



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

By 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.

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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### **Editorial Review**

Zach Davis is an Appalachian Trail thru-hiker, writer, and uncompromising dream chaser with a passionate disdain for convention. You can read more of his adventures at <http://www.theGoodBadger.com>

### **Review From reader reviews:**

Roger Dupre: This Appalachian Trials: A Psychological and Emotional Guide To Thru-Hike the Appalachian Trail (Volume 1) tend to be reliable for you who want to become a successful person, why. The reason why of this Appalachian Trials: A Psychological and Emotional Guide To Thru-Hike the Appalachian Trail (Volume 1) can be among the great books you must have is giving you more than just simple reading through food but feed a person with information that probably will shock your before knowledge. This book will be handy, you can bring it everywhere you go and whenever your conditions throughout the e-book and printed people. Beside that this Appalachian Trials: A Psychological and Emotional Guide To Thru-Hike the Appalachian Trail (Volume 1) forcing you to have an enormous of experience for example rich vocabulary, giving you test of critical thinking that we realize it useful in your day task. So , let's have it and revel in reading.

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