



For immediate release:

Author's new book receives a warm literary welcome.

Readers' Favorite announces the review of the Non-Fiction - Memoir book "Long Lost" by Tami Asars, currently available at <http://www.amazon.com/gp/product/B0GL4GQZS3>.

Readers' Favorite is one of the largest book review and award contest sites on the Internet. They have earned the respect of renowned publishers like Random House, Simon & Schuster, and Harper Collins, and have received the "Best Websites for Authors" and "Honoring Excellence" awards from the Association of Independent Authors. They are also fully accredited by the BBB (A+ rating), which is a rarity among Book Review and Book Award Contest companies.

"Reviewed By Mansoor Ahmed for Readers' Favorite

Long Lost by Tami Asars is an honest and warm memoir about completing the rarest achievement in long-distance hiking: the Triple Crown. The author is a professional

backpacking guide and guidebook author with decades of trail experience, and did not set out to earn all three. The Pacific Crest Trail came first as a research trip for her book. The Continental Divide Trail followed in 2020, during the pandemic, with her trail partner, Five Star, by her side. And then there was the Appalachian Trail, the one she genuinely did not want to do. The book covers all three trails, but its heart is really the Appalachian Trail (AT), which opens with Five Star breaking a car window at Bangor Airport to help an unconscious stranger — a scene that tells you everything you need to know. The author takes you through blisters, breakdowns, moose encounters, the Mahoosuc Notch, ice storms in the southern states, and the quiet miracle of finishing something you once dreaded.

Tami Asars writes with disarming self-awareness and a dry wit. The book follows a satisfying arc from reluctance to revelation, and the pace never drags — short chapters and strong scene-setting carry you quickly from one trail section to the next. Five Star is one of the most endearing trail companions in recent outdoor writing, calm and competent, whereas Asars is emotional and honest about her own emotional hurdles. The sequences of the airport emergency, the ice storm, and the Smokies crossing are vivid and immediate. It explores the unsentimental reality of committing to something you're unsure about, only to find out it's exactly what you were looking for. For anyone who has ever laced up their boots and wondered why they are doing this, *Long Lost* will feel like coming home."

You can learn more about Tami Asars and "Long Lost" at <https://readersfavorite.com/book-review/long-lost> where you can read reviews and the author's biography, as well as connect with the author directly or through their website and social media pages.

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