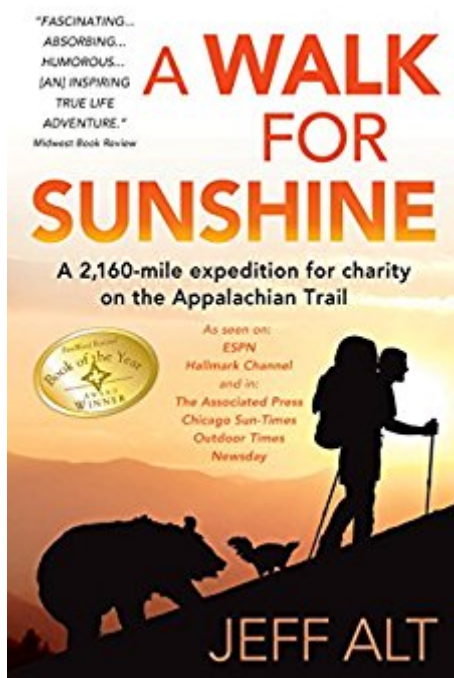


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# A Walk For Sunshine



## Synopsis

Jeff Alt takes you along every step of his 2,160-mile Appalachian Trail adventure filled with humorous, frightening, and inspirational stories including, bears, bugs, blisters, skunk bed mates, and hilarious food cravings. As Alt walked through freezing temperatures, driving rain, and sunny skies, he was constantly buoyed by the knowledge that his walk was dedicated to his brother who has cerebral palsy. Alt's adventure inspired an annual fundraiser which has raised over \$400,000 for the Sunshine Home where his brother lives. As you walk along with Alt, you experience the success of turning dreams into goals and achieving them. Alt shares his life lessons from the trail with a focus on family, stewardship of the earth, and good health.Ã A

## Book Information

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## Customer Reviews

I have read, and thoroughly enjoyed, other accounts from tough-hikers of the Appalachian Trail. Some, tho' interesting, felt more like a published journal -- so they kind of dragged along in some places. Jeff Alt did a fabulous job of putting his story together for us in a way that totally engaged

and informed -- all the way through. An account like this can be boring for the reader, if too many of the day-to-day (repetitive) details are included. While keeping the continuity well intact, Jeff did a great job of offering a fascinating account of his thru-hiking experience. It was very well written, moved along at a good pace, and did not repeat information. Sometimes, he withheld specifics until just the right time to insert them with a particular event -- which greatly enhanced the story. Yet, I was never confused about the time line. Yes, great continuity!!! I enjoyed his stories and accountings, and thought he did a super job of describing the fellow hikers he encountered -- some of them very colorful characters, as are found on the AT. Very well done! He never offered judgment about others who didn't complete the entire distance. He also gave credit to others where due. He gave well-deserved credit to his "team," who supported him in various ways in his endeavor. Congrats to Jeff for the great contribution he made to his family and a wonderful charity! I would like to know this guy!(And, oh, how I have dreamed of hiking the AT myself -- but that's another story.)

This is the 12th Appalachian Trail book that I have purchased and I just finished up with Chapter 12 (of 35). While I will have this book completed in a week or so and will surely re-review it then, I wanted to get my thoughts down. So far so good! This is exactly the type of book I am looking for when reading a thru-hiker's book. Besides "Grandma Gatewood's Walk", this is the first thru-hiker's book that I don't want to put down. Here is what I like: 1. Despite the fact that he is doing this for charity, the charity aspect is only part of his reason for hiking the trail, and he does not turn the book into a salespitch. 2. The book is not endless complaints about life on the trail.. He hurt his ankle at the point I am at now, and if he is complaining about it, then he is doing a good job of hiding it. 3. I know exactly where he is on the trail throughout the entire book so far. 4. He develops relationships with other hikers and talks about them in the book. 5. He sticks to the trail and his experiences on it. I haven't read a self-indulgent diatribe riddled soapbox like I have in so many other books. Great book so far and I can't wait to continue on!

I enjoyed this book, it was an easy read and Jeff Alt writes in a conversational tone. He has a soft spot in his heart for his disabled brother and the institution that cares for him. His original intention was to raise money for the Sunshine Home that takes care of his brother, but he has a talent for marketing and turned his hike into an annual motivational meeting and also established an annual hike in home town of Sunshine House. . So this original hike continues to benefit his brother's caregivers. If you enjoy this book, you might like to check out his other book Four Boots, which takes place on the John Muir Trail and promotes an entirely different cause.....mental health and

suicide prevention.

I Loved this book. I was initially drawn to this book after my best friend asked if I would do a through hike with her. I found this book inspirationally as well as informative about the AT trail. I would recommend this book to anyone who is researching a through hike.

I read this after reading Bill Bryson's A Walk in the Woods, which was such a fun read. A Walk for Sunshine is more like a bunch of essays glued together; there is much repetition that kind of annoyed me. It IS interesting to compare the two writers' stories and experiences, and that makes this book worth the reading, but I would not read it again.

Jeff Alt does a great job capturing his experiences on the trail. The reader gets a first hand experience into what it takes to walk a trail of this distance; the preparing, the doing, and the aftermath of it all. I also love that each walk is associated with a charity. At the end of his books, Jeff Alt walks you through the steps of getting a charity involved. No small feat, but, the reward is worth it.

I love that he raised money for his brother and the place he calls home. There is a lot of heart that generates the rest of his adventure. The author does a good job of focusing on the interesting parts of his 2,160 mile hike and I found myself wanting to find out what happens next on his journey. I may never hike the AT but I'm glad Jeff did and invited us to partake of his walk for Sunshine. (I listened to the audio version)

I wasn't sure about the book since I hadn't read an Appalachian Trail book where the walk was done for charity, but I enjoyed the book greatly. The author is articulate, sensitive to the reader, and has written an entertaining description of his journey without being preachy. The charity aspect is mentioned, but mainly to show part of the motivation for the walk. I have the 3rd edition, which includes supply suggestions and also information about what became of some of the other people the author met on the trail. I highly recommend A Walk for Sunshine.

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