



A Walk for Sunshine: A 2,160 Mile Expedition for Charity on the Appalachian Trail

Jeff Alt

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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.

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