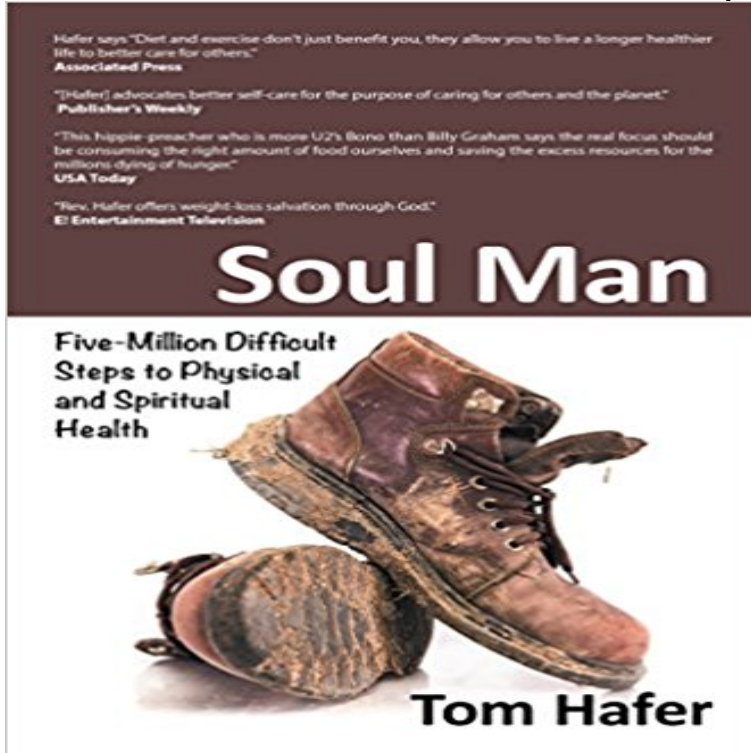


# Soul Man: Five-Million Difficult Steps to Physical and Spiritual Health



One deeply troubled soul entered the woods in Georgia to hike the Appalachian trail. Life became too much for him to handle; this would be his last hope to find any peace. Six months and five million steps later, he emerged from the woods of Maine completely transformed: mind, body, and spirit. His long journey of physical exertion coupled with deep spiritual contemplation for months on end transformed him into the Soul Man. This hiker became a hero of sorts, possessing the wisdom to heal a restless nation. This is the short story about what happened between Georgia and Maine on his journey in 2003

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