



Hiking Through: One Man's Journey to Peace and Freedom on the Appalachian Trail

By Paul Stutzman

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Hiking Through: One Man's Journey to Peace and Freedom on the Appalachian Trail By Paul Stutzman

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. Paul left his stable career, 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 will change readers' lives as well.

In *Hiking Through*, readers will join Paul on his remarkable 2,176-mile hike through fourteen states in search of peace and a renewed sense of purpose, meeting fascinating and funny people along the way. They'll discover that every choice we make along the path has consequences for the journey and will come away with a new understanding of God's grace and guidance. Nature-lovers, armchair adventurers, and those grieving a loss may not be able to hike the AT themselves, but they can go on this spiritual pilgrimage with a truly humble and sympathetic guide.

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Editorial Review

Review

"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

From the Back Cover

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.

About the Author

Paul Stutzman is the author of *Biking Across America*, *The Wanderers*, and *Wandering Home*. A former restaurant manager who left his career after his wife's death from breast cancer, Paul hiked the Appalachian Trail in search of peace, healing, and freedom. He continues to seek out adventure in new ways every day.

Mike Chamberlain is an actor and voice-over performer, as well as an AudioFile Earphones Award-winning audiobook narrator. Along with animation and video game characters, Mike performs narration and voices promos for television. He lives with his wife and daughter in Southern California.

Users Review

From reader reviews:

Stephen Galvan:

Book is written, printed, or illustrated for everything. You can understand everything you want by a publication. Book has a different type. As you may know that book is important thing to bring us around the world. Adjacent to that you can your reading expertise was fluently. A e-book Hiking Through: One Man's Journey to Peace and Freedom on the Appalachian Trail will make you to be smarter. You can feel a lot more confidence if you can know about everything. But some of you think which open or reading a book make you bored. It is not necessarily make you fun. Why they can be thought like that? Have you looking for best book or appropriate book with you?

Richard Thompson:

Hiking Through: One Man's Journey to Peace and Freedom on the Appalachian Trail can be one of your starter books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to get every word into enjoyment arrangement in writing Hiking Through: One Man's Journey to Peace and Freedom on the Appalachian Trail although doesn't forget the main place, giving the reader the hottest along with based confirm resource data that maybe you can be one among it. This great information can certainly drawn you into fresh stage of crucial thinking.

Eun Christensen:

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