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LILLY FORD

Shut Up, Legs! Fox Chapel Publishing

This memoir and spiritual guide from an Austin, Texas cab driver is “the real deal: good taxi and straight dharma” (Jack Kornfield, bestselling author of *The Wise Heart*). Brian Haycock was a cabdriver—who happened to be a Buddhist. During the course of his career, he learned that each fare provided an opportunity to learn the life lessons of the Buddha. So, hop in and buckle up; we’re off on our journey to self-discovery, passing through the precepts, the four noble truths, taking a hard left to stop and get coffee—where we’ll learn a few breathing techniques to bolster our patience—all the while watching for ambulances and bikers, focusing our attention and awareness so that we can arrive at our destination in good time and in one piece. Here are stories from everyday life that demonstrate how we can all benefit from a little Buddhist philosophy. With each chapter focusing on a specific topic, readers will learn to coast their way to building a life routine, focusing the mind, calming themselves with breathing exercises, and much more. “Engagingly written.” —Stephen Batchelor, national bestselling author of *Confessions of a Buddhist Atheist* “Compassionate and entertaining.” —David Brazier (aka Dharmavidya), author of *The Feeling Buddha* “Amusing and wise.” —Arthur Jeon, author of *City Dharma and Sex, Love, and Dharma: Finding Love Without Losing Your Way* “Wise and witty and direct: very Zen. Also, fun to read.” —Sylvia Boorstein, national bestselling author of *Happiness is an Inside Job* and *That’s Funny, You Don’t Look Buddhist*

L. A. W. Bulletin and Good Roads W. W. Norton & Company
 When Jet McDonald cycled four thousand miles to India and back, he didn’t want to write a straightforward account. He wanted to go on an imaginative journey. The age of the travelogue is over: today we need to travel inwardly to see the world with fresh eyes. *Mind is the Ride* is that journey, a pedal-powered antidote to the petrol-driven philosophies of the past. The book takes the reader on a physical and intellectual adventure from West to East using the components of the bike as a metaphor for philosophy, which is woven into the cyclist’s experience. Each chapter is based around a single component, and as Jet travels he adds new parts and new philosophies until the bike is ‘built’; the ride to India is completed; and the relationship between mind, body and bicycle made apparent.

My Youth Whitehorse Press

"This Road I Ride is the remarkable story of one woman's solo journey around the world by bicycle, "--Amazon.com.

Bicycling with Butterflies W. W. Norton & Company

'I am blown away by the level of detail Phil Cavell brings to his

work.' – Elinor Barker MBE, multiple world champion and Olympic gold medallist 'The Midlife Cyclist is a triumph' – Cycling Plus 'An amazing accomplishment... a simple-to-understand précis of your midlife as a cyclist – you won't want to put it down.' – Phil Liggett, TV cycling commentator 'Phil is eminently qualified to write *The Midlife Cyclist*. Well, he is certainly old enough.' – Fabian Cancellara, Tour de France rider and two-time Olympic champion Renowned cycling biomechanics pioneer, Phil Cavell, explores the growing trend of middle-aged and older cyclists seeking to achieve high-level performance. Using contributions from leading coaches, ex-professionals and pro-team doctors, he produces the ultimate manifesto for mature riders who want to stay healthy, avoid injury – and maximise their achievement levels. Time's arrow traditionally plots an incremental path into declining strength and speed for all of us. But we are different to every other generation of cyclists in human history. An ever-growing number of us are determined to scale the highest peaks of elite physical fitness into middle-age and beyond. Can the emerging medical and scientific research help us achieve the holy triumvirate of speed and health with age? *The Midlife Cyclist* offers a gold standard road-map for the mature cyclist who aims to train, perform and even race at the highest possible level.

Why We Ride Breakaway Books

Off-road riding is one of motorcycling's most popular pursuits and also one of its best training grounds for improving street-riding skills. Off-road riding takes many forms, from motocross and enduro racing, to dual-sport day trips, to trail riding, to adventure tours. No matter the specific pursuit, all dirt riding (and much street riding) shares the same basic skill set. *How to Ride Off-Road Motorcycles* schools the reader in all the skills necessary to ride safely and quickly off-road. Chapters cover the basics, such as body position, turning, braking, and throttle control, then proceed to advanced techniques, such as sliding, jumps, wheelies, hill-climbing, and more. If you've ever wanted to try dirt riding or if you're an experienced rider looking to sharpen your skill set, *How to Ride Off-Road Motorcycles* is a perfect riding coach.

