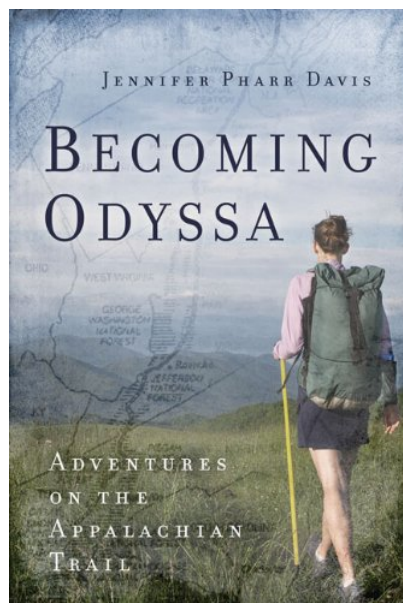


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After graduating from college, Jennifer isn't sure what she wants to do with her life. She is drawn to the Appalachian Trail, a 2175-mile footpath that stretches from Georgia to Maine. Though her friends and family think she's crazy, she sets out alone to hike the trail, hoping it will give her time to think about what she wants to do next. The next four months are the most physically and emotionally challenging of her life. She quickly discovers that thru-hiking is harder than she had imagined: coping with blisters and aching shoulders from the 30-pound pack she carries; sleeping on the hard wooden floors of trail shelters; hiking through endless torrents of rain and even a blizzard. With every step she takes, Jennifer transitions from an over-confident college graduate to a student of the trail, braving situations she never imagined before her thru-hike. The trail is full of unexpected kindness, generosity, and humor. And when tragedy strikes, she learns that she can depend on other people to help her in times of need. DISCLAIMER: "We cannot guarantee the availability of this ebook on an external site."

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