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APPALACHIAN TRIALS: A PSYCHOLOGICAL AND EMOTIONAL GUIDE TO THRU-HIKE THE APPALACHIAN TRAIL



Good Badger Publishing, United States, 2012. Paperback Book Condition: New. 226 x 150 mm. Language: English. Brand New Book ***** Print on Demand *****. 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....

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- Authored by Zach Davis
- Released at 2012



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