Ride My Highway Workman Publishing

Why would anyone want to do something as dangerous as motorcycling? For those who love to ride, no explanation is necessary. For everyone else, there’s *Why We Ride*. Designed as both an explanation for outsiders and an anthem for those within the fold, this new book presents the insights of Mark Barnes, PhD, a motorcycling clinical psychologist. As a popular columnist at *Motorcycle Consumer News* for more than 20 years, Dr. Barnes articulates the elusive physical, emotional, and interpersonal elements that make the world of the motorcyclist such a rich and exciting place. His wide-ranging text covers both sports psychology and the psychoanalysis of common riding

experiences, including the results of Dr. Barnes’ own empirical research. Heartfelt and thought provoking, here is a straightforward account of what makes real motorcyclists tick. Inside *Why We Ride*: What makes all the hazards and hardships of riding a motorcycle worthwhile to perfectly sane, intelligent, and responsible individuals Insights from clinical psychologist and moto-journalist Dr. Mark Barnes Examination of the complex gratifications, relentlessly compelling passions, and deeply personal experiences that motivate motorcyclists Sports psychology, psychoanalysis of common riding experiences, and reflections on the author’s personal journey as a rider Results of the author’s own empirical research on the motives of motorcyclists Thought-provoking exploration of the human dimension of motorcycling Special section on how riders achieve the quasi-mystical state of “Flow,” a concept currently at the center of modern sports psychology

Penguin

This book describes the author's childhood growing up on a farm, living with four generations of family including his sister, parents, grandparents, and great grandparents. The author describes many varied experiences, from helping his 90 year-old great grandmother churn butter the old-fashioned way to helping his grandfather feed the pigs and other animals on the farm. He writes about his interactions with many of the other people who lived in the same community, and some of the naughty things he and his friends did such as raiding apple orchards. This book gives the reader a clear idea of how life was on a farm in rural Quebec in the 1950s.

The Ride So Far Rodale Books

Delivers a weight-loss plan designed to help you lose 30, 50, or even 100 pounds.

How to Ride Off-Road Motorcycles Unbound Publishing

"What a wonderful idea for an adventure! Absolutely inspired, timely, and important." —Alistair Humphreys, National Geographic Adventurer of the Year and author of *The Doorstep Mile and Around the World by Bike* Outdoor educator and field researcher Sara Dykman made history when she became the first person to bicycle alongside monarch butterflies on their storied annual migration—a round-trip adventure that included three countries and more than 10,000 miles. Equally remarkable, she did it solo, on a bike cobbled together from used parts. Her panniers were recycled buckets. In *Bicycling with Butterflies*, Dykman recounts her incredible journey and the dramatic ups and downs of the nearly nine-month odyssey. We’re beside her as she navigates unmapped roads in foreign countries, checks roadside milkweed for monarch eggs, and shares her passion with eager schoolchildren, skeptical bar patrons, and unimpressed border officials. We also meet some of the ardent monarch stewards who supported her efforts, from citizen scientists and researchers to

farmers and high-rise city dwellers. With both humor and humility, Dykman offers a compelling story, confirming the urgency of saving the threatened monarch migration—and the other threatened systems of nature that affect the survival of us all.

[Just Ride](#) Rodale

A legendary mountain biking champion offers practical instructions, accompanied by entertaining anecdotes and reminiscences, on the essential techniques, skills, and tactics of mountain biking, offering tips on safety, developing a training program, equipment, and more. Original. 20,000 first printing.

