



# **Appalachian Trials: A Psychological and Emotional Guide To Thru-Hike the Appalachian Trail (Volume 1)**

*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 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”
- 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
- 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 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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James Harris:Playing with family within a park, coming to see the sea world or hanging out with friends is thing that usually you have done when you have spare time, subsequently why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Appalachian Trials: A Psychological and Emotional Guide To Thru-Hike the Appalachian Trail (Volume 1), you could enjoy both. It is very good combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't have it, oh come on its identified as reading friends.

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