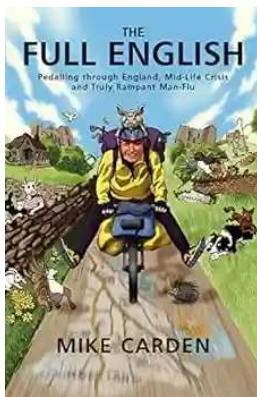


Pedalling Through England Mid-Life Crisis And Truly Rampant Man Flu Bike Ride

Are you ready for an adventure filled with self-discovery, challenges, and a touch of man flu? Join me as I embark on a cycling journey through the scenic landscapes of England, battling mid-life crisis and the notorious man flu. This is not just any bike ride; it is an exploration of personal limits, triumphs, and the pursuit of pure euphoria.

Setting the Stage

Picturesque countryside, charming villages, and historic landmarks await our arrival. Our expedition begins in the heart of London, buzzing with energy and bustling city life. From there, we traverse through the expansive green fields and rolling hills of rural England, immersing ourselves in the rich tapestry of British culture and history.



The Full English: Pedalling through England, Mid-Life Crisis and Truly Rampant Man-Flu (Bike Ride Books Book 1) by Mike Carden(Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 3170 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 203 pages
Lending	: Enabled
Paperback	: 157 pages
Item Weight	: 1.11 pounds
Dimensions	: 8.5 x 0.36 x 11.69 inches



The Mid-Life Crisis

A mid-life crisis can strike anyone, regardless of gender or background. It is a period of reflection, questioning, and an insatiable desire for change. Instead of opting for a sports car or an extravagant holiday, I decided to tackle this crisis head-on by embarking on a physically and mentally demanding bike ride.

The Bike Ride

A bike ride may sound like a leisurely activity, but this journey goes far beyond a simple two-wheeled excursion. It is a grueling test of endurance, determination, and the ability to adapt to ever-changing conditions. From battling treacherous terrains to overcoming unpredictable weather, each pedal stroke brings us closer to conquering our personal demons.

Truly Rampant Man Flu

Just when the challenge seemed tough enough, an unexpected obstacle arises – the notorious "man flu." A term often used humorously to describe the exaggerated symptoms experienced by men when they catch a common cold. However, this bike ride takes it to a whole new level. We push forward through blocked sinuses, coughing fits, and the occasional sneezing sensation threatening to unbalance us on our bikes. This is the epitome of man flu; an uphill battle both metaphorically and literally.

Discovering England's Hidden Gems

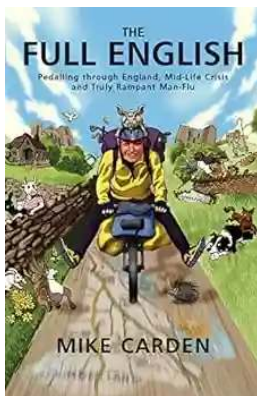
One of the most rewarding aspects of this journey is the opportunity to uncover England's hidden gems. Along our route, we stumble upon charming villages with thatched-roof cottages, centuries-old castles standing tall against the test of time,

and locals with fascinating stories etched into their souls. We pause our pedaling to soak in the beauty, creating memories that will last a lifetime.

Euphoria and Triumph

After days of pedaling through the ups and downs, both physically and emotionally, a sense of euphoria washes over us as we near our final destination. The ultimate triumph lies not only in conquering the physical challenges but also in overcoming the hurdles of a mid-life crisis and a rampant man flu. The feeling is indescribable – a mixture of pride, relief, and a rejuvenated sense of purpose.

Pedalling through England amidst a mid-life crisis and the truly rampant man flu bike ride is an extraordinary adventure that pushes the boundaries of what we thought we were capable of. It is a reminder that even in the midst of personal challenges, with determination and a spirit of exploration, we can discover our inner potential and find solace in the beauty of the world.



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Pedalling from one end of England to the other, the author struggles heroically with Mid-Life Crisis, Man-Flu and with Scott, a bike with a serious attitude problem.

From the Dorset coast to Northumbria via Glastonbury, Ludlow, the Peak District and the Yorkshire Dales, he indulges a passion for the history of England through its castles, abbeys and ancient towns, while encountering England's people - the friendly, the funny and the deliciously eccentric.

"Warm, well-observed, unpretentious and very funny." Adventure Travel magazine.

"Articulate and witty." London Cyclist magazine.

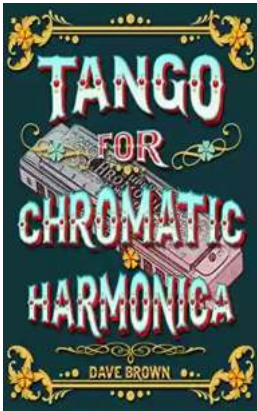
"A delightfully tongue in cheek trip through England - past and present. Along the way you'll find out about: Terry - Druid Keeper of the Stones, wartime secrets of the Gurkhas, the Society For The Prevention Of Getting Lost In The English Countryside, and much more." Richard Peace, cycling journalist and author of the Excellent Books range of cycle guides.

"Mike's relaxed and chatty style is never less than entertaining, making The Full English the sort of book that can put a smile on your face even when it is cold, grey Winter outside." Dorset County Magazine

"An easily read book, humorous, well written and full of the eccentricities of the English." Arrivée magazine

“Carden’s witty dialogue, his casual banter with ‘Scott’ the bike, which should seem peculiar but strangely isn’t, and his calm sarcasm in the face of the great English eccentricities makes this a joyful read that will sweep away the dark nights of winter and conjure up memories of summer days in the countryside.”

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