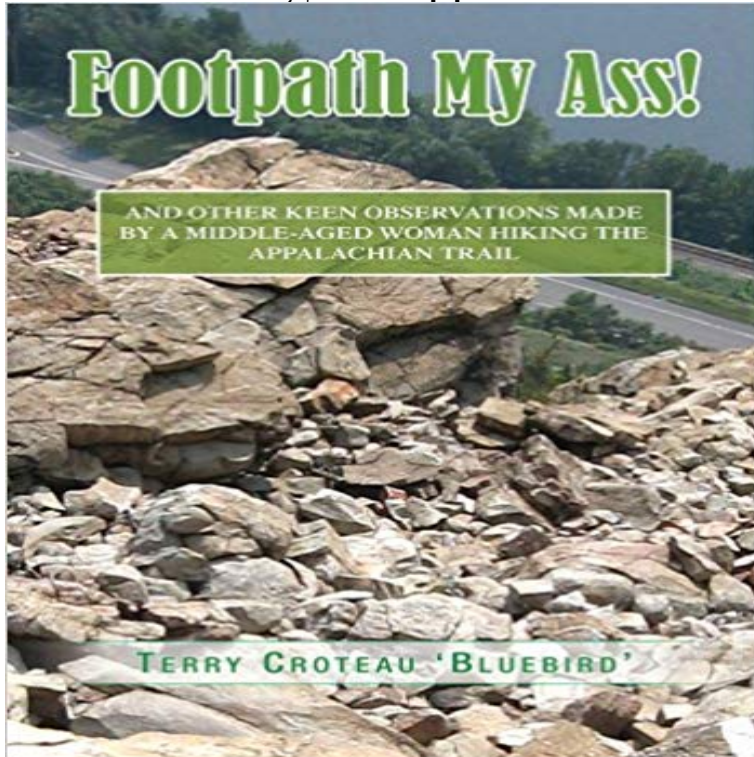


# Footpath My Ass!:And Other Keen Observations Made by a Middle-aged Woman Hiking the Appalachian Trail



Come along with the author as she walks, crawls, trips, and falls along the Appalachian Trail, from Georgia to Maine. Find out where a good sense of humor, some sweat and a lot tears can take you. Learn how success can be measured more by your attitude than your accomplishments. Realize that believing in you is half the battle, the other half is putting one foot in front of the other. Life isnt over till your six foot under and if youre on this side of the dirt and breathing, youre alive! So, for God and your own sake, LIVE!

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Dennis said: Terry Bluebird Croteau and I were on the Appalachian Trail at the same time, in 2007. Footpath My Ass!:And Other Keen Observations Made by a Middle-aged Woman

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