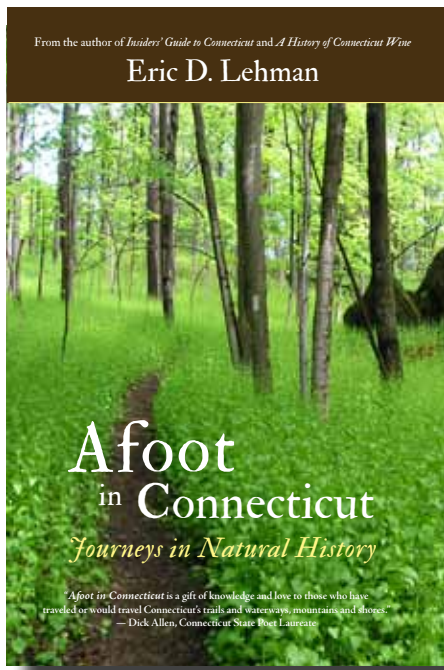


The Book At a Glance

Afoot in Connecticut

Journeys in Natural History

by Eric D. Lehman author of *Insiders' Guide to Connecticut*
and *A History of Connecticut Wine*



A*foot in Connecticut*, is a love letter to this often overlooked region of America, an inspirational story that will have you taking to the trails and the greenways, along the beaches and mountaintops, and into a land full of transformation, of beauty, and of strength.

“Afoot in Connecticut proves the old adage that the slower you go, the more you see. In these pages we join Eric Lehman on peripatetic rambles the length and breadth of the Constitution State, exploring beaches and ridgelines, woodlands and caves, back roads and rivers, colonial cellar holes and ancient stone walls. With its seamless fusion of the cultural, natural, and personal, this book will enrich the experience of visitor and native alike.”

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“There are times when natural history, geology, and archaeology break down and sunlit meadows stream unencumbered through the eyes and into the spirit,’ Eric D. Lehman uses his glorious, restless spirit to show us unbridled Connecticut. If *Afoot in Connecticut* doesn’t make you put on your hiking boots and burst out of doors and beyond the suburbs, nothing will.”

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“*Afoot in Connecticut* is a gift of knowledge and love to those who have traveled or would travel Connecticut’s trails and waterways, mountains and shores.”

— Dick Allen, Connecticut State Poet Laureate

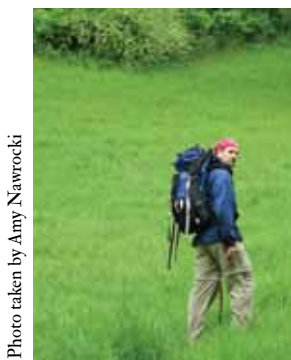


Photo taken by Amy Nawrocki

Eric D. Lehman is a historian and travel writer, and the Director of Creative Writing at the University of Bridgeport. His essays, stories, and reviews have been published in dozens of journals, newspapers, and magazines, from *Rackelbanen Fly Fishing* to *Wilderness House Literary Review*. He is the author of numerous books about his adopted state, including the *Insiders’ Guide to Connecticut*, *A History of Connecticut Food*, and *A History of Connecticut Wine*. He lives in Hamden with his wife, the poet Amy Nawrocki, and their two cats.

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