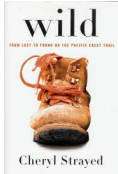


# Exercise

## Wild & Other Hiking Related Books



The Pacific Crest Trail is a 2,663 mile long trail reaching from the Canadian border in

northern border in Washington, through Oregon, to the Mexico border in southern California. Hiking this trail can take 4-6 months and it purposefully avoids civilization. The Cascade and Sierra Nevada mountains make for both difficult hiking and beautiful unspoiled scenery.

After a trying few years after the death of her mother, author Cheryl Strayed started her PCT trail hike despite her outdoor inexperience. Her book, Wild: From Lost to Found on the Pacific Crest Trail chronicling her hike came out this past spring and was well reviewed. I promptly put this book on my to-read list as doing a long hike lingers at the bottom of my life to-do list.

Looks like I will have to wait to read this memoir a little bit longer as this past week Oprah selected *Wild* as the first title of her new Oprah Book Club 2.0. As of this morning there were quite a few holds on this book, but I'm thinking the wait just might be worth it. **Read more »**

For the Love of Reading Information, Answers & Reviews Adventure Exercise How-to & DIY Memoir Science & Nature Sports & Fitness Wild : from lost to found on the Pacific Crest Trail  
Posted by Sarah B. on Jun 4, 2012 Sarah B.'s blog [Add new comment](#)



## Get Reading, Get Moving!



Whew! Looks like Spring has *finally* arrived! What a great time of the year to get outside and Get Moving!

Whether you like to hop, jump, skip, kick a ball, ride a bike, or do some yoga, there are a lot of ways to exercise for fun - and we have a lot of books with great tips on how to keep your body fit and strong. Did you know that in addition to keeping your heart and muscles strong physical activity can also keep your brain strong?

**Read more »**

Oh, the Thinks You Can Think Exercise Library Program My daddy is a pretzel

Posted by Lisa C. on Apr 9, 2011 Lisa C.'s blog [Add new comment](#)

