



Over the Mountains and Into Our Lives: A Woman's Hiking Guide to Life

By Kellie Christine Lee

Createspace, United States, 2011. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.More than just a physical activity, hiking can accent a lifestyle and open doors to personal fulfillment. In *Over the Mountains and Into Our Lives: A Woman's Hiking Guide to Life*, Kellie Lee explores the connection between her physical trials and the struggles of her everyday life. During some of her most important hikes, Lee discovered valuable life lessons that she brought from the mountain slopes and intertwined into her daily routine. By experiencing Lee's parallel journeys of career changes and challenging hikes, readers can also discover ways to foster their own personal growth through hiking the boundless outdoors.

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