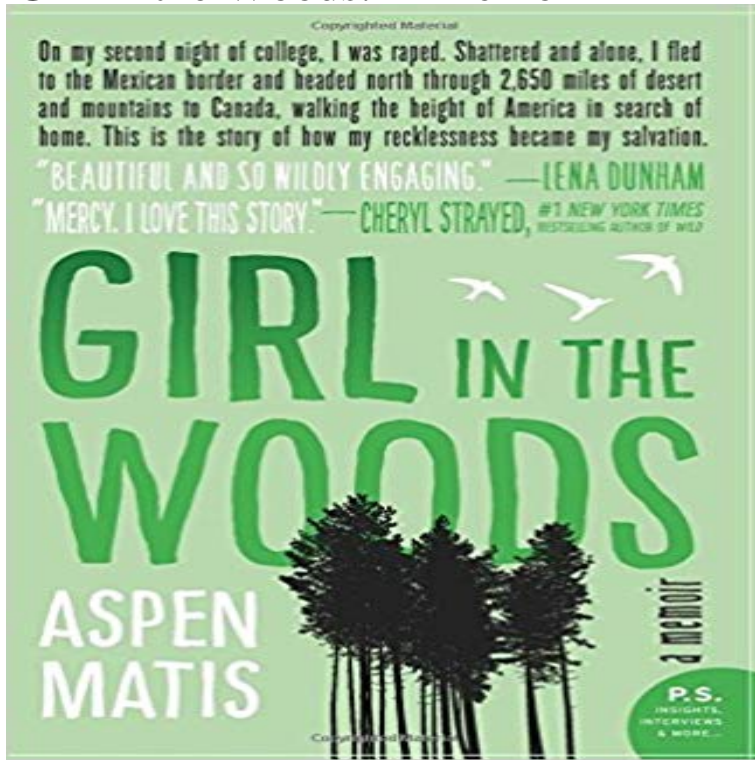


Girl in the Woods: A Memoir



Girl in the Woods is Aspen Matis's exhilarating true-life adventure of hiking from Mexico to Canada, a coming-of-age story, a survival story, and a triumphant story of overcoming emotional devastation. On her second night of college, Aspen was raped by a fellow student. Overprotected by her parents who discouraged her from speaking of the attack, Aspen was confused and ashamed. Dealing with a problem that has sadly become all too common on college campuses around the country, she stumbled through her first semester. A challenging time made even harder by the coldness of her college's conflict mediation process. Her desperation growing, she made a bold decision: She would seek healing in the freedom of the wild, on the 2,650-mile Pacific Crest Trail leading from Mexico to Canada. In this inspiring memoir, Aspen chronicles her journey, a five-month trek that was ambitious, dangerous, and transformative. A nineteen-year-old girl alone and lost, she conquered desolate mountain passes and met rattlesnakes, bears, and fellow desert pilgrims. Exhausted after each thirty-mile day, at times on the verge of starvation, Aspen was forced to confront her numbness, coming to terms with the sexual assault and her parents' disappointing reaction. On the trail she found her strength, and after a thousand miles of solitude, she found a man who helped her learn to love and trust again and heal.

I probably should admit that I'm not much of a memoir reader. But when I read the premise of Aspen Matis's *GIRL IN THE WOODS*, I knew I had to read it. *GIRL IN THE WOODS* is Aspen Matis's exhilarating true-life adventure of hiking from Mexico to Canada. In this important and inspiring memoir, Aspen chronicles an ambitious journey, a five-month trek that was ambitious, dangerous, and transformative. A nineteen-year-old girl alone and lost, she conquered desolate mountain passes and met rattlesnakes, bears, and fellow desert pilgrims. Exhausted after each thirty-mile day, at times on the verge of starvation, Aspen was forced to confront her numbness, coming to terms with the sexual assault and her parents' disappointing reaction. On the trail she found her strength, and after a thousand miles of solitude, she found a man who helped her learn to love and trust again and heal.

FREE shipping on qualifying offers. Girl in the Woods is Aspen Matis's exhilarating true-life adventure of hiking from Mexico to Canada. Girl in the Woods is more than just a memoir: it's a book about growth, standing up for yourself, and finding the strength you never knew you had. Girl in the Woods Quotes (showing 1-30 of 168) The trees were friendly, they gave me rest and shadowed refuge. tags: aspen-matis, female-empowerment, guidance, memoir, rape, young-woman. If you think Girl in the Woods is about rape, think again. Since its release earlier this month, Aspen Matis's debut memoir has been making waves. Girl in the Woods is Aspen Matis's exhilarating true-life adventure of hiking from Mexico to Canada. Matis has written an emotionally honest,

poignant and poetic debut memoir. Aspen Matis (Goodreads Author) A Journey North: One Woman's Story of Hiking the Appalachian Trail. Cindie Cohagan Travis (Goodreads Author) Note 5.0/5. Retrouvez Girl in the Woods: A Memoir et des millions de livres en stock sur . Achetez neuf ou d'occasion. 168 quotes from Girl in the Woods: A Memoir: I realized that the most empowering important thing was actually simply taking care of myself. It's unfortunate that Aspen Matis memoir Girl In The Woods comes at the same time, and with such a similar title, as A Walk In The Woods, the Girl in the Woods is Aspen Matis's exhilarating true-life adventure of hiking from Mexico to Canada - a coming-of-age story, a survival story, and a triumphant story. Aspen Matis is an incredibly inspiring and courageous young woman. Hers is Girl in the Woods a memoir that tells her raw and brave story. Buy Girl in the Woods: A Memoir International ed. by Aspen Matis (ISBN: 9780062390615) from Amazon's Book Store. Everyday low prices and free delivery on