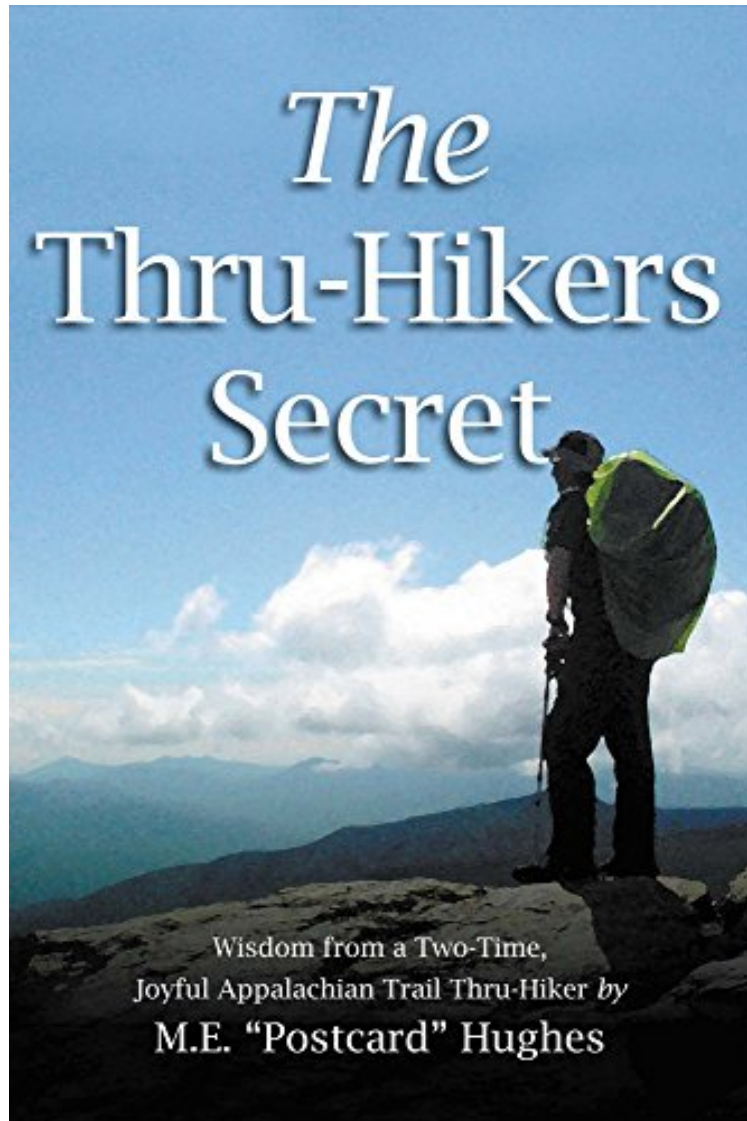


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## The Thru-Hikers Secret: Wisdom from a Two-Time, Joyful Appalachian Trail Thru-Hiker.

*M.E. "Postcard" Hughes*

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**M.E. "Postcard" Hughes : The Thru-Hikers Secret: Wisdom from a Two-Time, Joyful Appalachian Trail Thru-Hiker.** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Thru-Hikers Secret: Wisdom from a Two-Time, Joyful Appalachian Trail Thru-Hiker.:

0 of 0 people found the following review helpful. Very exciting, a must read.By NBadventuresA must read if you plan

to Thru hike do sections of the AT trail. This is a book of past experiences from a man named Postcard. Information on weather challenges, how to pack, suggestions on equipment, food prep other hikers and their challenges along places to visit along the trail. There is a lot of useful and exciting information. You will want to read it twice. 0 of 0 people found the following review helpful. Best book about thru hiking the AT I've read. By Laura I've read many AT thru hiking books mostly journal type books. This one gives you great info if you want to plan a thru hike. Absolutely a wealth of knowledge and info passed down to us through Post Cards experience I genuinely believe he wants you to be successful on your hike. This was a great book and I enjoyed it immensely. 0 of 0 people found the following review helpful. Great read, great author. By JBMMr. Hughes give a very detailed and insightful journey that awaits those of us willing to venture into the wild.

