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An Uplifting Adventure Across the Sierra Nevada for Depression Awareness

A Hike for Mike

Jeff Alt

*Author of the award-winning **A Walk For Sunshine***

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A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness:

A Hike for Mike Jeff Alt, 2005 A Hike for Mike Jeff Alt, 2005 Jeff Alt convinced his wife a woman raised with the belief that vacations include hot showers beaches and warm beds to hike the 218 mile John Muir Trail to help her overcome the loss of her brother to suicide and to spread the word that depression is treatable Readers walk vicariously alongside Jeff and Beth through three national parks ending atop the highest mountain in the contiguous United States Their adventure included bear encounters beautiful scenery rugged trails lightning bolts and food shortages and they are still happily married A Hike For Mike is an inspiring and humorous true life adventure of perseverance and overcoming adversity Includes a chapter with valuable facts about depression that offers readers information resources and hope which was reviewed and endorsed by James Blumenthal Ph D Professor of Medical Psychology at Duke University The Truth about Suicide Donna Holland Barnes, Robert N. Golden, Fred L. Peterson, 2010 Provides facts and information for teens and young adults about issues related to suicide Presented in an A to Z format accompanied by question and answer and fact versus legend segments

Library Journal , 2005 **Library Journal** Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2005 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

Book Review Index , 2006 Every 3rd issue is a quarterly cumulation **Joyce in the Belly of the Big Truck; Workbook** Joyce A. Cascio, 2005-05 **Backpacker** , 2007-09 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured

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men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life

High and Low Keith Fosskett, 2018-03-07 When dealing with emotional baggage it's best to pack light An amusing and life affirming travel memoir concluding with tips for managing depressive episodes Keith Fosskett refused to let his dark mood define his limitations Unknowingly suffering with depression he took to hiking the wilds of Scotland to face his inner demons From the craggy Highlands of the Cape Wrath Trail and West Highland Way to the canals criss crossing the low country 600 miles of unforgiving hiking terrain called his name Keith repositioned his compass to what really matters in life As laughter became his travelling companion he discovered that when dealing with emotional baggage it's best to pack light Pushing his mind and body past breaking point his journey could set a brave new course for coping with depression Battling ferocious weather the ubiquitous Scottish midge strange sounding local delicacies and substandard TV sets this is one man's battle to conquer the wilds of Scotland and his own psychological demons Editorial reviews Despite the challenges of the terrain and the weather the author's affinity with the Highlands is obvious and his descriptions of the landscape are captivating We are introduced to beautiful glens rivers and lochs that many of us will never have heard of We are reminded by an experienced international long distance hiker to not forget the quality of what we have at home in the UK It's hard not to admire Keith Fosskett for what he achieves in this book But he does not take himself too seriously either and handles the weight of the subject matter with humility and laughter This is a bold and important book which I genuinely hope will appeal to a wide audience James Roddie The Great Outdoors Magazine As well as the details of his walk Keith captures the feeling of being on a long hike well both the joys and the tribulations His sense of humour comes through too and he's not afraid of laughing at himself This makes for an entertaining book that also has a serious undertone It's a welcome addition to the literature of long distance walking Chris Townsend Long distance hiker and TGO magazine columnist What Amazon readers are saying It is possible to deal with depression and while this book may not cure you it will tell you what one person did to fight it and this story can help a lot of people This author is a fantastic writer I have read all of his books and each book takes me on an amazing journey that touches all my senses as if I was really there This book *High and Low* is not only an adventure but shows deep insight into the soul of a person that doesn't know they have depression A book I will go back and read again would give it 6 stars if I could An original account of what it is like hiking through Scotland so well written that you feel like you are there experiencing the glorious scenery Scottish food and the evil midges I learnt a lot about myself by reading this book It must have been extremely painful to write at times It encouraged me to take a look within myself and evaluate my own struggles with depression Fosskett bares his soul and allows the reader to follow along on this amazing hike and intense personal journey *High and Low* provided me with tools to wage my own battle with depression His endurance through difficult circumstances is inspiring I've read several of his books and am always uplifted by each adventure Hundreds more five star reviews Thousands of copies sold Find out why readers fall for Keith Fosskett's adventure memoirs *Four*

Boots-One Journey Jeff Alt, 2014-07-22 Newlyweds Jeff and Beth Alt could not be more different Jeff an avid hiker prefers long exhausting thru hikes and sleeping under a canopy of stars Beth on the other hand prefers hotels hot showers and ending the day in a warm clean bed But when Beth's brother dies tragically by suicide Jeff convinces Beth to join him on a 218 mile hike along the John Muir Trail to honor her brother's memory and spread awareness about depression Their journey is never short of surprises and they encounter everything from menacing bears lightning bolts and mountain lions to food shortages and altitude sickness But as they pass through three national parks Yosemite Kings Canyon and Sequoia National Park including the highest mountain in the contiguous United States Mt Whitney Beth discovers the joys trials and extraordinary beauty of exploring nature with just a backpack to your name A Hike for Mike Four Boots One Journey is a heartwarming humorous tale of one couple's adventurous journey to healing rediscovering nature and falling more in love with each other every step of the way

The John Muir Trail Alan Castle, 2015-03-20 A guidebook to trekking the John Muir Trail JMT from Happy Isles in Yosemite Valley to the summit of Mount Whitney and onto the trailhead at Whitney Portal Covering 348km 216 miles this long distance trek through the Sierra Nevada mountains of California takes around 3 weeks to hike and is suitable for hikers with experience in remote high mountain wilderness The route is described from north to south in 21 stages each between 11 and 26km 7 16 miles An optional ascent of Half Dome is also included which involves some easy scrambling and requires a good head for heights Sketch maps included for the route Ascent descent and distance tables included for all stages Lists of camp areas ranger stations and bear box locations Advice on trekking permits transport to and from the trailheads equipment food and supplies training Route travels through 3 national parks Yosemite Kings Canyon and Sequoia

The book delves into A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness. A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness
 - Chapter 2: Essential Elements of A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness
 - Chapter 3: A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness in Everyday Life
 - Chapter 4: A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness. The first chapter will explore what A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness is, why A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness is vital, and how to effectively learn about A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness.
3. In chapter 2, the author will delve into the foundational concepts of A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness. This chapter will elucidate the essential principles that must be understood to grasp A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness in its entirety.
4. In chapter 3, the author will examine the practical applications of A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness in daily life. This chapter will showcase real-world examples of how A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness in specific contexts. The fourth chapter will explore how A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness is applied in specialized fields, such as education, business, and

technology.

6. In chapter 5, the author will draw a conclusion about A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness. This chapter will summarize the key points that have been discussed throughout the book. The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of A Hike For Mike An Uplifting Adventure Across The Sierra Nevada For Depression Awareness.

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