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Life Lessons Learned from Long-Distance Solo Hiking

Here are some of lessons I've learned from my hiking escapades. 1. Keep moving on. Life is, in a lot of different ways, like a long and challenging trail. As we trek this journey we call life, we, far too often, easily give up on our dreams and hopes, overcome by challenges, disappointment or dejection. ...

11 Life Lessons You'll Learn From Hiking Up Mountains

Long-Distance Hiking: Lessons from the Appalachian Trail by Roland Mueser . I had heard of this book a while back when doing some research on alcohol stoves. Since then I have often wanted to get a copy to read. I had heard it was full of useful information about hiking the Appalachian Trail. And it is, in some ways.

Book: Long Distance Hiking

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