The Thru-Hikers Secret is a compilation of knowledge with a singular goal: to help you achieve a joyful thru-hike of the Appalachian Trail. The journey can provide new perspectives, renewal for life and even reorder ones priorities. A thru-hike is to live large, to live simply and step beyond the timid existence of suburbia. Backpacking for months from Georgia to Maine, however, can be far from a smooth journey. To understand all that a thru-hike entails before it is hiked is practically impossible, and yet many hikers set out on this grand adventure without a lick of experience. Of the couple of thousand who begin their journey on the AT each season, only a few hundred will find the rhythm of trail life and complete the 2000 miles of mountain forests. To put it simply: not making it is normal. The greater their transition from cityness to the hiking wilderness, the better the odds of succeeding favor them. The tangible events rain, cold, heat, elevation gains, insects, sunshine, cool breezes, fresh air and mileage will be joined in lock step with the intangible ones - joy, elation, melancholy and despair. It is these intangible, emotional dynamics that tend to unravel many hikers resolve of becoming a Thru-Hiker. My past career in advertising and having a knack for simplifying the complicated provided me with a unique perspective to turn the enormity of an AT hike into simple strategies: Secrets. Hikers will be armed not just with information, but a go-to resource of answers before most will even know the questions. As the Secrets are revealed, hikers will learn what will happen and how to manage the vast texture that is an AT thru-hike. Joining the Secrets are more than 130 images to add richness to the communication. I am "Postcard" after all. This journey of discovery starts on the first page, continues till tread touches trail and travels with you to the ending terminus. From the first hour, first day, week and month, you'll move forward with greater confidence knowing you have a proven mentor. The Thru-hikers Secret grew out of my first thru-hiking book, *Were Off To See The Wilderness, The Wonderful Wilderness of Awe*. In it, joining my personal day-to-day account of life on the trail was a how-to section named *Have more smiles in your miles*. Many had told me they'd read this time and again before they'd head out on an adventure. After my second thru-hike, my knowledge grew and so another, more comprehensive book idea emerged, one dedicated solely to AT preparation *The Thru-Hikers Secret*. Where hiking two days may result in adversity, a thru-hike absolutely, positively will deliver it at a level of ten. Wonderfully though, decisions before and during your hike found in these pages may help to avoid come off the trail moments while helping you find more smiles in your miles.

About the Author Years ago, I was described as being equal parts George Patton and Walt Disney. Nothings changed. I'm Mark Hughes, but better known in thru-hiking circles as, Postcard, because I draw and write creative accounts of the nuttiness of trail life. The Thru-Hikers Secret is my second book on thru-hiking the Appalachian Trail. In my first book, *Were Off To See The Wilderness, The Wonderful Wilderness of Awe*, a back section called *Have More Smiles In Your Miles* became a reference tool for many a thru-hike attempt. This book is a dedicated, more thorough look at the emotional adversities, needed strategies, and planning that can improve your odds of succeeding to earn that coveted moniker: Thru-hiker. My past career in communications and having a knack for simplifying the complicated provided me with a unique perspective to turn the enormity of an AT hike into simple strategies: Secrets. Hikers will be armed not just with information, but a go-to resource of answers before most will even know the questions. As the Secrets are revealed, hikers will learn what will happen and how to manage the vast texture that is an AT thru-hike. I've been to all 50 United States, even walked through 14 of them. Twice. I believe individuals can make a difference. After 9/11, three words appeared within me: Never postpone life. That's why I thru-hiked the AT before retirement. Since one can never smile too much, that's why I thru-hiked the AT a second time. I walk with purpose, attack projects and miles, and am made joyful in doing so. I grew up in a family where both parents were the breadwinners. Dad did the cooking. I'm at my happiest when I'm creating. I like Abe Lincoln's quote: Folks are usually about as happy as they make their minds up to be. This has a correlation with succeeding at a thru-hike. Some call me Mark. Others call me Uncle Mark. When they can start talking, some will call me Great Uncle Mark. And still others call me Postcard. My middle name is Errol, after my grandfathers first name, my fathers middle name, and the Hollywood swashbuckler Errol Flynn which is totally appropriate. I'm a dog, cat, owl, loon, moose, koi, frog, turtle, woodpecker, dove, hawk, and eagle person. I'd rather pick up a discovered feather or rock as a souvenir than any knickknack found in a gift shop. After carrying a backpack over 5000 miles, I've discovered that simplicity is one of life's truly great pleasures. Four of my top memories of achievement are walking across the stage in college, sharing top honors and hearing those I

competed against cheer and applaud. Walking across the stage at Lincoln Center in New York in front of 2000 applauding professionals, accepting the top honor for an advertisement I created. Standing in front of 200 cheering equals as they honored me with REIs highest award: The Anderson Award. And embracing a weather-beaten sign buried in granite, above the clouds atop The Greatest Mountain, Mt. Katahdin, an honor I bestowed upon myself to absolute silence. I believe that a thru-hike is one of the greatest gifts you can give to yourself.