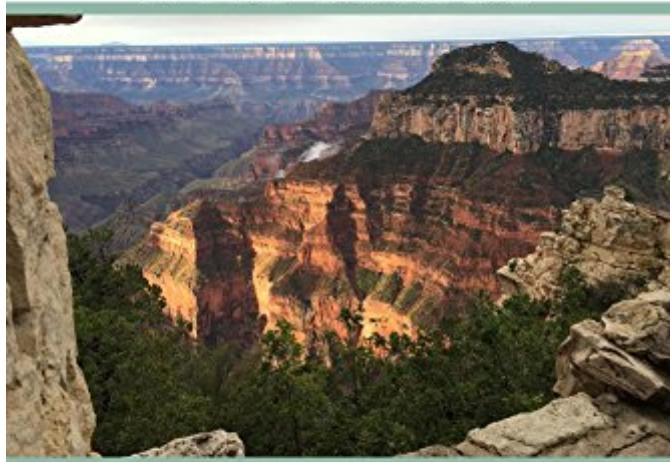


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# The Grand Mistress: Hiking The Grand Canyon In Your Fifties And Beyond

## THE GRAND MISTRESS



HIKING THE GRAND CANYON  
IN YOUR FIFTIES AND BEYOND

FRANK GRZESIK



## Synopsis

See what noted author and Official Arizona State Historian, Marshall Trimble, has to say about The Grand Mistress.

**The Grand Mistress** By Frank Grzesik

A person who manages to go through life without finding something to be passionate about has missed one of life's most important experiences. Sometimes life gives us a second chance. Author Frank Grzesik let it get away the first time around but like the old love song, he found it was even better the second time. This is a love story about one man's experience meeting the challenges of nature's greatest architectural masterpiece to earn that Medal of Honor of hiking; a T-shirt that reads, "Rim to Rim." It's not the canyon we conquer but ourselves.

Paraphrasing Sir Edmund Hillary

Marshall Trimble Arizona State Historian

## Book Information

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## Customer Reviews

I'm about the same age as the author but with far less hiking miles under my belt. But, the book is so inspiring, i believe i can actually take on the rim-to-rim challenge!Humorous in that don't-take-yourself-too-seriously kind of way and filled with helpful suggestions and even phone numbers to reserve your hiking trip and a place to rest your weary bones at nightfall.

A grand tale simply told told. It is more than just a tale about the Grand Canyon and a group of folks taking the trek from rim to rim. The story is really about one's man's passion inspiring others to challenge the possibilities. It is about friendship and ultimately about what makes life grand.

I loved it! It was extremely motivating and informational. The format was easy to read and enjoyable. For anyone contemplating the adventure of hiking the Grand Canyon, this author has all the experience to share that will make your trip the best possible journey.

If you have ever wanted to hike the Grand Canyon this is a great book to read! Hiking the canyon offers unique challenges and Mr. Grzesik offers great practical advice, along with great images of why everyone should want to step over the edge. Rodney Mortensen

I loved the book. It was a quick read and enjoyed the humor. I would encourage anyone to read it. Being the same age as they were when they hiked the canyon gives me the push to get out there and be active. Thank you Frank for sharing your story.

I love it! When I was done reading it, I sent a text to my buddy asking, "when are we going to hike the canyon?" This is a great book to read and provides the inspiration for anyone to hike the Grand Canyon.

Preparing for a Grand Canyon hike this May. Gained some insight here. Train train train :) Well done guys Thanks

This book made me want to hike the canyon.

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