

Thru Hiking Will Break Your Heart

An Unforgettable Journey Through the Wilderness

Thru Hiking Will Break Your Heart is a captivating and raw account of a woman's journey hiking the Appalachian Trail, one of the most challenging trails in the world. This book will inspire and motivate you, and leave you with a newfound appreciation for the power of nature and the human spirit.



Thru-Hiking Will Break Your Heart: An Adventure on the Pacific Crest Trail by Carrot Quinn

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1379 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 371 pages
Lending	: Enabled
Screen Reader	: Supported



The author, Karen Sykes, is a former English professor who left her job and her life behind to hike the Appalachian Trail. She hiked solo, carrying all of her gear on her back, and she endured some of the most difficult physical and emotional challenges of her life. But she also experienced the most incredible highs, and she learned more about herself and the world around her than she ever thought possible.

In *Thru Hiking Will Break Your Heart*, Sykes shares her journey with honesty and humor. She writes about the blisters, the hunger, the exhaustion, and the loneliness. But she also writes about the beauty of the trail, the kindness of strangers, and the power of the human spirit.

This book is a must-read for anyone who loves hiking, adventure, or travel. It is also a great read for anyone who is looking for inspiration or motivation. *Thru Hiking Will Break Your Heart* will leave you with a renewed appreciation for the power of nature and the human spirit.

What Others Are Saying

"*Thru Hiking Will Break Your Heart* is a beautifully written and deeply moving account of one woman's journey hiking the Appalachian Trail. Karen Sykes's writing is honest, raw, and inspiring. This book will stay with me long after I finish reading it." - Cheryl Strayed, author of *Wild*

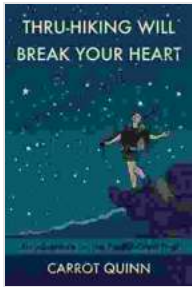
"*Thru Hiking Will Break Your Heart* is a must-read for anyone who loves hiking, adventure, or travel. Karen Sykes's writing is captivating and her story is inspiring. This book will leave you with a renewed appreciation for the power of nature and the human spirit." - Bill Bryson, author of *A Walk in the Woods*

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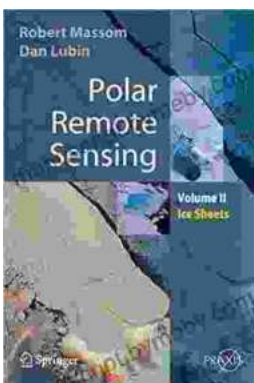
* **Image 1:** A photo of a woman hiking on the Appalachian Trail, with a backpack on her back and a determined look on her face. * **Image 2:** A photo of a group of hikers sitting around a campfire, laughing and sharing stories. * **Image 3:** A photo of a hiker sitting on a rock, overlooking a beautiful mountain vista.



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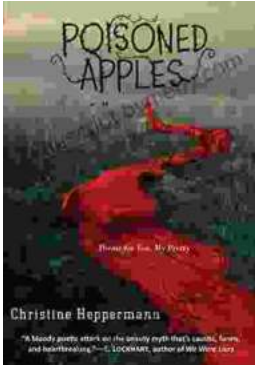
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