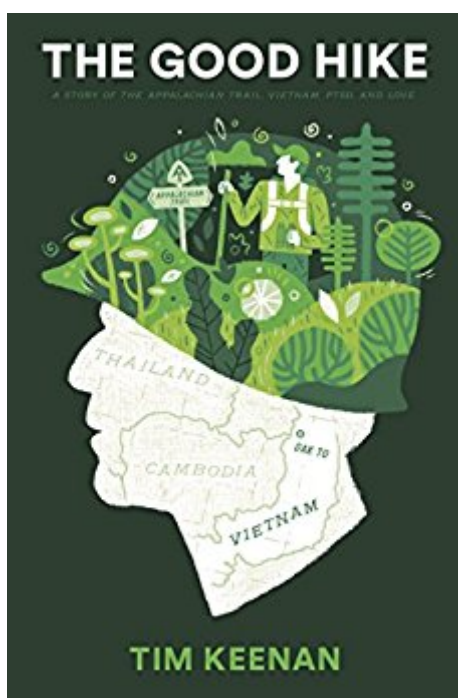


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# The Good Hike: A Story Of The Appalachian Trail, Vietnam, PTSD And Love



## Synopsis

In 1967, Tim Keenan grew to loathe the impenetrable jungle of Vietnam during his one-year tour of duty as a combat soldier. For 47 years, he couldn't shake his dread of the woods, until he confronted his fears head on and began a thru-hike of the 2,178.3-mile Appalachian Trail. The Good Hike is Keenan's story of finally coming to peace with himself, buoyed by the healing powers of nature and his fellow hikers. His story weaves in the beautiful towns and mountains of the great Appalachian trail with the jungle and battle zones around Dak To, including the infamous Hill 1338. Keenan also tells a story of love. His trail partner helped him face his PTSD and cope with the trail's intense rigors. Most importantly, she taught him how to love again. The Good Hike will make you smile and laugh. And it will make you cry. "War made Tim Keenan afraid to go into the woods. All 2,178.3 miles of the Appalachian Trail helped heal him. A brave journey into the wilderness of PTSD, with beauty and love on the other side." •Mardi Jo Link, author of *The Drummond Girls* and *Bootstrapped* "The Good Hike is the story of an epic journey that helped the author confront his combat related PTSD issues while experiencing the beauty of the wilderness and love and support of his hiking partner. It is the blend of a hiking story, a war story and a love story." •Mike Lawton, 1st Lt. A company, 3rd battalion, 12th infantry, 4th Infantry Division, 1967/68 The author is the subject of an award winning documentary, NANEEK, directed by Neal Steeno. [www.naneek.com](http://www.naneek.com)

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## Customer Reviews

This story is heart-touching and heart-wrenching. A young man thrust into the VietNam war served on the front lines for many months in battles that were unbelievable brutal. For the soldiers serving on the front it was a time of utter fear and despair and yet their actions were heroic in caring for each other. Tim was the recipient of the Silver Star for valor on the battlefield. Upon returning home PTSD was deep within his soul. Wanting to find a way to be whole Tim takes his wounds to the Appalachian trail and the natural beauty and peace of the trail help heal him and restored his love of hiking. The book is written in a personal voice and you become very involved with the storyteller and feel peace and accomplishment when his Good Hike is completed. Peace is the message of this book.

The Good Hike was both a good read and a difficult read. Tim writes very well; it reminded me of how infantrymen tend to talk - to the point, without a lot of embellishment, and focused on what matters. In that, it was very comfortable to read. It was hard to read because of the Vietnam stories - although I'm not a Vietnam vet, some of the stories he told and the things he went through really hit home. I really appreciated his epilogue about Grizzly. I would rank The Good Hike up there with Tim O'Brien and Karl Marlantes.

Keenan's endearing memoir is filled with anecdotes of what truly happens when one is put into the middle of wilderness. Whether it be the Appalachian Trail or Dak To, Vietnam. And, thoughts from a man without the comfort of a warm bed or toilet paper. While reading The Good Hike, I was transported back in time to a hellish Vietnam war during 1967-68. Getting an honest reflection on what goes on in the mind of a young soldier. The next minute, I was thrown back into reality as Tim slowly endures the untamable Appalachian Trail and all its elements. This book, like Tim's life, plays out like a movie... and we, the reader, get front row seats. Naneeek, you are my hero, mi amigo.

Tim Keenan's too-short book is a masterpiece, and I, like others, had a hard time putting it down. The author is such a vivid writer, however, I could not read the war segments before bed, as I felt afraid both for and with him, as silly as that may sound. His trail segments ranged from lyrical and informative to the hilarious, as Keenan's humor was clearly one of his essential provisions. His PTSD-induced vulnerabilities were faced, shared and endured, making his brave journey a powerful healing. This book will stand with "Wild", and outlast it for heart, courage, and a fierce sense of justice. "Mission accomplished", soldier. You are a generous and true hero!

I have read dozens, surely over a hundred and perhaps 200, of thru-hike journals in print or online. This one ranks at the very top. That may be a more than a bit unfair to the others because this one is in a category by itself. I won't bother to recap a synopsis of the book. You undoubtedly have read that in the description. What that description doesn't and can't convey is the personal journey that you join as you read this diary. I have read only one other AT thru-hike book that touched me as deeply, "And then the Hail Came" which is only available online.

Best book I have read about a hike. The stories of his time in Vietnam were woven throughout the book and helped me get some insight into war from a soldier's perspective. I grew as a person from reading this and that is how I rate a book. The book was very well written and never once was there a boring moment. I felt like I was on the trail myself hiking with a soldier who had a lot of insight on war to share with me.

The title alone of Tim Keenan's book tells you about all you need to know to want to read it!.....It is a story of hiking and healing!.....The Good Hike is a great read about doing the mighty trail in and of itself!.....But it is much more than that as you will discover.....It had deep meaning to me as Tim and I are the same age and my Army service to our country was during the Vietnam war in 1970-72..... Thank you for your service, Tim!....And thank you for sharing these profound memories of the Appalachian Trail!.....I would like to have met you and Cosmos!

I liked this book. It was a nice read from a Vietnam vet and a thru-hiker of the AT. The war parts of the story were very interesting to me. The Trail part, was a daily diary, a cool way to describe the journey. My only critique is that the daily food description was tedious. But also rather humorous. The writing was not stellar, but on the other hand it was heartfelt and the combination brutal war story and brutal hiking adventure made for a good reflection of his life and of life. Thank you for

documenting your journey.

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