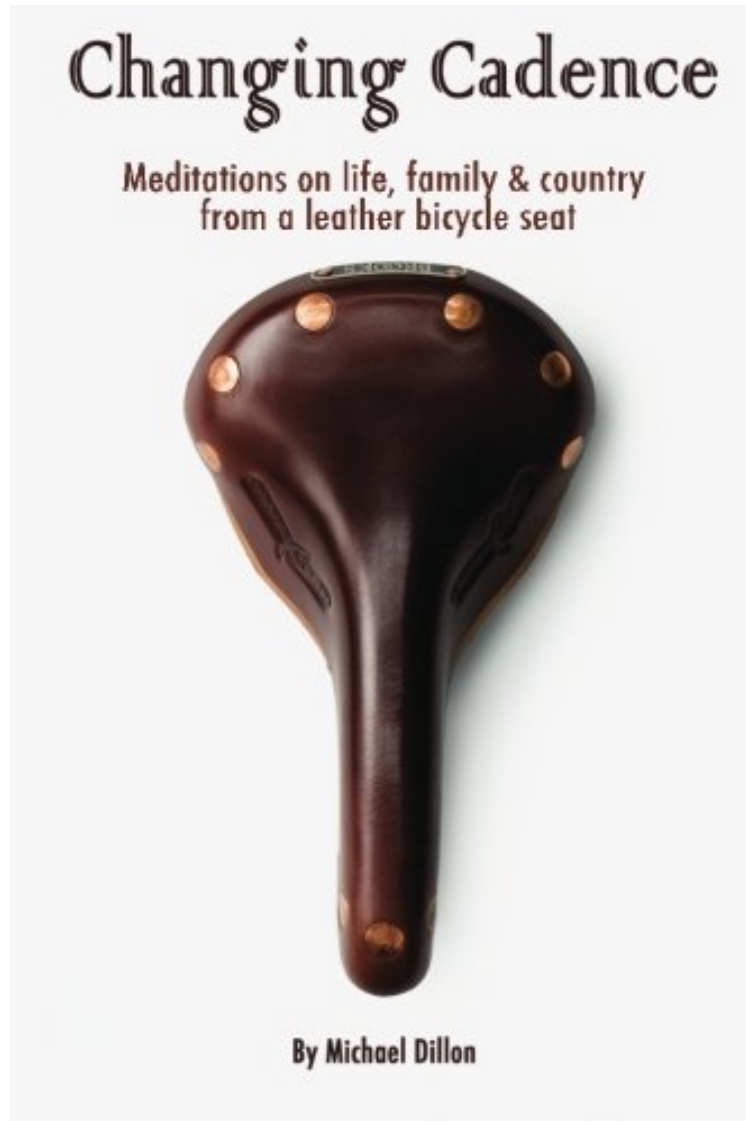


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Changing Cadence: Meditations on Life, Family and Country from a Leather Bicycle Seat

Michael A. Dillon

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Michael A. Dillon : Changing Cadence: Meditations on Life, Family and Country from a Leather Bicycle Seat before purchasing it in order to gage whether or not it would be worth my time, and all praised Changing Cadence: Meditations on Life, Family and Country from a Leather Bicycle Seat:

3 of 3 people found the following review helpful. An Amazing Read By N. L. Dillon This book inspired me, provoked

a few tears, resulted in many laughs and made me feel like I should embark on a great adventure like Mike has done. It is extremely well written, well paced and colorfully done. I literally read it cover to cover hours within it arriving on my doorstep. I will be highly recommending it to all of my reading friends. I am still smiling about many of the episodes, hours after finishing. Even better -- Mike is donating all proceeds to a charity! You'd be hard put to find a better use for the modest sum to purchase it.0 of 0 people found the following review helpful. Excellent! Great Read for Anyone That Ever Wanted to Quit the Job and Head Down the RoadBy Rob DunawayYou can question the choice the author makes about how to scratch his mid-life itch, but you can't question the engaging writing style, imagery and conveyance of life on the road that he imparts in this sweet as southern ice tea road trip tale. We all long for and think about quitting the job and heading down the road to .. somewhere, it doesn't really matter, but the author actually did it. Kudos to him for giving us a vicarious glimpse into the life of a real road warrior. The author's 3,500 mile cycling adventure across the US gives us some compelling introspective, harrowing stops and starts, small town gossip and life, and a sense of a country that is surprisingly different in places as day and night yet also bound together in some wonderful ways. Grab your sunglasses, corral a lounge chair by the pool and sip that cold sweet ice tea as you enjoy this read.1 of 1 people found the following review helpful. A corporate and family man rides across AmericaBy Lise B. HvatumThe unique part of this story is that the author is not an adventurer as so many other cross country cyclists, neither is he young and just out of college or older and retired, but a mid career corporate lawyer who lost his job, did the ride and went back to the corporate world. His perspective is thus adult, astute and curious. He observes people, places and nature, makes friends and takes in contemporary America with open eyes.

When the company where he worked was acquired in the midst of one of the country's most severe recessions, Mike Dillon found himself without a job. Its a story common to many, but Dillon's response was far from expected. Instead of searching for new employment, he bought a bicycle, loaded it with camping gear and pedaled alone across the United States. Changing Cadence recounts the story of Dillon's travels through the farming and fishing communities of the South; the ranch lands and Bible Belt of Texas; the lonely deserts of New Mexico and Arizona; and finally up the coast of California. Along the way, he crosses paths with others who share his need for wanderlust: the brokenhearted woman from London exploring the West alone on a motorcycle; the pair of college students walking across the country in support of the Tea Party; the woman hiking the circumference of the country on a prosthetic leg (along with her three-legged dog); and fellow cyclists like Don, a middle-aged, yarn-spinning, former Marine with a grey ponytail and a penchant for McDonalds Egg McMuffins. Over the course of more than 3,500 miles, Dillon rediscovers himself, his family and his country, and learns that its never too late for a little adventure.