

## **Navigating through life's uncertainties**

*New book shares father's journey in nature to understand the world of his late son*

BATAVIA, Ohio – When it comes to the debate of nature versus nurture, John Hunt, author of *Walking With Jason*, views nature as a setting for education, discovery and nurture of both the physical and emotional aspects of life.

*Walking With Jason* shares Hunt's story as he follows in the footsteps of his son, Jason, and embarks on a cathartic journey of self-discovery, understanding and appreciation for the benefits of nature. While hiking the Appalachian Trail from Georgia to Massachusetts in 2010, Hunt experienced the value of learning through nature, the importance of developing a strong sense of self and the power of wilderness therapy.

Jason was an outdoor educator, and the book spotlights the individual stories of some of the outdoor leaders that Hunt encountered. These personal stories provide insight into not only the teachers and guides of these programs, but also the powerful impact that exploring in the wilderness can have on the development of mind, body and spirit.

"I wrote this book to share with others the value and success of therapeutic wilderness," said Hunt. "Nature truly was nurturing for me as I struggled with the loss of my son and searched for understanding."

In addition to Hunt's journey and the stories of the people he met, *Walking With Jason* addresses the issues relating to the developmental and behavioral challenges children face, a parent's influence and the rising field of Outdoor Experiential Education. Hunt's experiences with grief and self-discovery come together in this inspirational book of loss, learning and healing.

*For more information, please visit [www.jwhf.org](http://www.jwhf.org).*

*Walking With Jason*

By: John Hunt

Hardcover: \$28.99

Paperback: \$19.95

E-Book: \$4.99

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Available at [bookstore.authorhouse.com](http://bookstore.authorhouse.com), [amazon.com](http://amazon.com) and [barnesandnoble.com](http://barnesandnoble.com).

### **About the author**

John Hunt is the Executive Director of the Jason William Hunt Foundation, an organization set up in 2003 in memory of his son. The foundation helps support outdoor experiential education programs and creates scholarships for children at-risk. John loves spending time outside, and is active in social work through his church. He currently lives with family in Batavia, Ohio.

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