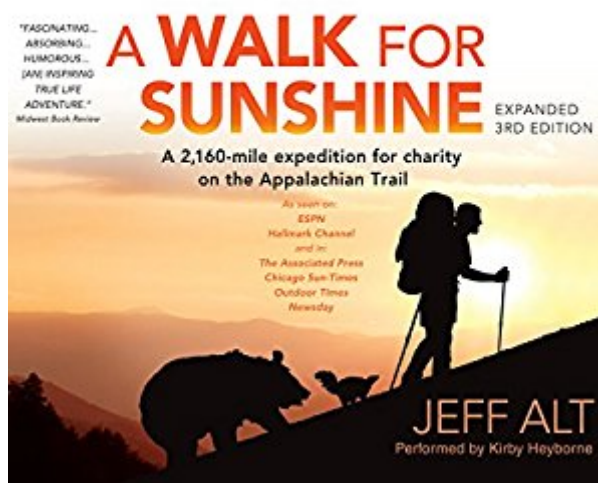


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# A Walk For Sunshine: A 2,160-Mile Expedition For Charity On The Appalachian Trail

BrillianceAudio

Unabridged



## Synopsis

Jeff Alt takes you along every step of his 2,160-mile Appalachian Trail adventure. This entertaining journey includes bears, bugs, blisters, captivating characters, skunk bedmates, and hilarious food cravings. Alt walked more than five million steps in tribute to his brother, who has cerebral palsy and lives in a home called Sunshine. This trail adventure has inspired an annual event that has raised more than \$200,000 for Sunshine. It includes hiking tips for the whole family. Walk alongside Alt and experience the joy of turning dreams into goals and then achieving them. His lessons from the trail celebrate family, stewardship of the earth, good health, and the American spirit.

## Book Information

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## Customer Reviews

What a great read! I must confess that this was one of those books that I found quite difficult to put down once I read the first few pages. As has been well covered in other reviews, briefly stated, this is the story of a young man who takes the challenge of the Appalachian Trail and hikes all 2,160 miles of it in one shot, to raise money for the Sunshine Home, a home for the developmentally disabled where his brother lives. The concept of walking this trail, to become a through walker, has fascinated me for years. Age and health have more or less shut that door for me now, but I do enjoy a good story from those who actually made this wonderful journey. This is certainly one of those good stories. The author's enthusiasm, iron will, commitment and simple bright outlook on life are quite inspirational. Jeff Alt is not a professional writer. Actually, he strikes me as simply "one of us" and this is quite nice. I note that several reviewers have compared Alt's work with that of Bill Bryson, i.e. *A Walk In The Woods*. I personally could not make that connection. Where Bryson obviously

walked very little of the trail, was sarcastic and down right hateful when writing about fellow walkers and the natives of the area, we get the complete opposite with A Walk for Sunshine. Alt has the ability to laugh at him self, has conducted himself as a gentleman, and, with a few justifiable exceptions, has mostly nice things to say about the people he meets, both on and off the trail. This is very refreshing. I like the writer's apparent honesty. This was a very difficult trip. The author does not gloss that over one bit. On the other hand, he does not indulge in chest beating nor does he become one of those annoying "experts" that we all meet in places and situations such as this.

Jeff Alt has a mission: reacquaint the world with the beauties and the challenges of Nature and find inner peace and the source of human kindness. And if that sounds like a hopelessly impossible task for these times in which we live, then his A WALK FOR SUNSHINE just may change that. It is difficult, if not impossible, to read this entertaining and meaningful book and not rearrange mindsets as to priorities and the significance of living in the moment. Jeff Alt may not be an academically trained writer, or a student of philosophy, or a prophet sent among us to alert our attention to environmental issues and the importance of family, but in Alt's case, those 'restrictions' allow him to relate in more simple honest terms a life altering experience and stimulate each of us to find our own dream journey - and follow it! The story is well summarized in all the reviews of this revised version of A WALK FOR SUNSHINE (and Epilogue has been added to make the events of the book more accessible to the novice hiker/reader). In 1998 Alt made the trek from Georgia to Maine, the Appalachian Trail of 2160 miles, on foot, surviving in the 'wilderness' to prove that he 1) could accomplish his dream of thru-hiking the treacherous trail and 2) to raise money for the Sunshine Home for the Disabled, a home that cares for his brother Aaron, a young lad with Cerebral Palsy. Like any fine journal the author writes of the agonies, the physical challenges, the struggles with sustenance among the wildlife and the extremes of Nature's seasonal changes while at the same time offering anecdotes both hilarious and heartwarming, moments when he bonded with trail partners and moments when Nature seemed determined to squelch his drive to complete his journey.

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