



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

Paul Stutzman

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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. 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 Trail

Paul 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.

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