Get Up and Ride Penguin

"This compilation of tales conforms to a simple Freudian fact: You're as crazy as you thought, but in good company." —Bicycling Magazine Okay, so some of us might be a bit too attached to our bicycles. Outsiders may say this is "inappropriate" or "unnatural." But most cyclists will agree that passionate, all-consuming bicycle love is a fine and glorious thing. Bicycles take us places, physically and metaphysically, we cannot go without them. They move us; they make us dizzy and giddy, exhilarated and exhausted. All athletes love their sport, but cycling has a fetishistic side to it—the love of this deceptively simple machine that allows you to silently float, race, climb, glide over the earth. It brings the rush of wind to your ears and the surge of force through your body as you lean into a turn. It brings you to the fields and woods and sunshine, moving down the open road. Its beauty and charisma are undeniable. These sixty-two personal tales of the many varieties of bicycle love range from dreamy reminiscences of childhood bikes to powerful, sometimes insane adult attachments to mountain bikes, road bikes, and tandems. They all celebrate the freedom of cycling, the elegance of the machine, and the beauty of the act. They tell of the strange and wonderful things a bicycle has brought to life, the relationships that bloom or fade under the bicycle's influence, and the unforgettable places bicycles have brought us. Funny, revealing, and intensely emotional, these stories show the secret inner life of every cyclist.

Into the wind, chasing my shadow Jim Shea

In the summer of 2010, brothers-in-law Marty and Jim embark on a cycling trip along the Great Allegheny Passage and C&O Canal, a 335-mile trek from their home in Pittsburgh, Pennsylvania to Jim's boyhood home in Washington, DC. Chance encounters with colorful local characters and other surprising escapades during five days on the trail make for nonstop laughs. As they travel through forests and along winding rivers, they experience the breathtaking scenery of western Pennsylvania, Maryland and West Virginia, exploring early American history while learning more about each other as well as themselves. This true story is for adventurers and cyclists as well as couch potatoes looking for a lighthearted take on friendship and some hilarious fun.

[The Slow Road to Tehran](#) iUniverse

"Martijn Doolaard traded in the convenience of a car and the distractions of daily life for a cross-continental cycling journey: a biped adventure from Amsterdam to Singapore. Leaving behind repetitive routines, One Year on a Bike indulges in slow travel, the

subtlety of a gradually changing landscape, and the lessons learned through travelling. Venturing through Eastern European fields of yellow rapeseed to the intimate hosting culture in Iran, One Year on a Bike is a vivid chronicle of what can happen when the norm is pointedly replaced by exceptional self-discoveries and beautiful sceneries. Doolaard shares the gear and knowledge that made his trip possible." -- Provided by publisher.

Mind is the Ride Chronicle Books

Riding the White line is a symbol of life and how we live it. When I ride my bike on many of the back roads around my upstate NY town I follow the white fog line that marks the right hand side of the road. It is the white line that keeps me on the right path. If I stray too far to the left I endanger myself by riding in the travel lane, if I stray too far to the right, I run the risk of riding into the shoulder and crashing and getting a serious case of road rash. To lead a "normal" life is similar to riding the "white line". When you stray off course bad things can happen to you. Riding the White line helps me to stay focused and on course. Things go wrong when your life is out of balance - just like when you stop riding the white line. What follows in this book are my thoughts and experiences during a life-changing, tumultuous part of my life. It follows the period in 1995 when I decided to start my own Internet Company, the merger and acquisition of other companies, my first cancer scare, the fall and ultimate demise of my foray into the business world, losing my job, and finally my battle with my cancer recurrence. Mix in a new house, teenagers, and world events like September 11, 2001 and it made for a wild ride.

[Riding the White Line](#) Rodale

This road to love may have a few speed bumps. Former hot mess Jolene Baxter is committed to doing better. It's why she offered to help her sister and brother-in-law move across the country.

However, her goodwill is tested when last-minute changes—mainly her father ditching her for an all-expenses-paid vacation—forces her to make the journey with a man who is the human version of a pebble in her shoe. Jason Akana operates on lists and bitter coffee, but none of those things will help him on a sixteen-hour trip with the most infuriating woman. Maybe they can get along and forget their heated confrontation five years ago at his best friend's wedding...when pigs fly. But the addition of vehicle problems, an unplanned pit stop in a small town, and chemistry that inconveniently tags along shifts their perspectives. And once the dust settles after their trip, a tentative friendship emerges. Will these two stubborn people successfully navigate the unexpected feelings that follow close behind? Or will they hit a roadblock before reaching happily ever after?

