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# SUMMONING THE MOUNTAINS: PILGRIMAGE INTO FORTY BY AMY ALLEN

## BRIEF AUTHOR BIO:

Amy Allen holds a B.A. in Interdisciplinary Studies from Appalachian State University combining Anthropology, and Social Work with an English minor. She has over 28 years of experience in backpacking and hiking. This is her first book. She lives in Western North Carolina with her husband and Pachinko, the cat. Her latest adventure has been a year of team driving in an 18-wheeler with her husband. Amy continues long-distance hiking and has completed the Foothills Trail and parts of the Benton MacKaye Trail.