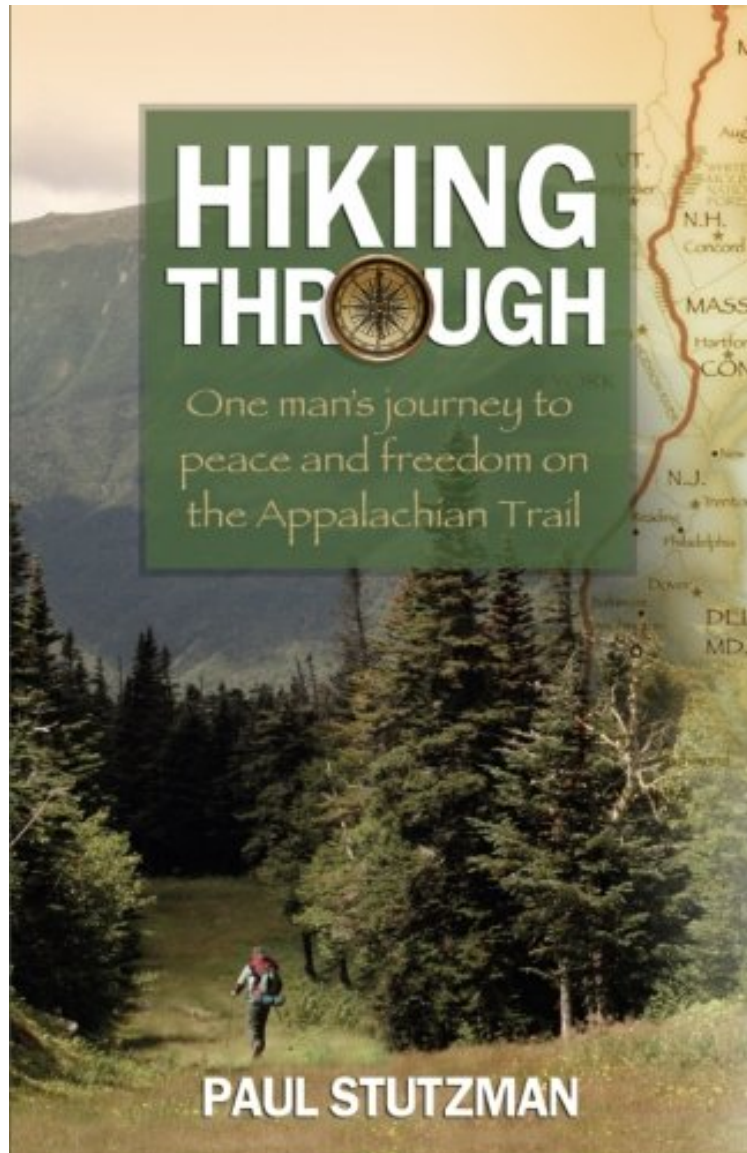


(Free) Hiking Through: One Man's Journey to Peace and Freedom on the Appalachian Trail

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

Paul Stutzman

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#18735 in Books Baker Pub Group/Baker Books 2012-03-12 2012-03-12 Original language: English PDF # 1 8.50 x .76 x 5.50l, 1.00 #File Name: 0800720539336 pages Hiking Through One Man's Journey to Peace and Freedom on the Appalachian Trail | File size: 29.Mb

Paul Stutzman : Hiking Through: One Man's Journey to Peace and Freedom on the Appalachian Trail before purchasing it in order to gauge whether or not it would be worth my time, and all praised Hiking Through: One Man's Journey to Peace and Freedom on the Appalachian Trail:

0 of 0 people found the following review helpful. An Adventure of the SoulBy RJB1207This book was far better than I expected it to be. It's not just a tale of hiking 2000 miles, its a tale of a man's renewal, too. Unlike many other books about one person's adventure, this book never bogs down in mundane stuff. Stutzman keeps things moving by describing the people he meets and hikes with on the trail, their interaction, the weather and terrain. He describes how difficult the hike can be, but he doesn't dwell on the hardships. It's just part of the adventure of hiking the trail. In all, the book is a memoir, and an account of an adventure relatively few people have undertaken, let alone completed.2 of 2 people found the following review helpful. Highly recommendBy blueskyeThis 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.3 of 3 people found the following review helpful. The Journey of GriefBy Geoff KoglinMy 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 sediments. 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.

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.

"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 WeeklyFrom the Back CoverA life-changing journey begins with a single stepAfter 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 TrailPaul 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 AuthorPaul Stutzman is a former restaurant manager who left his career after his wife's death from breast cancer. He hiked the Appalachian Trail in search of peace, healing, and freedom. His passion and mission is to share what he learned on that remarkable journey. Paul grew up in the Mennonite church. When he is not hiking or on a cross-country bike ride he makes his home in Berlin, Ohio.