Ride iUniverse

One woman, one bike and one richly entertaining, perception-altering journey of discovery. In 2015, as the Syrian War raged and the refugee crisis reached its peak, Rebecca Lowe set off on her bicycle across the Middle East. Driven by a desire to learn more about this troubled region and its relationship with the West, Lowe's 11,000-kilometre journey took her through Europe

to Turkey, Lebanon, Jordan, Egypt, Sudan, the Gulf and finally to Iran. It was an odyssey through landscapes and history that captured her heart, but also a deeply challenging cycle across mountains, deserts and repressive police states that nearly defeated her. Plagued by punctures and battling temperatures ranging from -6 to 48C, Lowe was rescued frequently by farmers and refugees, villagers and urbanites alike, and relied almost entirely on the kindness and hospitality of locals to complete this living portrait of the modern Middle East. This is her evocative, deeply researched and often very funny account of her travels - and the people, politics and culture she encountered. 'Terrifically compelling ... bursting with humour, adventure and insight into the rich landscapes and history of the Middle East. Lowe recounts the beauty, kindnesses and complexities of the lands she travels through with an illuminating insight. A wonderful new travel writer.' Sir Ranulph Fiennes

The Bicycle Diaries iUniverse

"In 2010, Ran Zilca left his home in New York on a motorcycle, bound for California seeking clarity. During the 34 days that followed, he rode solo through the heart of the United States, spending hundreds of hours in contemplation, meeting with dozens of people, and interviewing leading experts. 6,000 miles later he returned home with answers that he shares in this book - a concise guide to finding and experiencing inner peace." P. [4] of cover.

[Good Roads](#) Bloomsbury Publishing

"That would have been unnerving enough, but the shape of the thing convinced me it moved with a purpose. What I saw, just for a moment, was a dragon. Born of lightning and fire, it flew into the air, writhed in the pleasure of its freedom, and screamed in ecstasy as it flew toward me " 10,158 miles. Incredible thunderstorms, raging forest fires, dense smoke, hail, sleet, cops, a half-a-dozen paramedics, bears, and even a dragon or two you know the usual stuff. Ride the Alaskan Highway all the way there and back again. It's 4365 miles each way, Dallas to Fairbanks

Riding the White Line Macmillan

Beloved German cyclist Jens Voigt isn't a superstar in the traditional sense of the word. Although he won three stages of the Tour De France—and wore the yellow jersey twice—Voigt never claimed an overall victory. He became a star because he embodies qualities that go beyond winning and losing: sacrifice, selflessness, reliability, and devotion. European and American crowds were drawn to his aggressive riding style, outgoing nature, and refreshing realness. Voigt adopted a tireless work ethic that he carried throughout his career. In Shut Up, Legs! (a legendary Jensism), Voigt reflects upon his childhood in East Germany, juggling life as a professional cyclist and a father of six, and how he remained competitive without doping. Shut Up, Legs! offers a rare glimpse inside his heart and mind.

Life Is a Road, Ride It Hard! Mimi Grace

Provides an insider's view of long-distance riding, explains what draws people to the challenges and solitude of the pastime, and highlights a middle-aged diabetic man who loves riding impossible distances.

Best Sellers - Books :

- [Lord Of The Flies By William Golding](#)
- [Beyond The Story: 10-year Record Of Bts By Bts](#)
- [The Body Keeps The Score: Brain, Mind, And Body In The Healing Of Trauma](#)
- [Ugly Love: A Novel](#)
- [Saved: A War Reporter's Mission To Make It Home By Benjamin Hall](#)
- [Reminders Of Him: A Novel By Colleen Hoover](#)
- [The Courage To Be Free: Florida's Blueprint For America's Revival By Ron Desantis](#)
- [Can't Hurt Me: Master Your Mind And Defy The Odds](#)
- [Kindergarten, Here I Come! By D.j. Steinberg](#)
- [It Starts With Us: A Novel \(2\) \(it Ends With Us\)](#)