



# 46 Days: Keeping Up With Jennifer Pharr Davis on the Appalachian Trail

*Jennifer Pharr Davis*

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**46 Days: Keeping Up With Jennifer Pharr Davis on the Appalachian Trail** Jennifer Pharr Davis  
46 Days chronicles the trials, successes, joys, and frustrations of Jennifer Pharr Davis's record-winning Appalachian Trail thru-hike through the eyes of her husband, Brew Davis. Brew lead her pit crew, the group of generous, loving hikers who supported Jen along the way, providing company along the epic trail and as much food as Jen could stomach. Experience the trek with Jen and Brew as they battle shin splints and a stomach scare that threatens to end the attempt early, encounter wildlife at every turn, and meet the colorful cast of characters that help Jen complete her journey. 46 Days also includes an introduction and afterword by Jennifer with first-hand reflections on her life-changing voyage.

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