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Victoria Logue, Frank Logue
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Victoria Logue, Frank Logue : The Best of the Appalachian Trail - Day Hikes before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Best of the Appalachian Trail - Day Hikes:

Day hikes in all 14 states. Each hike is described in brief, followed by a point-by-point description of the hike and trailhead directions. All the hikes have rated for difficulty, and they range in length from less than a mile to about eleven miles, so it is easy to find a hike for any backpacker -- novice or experienced.