

# ‘Alone’ on the Allagash

*A journey of mind, body, and spirit  
on a classic American waterway*

DOUG LELAND

Forward by GIL GILPATRICK

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*'Alone' on the Allagash: A journey of mind, body, and spirit on a classic American waterway* makes a great gift for friends, family, employees, or members of your group or organization. For information contact the author and publisher by email at [Doug@DougLeland.com](mailto:Doug@DougLeland.com); by mail at 420 C Avenue, Coronado, CA 92118; or visit his Web site at [www.DougLeland.com](http://www.DougLeland.com).

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