



Balancing on Blue

Keith Foskett

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Shortlisted for Outdoor Book of the Year by The Great Outdoors Magazine.

The third book from award winning author Keith Foskett.

'Be prepared for great story telling, unique and interesting characters, humour and insight.'

Andrew Skurka - National Geographic Adventurer of the Year.

A must read that should be first on the list for anyone who loves hiking and the outdoors.

Every year several thousand people attempt to hike all 2180 miles of the Appalachian Trail in the eastern United States. Being the first of the big three hikes in America, it is where long-distance hikers go to cut their teeth.

Keith Foskett has another reason. Dromomania, or the uncontrollable urge to wander, has been part of his life since childhood. Hiking is his chosen method to placate the wanderlust.

Accompanied by an array of eclectic characters including a world champion juggler, a drug dealer, an Everton fan whose visa is expiring and a sex-starved builder from Minnesota, his experience is far from normal.

Battling a fear of snakes, bears, being in the woods after dark and his own demons, it's physically exhausting -- as well as a psychologically challenging. His adventure weaves a route through some of America's wildest landscapes and history, and is told with insight, humour and reflection.

'A highly anticipated Appalachian Trail Memoir, and well worth the wait.'

Daniel Neilson - The Great Outdoors Magazine.

'Essential reading for those contemplating their own big adventure.'

David Lintern - Outdoor Enthusiast Magazine.

'The wilds of this planet are serene, peaceful and offer the chance to break away from a normal existence. Keith's book wonderful perspective of the trail reflects this freedom.'

Jennifer Pharr Davis - Author and past record holder for the fastest ever hike of the Appalachian Trail.

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Jose Laney:

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