

# Hike to Alive: An Epic Poem of Trauma to Transformation

**Book Background:** Hike to Alive strives to capture and share a childhood stricken with trauma, transforming wounded brokenness by physical and sexual abuse into a lifetime healing journey through a hike on the Appalachian Trail.

**Biography:** Rev. Dr. Gary E. Wehrwein is a retired ordained United Church of Christ minister. He lives in Keene, NH and Denia, Spain with his wife, Pilar. Their family is blended. Some family live in other parts of the world. Gary is a former pastor of rural churches in Vt and NH. His doctoral training led him to become a Licensed Clinical Pastoral Psychotherapist with Maps Counseling Service. There, he served as Clinical Director. His professional service included Hospice Chaplaincy, Community Counselor at a life-care center, and various consultancies with area churches. Gary cares for and restores land. Stone wall building and restoration, brush clearing, selective tree thinning, bringing back over-grown fields, and a blueberry patch. Making new space for new gardens are all part of his commitment to care for the earth on which he lives. Wehrwein now writes poetry. Gary and Pilar have hiked many New England trails including all NH 4000' footers. The Camino de Santiago in Spain, Camino de Inca in Peru, and other trails in North and South America are on their "finished" list.

**Endorsements:** "On my shelf full of AT books, among the countless linear narratives, tales, and wondrous hiking experiences, Wehrwein's book stands alone--a singular, shimmering emerald, exposing a heroic healing quest amidst the grandeur, beauty, and deeply loving care of Nature. Elegantly weaving the inner and the outer, this swirling, poetic encapsulation reveals the powerful healing available for us when we listen, when the loving forces of Nature become audible to our souls, and we once again find our salvation."

- J. David Forbes, M.D.

"Gary is a consummate Cartographer of the Soul. In his poetry, he weaves his experiences of suffering and healing, hiking the Appalachian Trail, Jungian psychology, and faith. All these come together in a challenging and accessible narrative that invites readers to journey into their own soul."

--David B. Reynolds, D.Min., Pastoral Psychotherapist

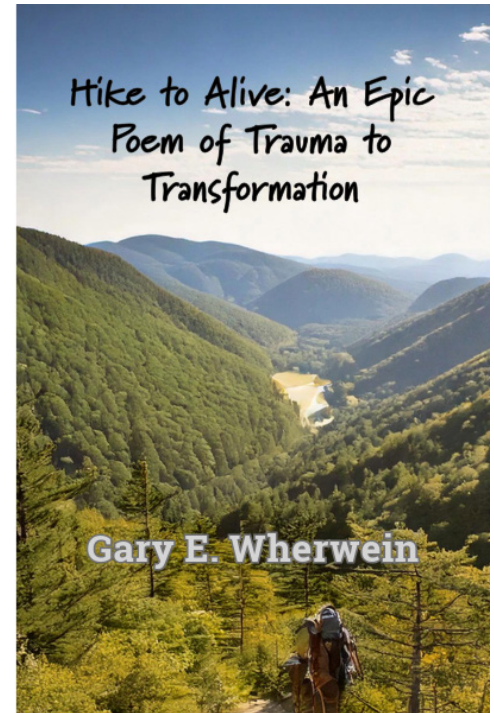
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