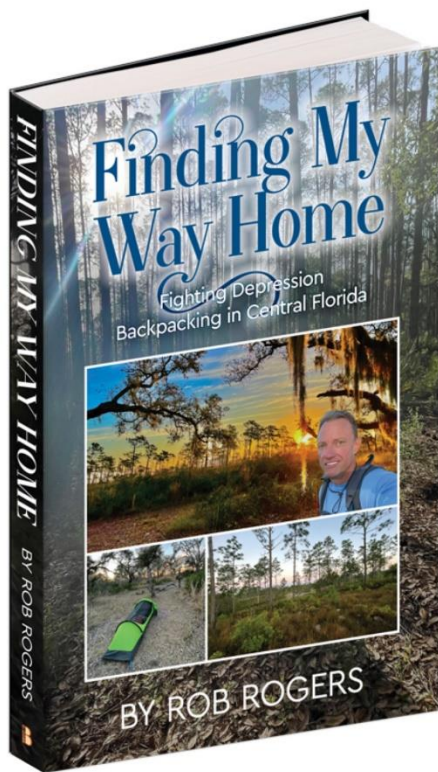




Finding My Way Home, a book by new FTA member Rob Rogers

Rob Rogers, who joined our chapter of the FTA this summer and has written several articles for our newsletter, has written his first book, *Finding My Way Home: Fighting Depression Backpacking in Central Florida*, which is now available for purchase on Amazon.

Finding My Way Home is Rob's love letter to the forests and swamps of Central Florida. After losing more than 100 pounds, Rob, a lawyer and self-described "desk jockey," decided to try backpacking at a state park near his home in Central Florida after making an impulse purchase of a tent and backpack, despite having not camped since adolescence. When the recurrence

of severe depression forced him to take a medical sabbatical, Rob discovered that backpacking in the Central Florida wilderness helped him cope with his inner demons, while also fostering a love affair with the natural spaces near his home. In *Finding My Way Home*, Rob details the adventure of learning to solo backpack in local state parks and forests, including Lake Louisa State Park, Lake Kissimmee State Park, Kissimmee Prairie Preserve State Park, the Withlacoochee State Forest, and the Green Swamp. He also describes in vivid and at times frightening detail his struggles to cope with bouts of melancholy and intermittent explosive disorder.

More details about *Finding My Way Home* can be found at the following link:

[Finding My Way Home: Fighting Depression Backpacking in Central Florida: Rogers, Rob: 9781954396777: Amazon.com: Books](https://www.amazon.com/dp/9781954396777)

