, and weird food cravings changed him in profound and positive ways. The News-Press, FL There are numerous books on hiking the Appalachian Trail, but Alt tells the story best. Maine Outdoor Journal ENLIGHTENING and INSPIRING. Blue Ridge Outdoors Alt s conversational...



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