



A Hike For Mike: An Uplifting Adventure Across the Sierra Nevada for Depression Awareness

Jeff Alt

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After losing a brother-in-law to suicide, Jeff Alt and his wife, Beth, trekked the 218-mile John Muir Trail to increase awareness that depression is treatable. A Hike For Mike is a true-life adventure personifying perseverance and modeling ways to overcome adversity and navigate the mountains and valleys of life. Includes a chapter with facts about depression. USA Book News Best Books 2005 finalist

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