Francis Tapon sought wisdom when he quit his Silicon Valley job, donated most of his belongings, and set off to hike the Appalachian Trail. He and his hiking partner, Lisa Garrett, traversed the 2,168 mile footpath by walking for nearly four months from sunrise to sunset. The pilgrimage gave him insights that not only apply to backpacking, but to life itself. It also taught him that there sure are easier ways to go from Maine to Georgia.

While you enjoy the intense journey, you’ll learn:

- Why the Appalachian Trail’s credo is relevant to your life.
- How to control your finances.
- How to discover and pursue your passion.
- How to avoid costly mistakes and conquer your fears.
- How to dramatically improve your health.
- Why the Appalachian Trail teaches you more about human nature than Mother Nature.
- How to shrug off misfortune and live stress free.
- Why mosquitoes just want to be your friend.

Packed with two color maps, photographs, sidebars, and self assessment quizzes!

Can You Find Wisdom in the Wilderness?

Francis Tapon knew he had a good life—he had a great career, fantastic friends, a nice home, and a cool electric shaver. However, something was missing. His life was good, but not great. It was quite predictable and safe, but thoroughly uninspiring. He wondered how to take his life to the next level.

He thought it would be smart to do what the sages do: hang out in the woods for several months and get some wisdom. Although he ultimately found wisdom, finding it wasn’t as easy or as romantic as all those spiritual books say it is. They neglect to mention that during the hot humid summer months there’s no air conditioning in the woods.

Hike Your Own Hike balances the story of an adventurous and insightful trip across the Appalachian Mountains with practical advice on how to recalibrate your perspective and to remind yourself of what really matters.

Hike Your Own Hike is about an incredible pilgrimage, what we can learn from it, and how to enrich our lives without getting too muddy.