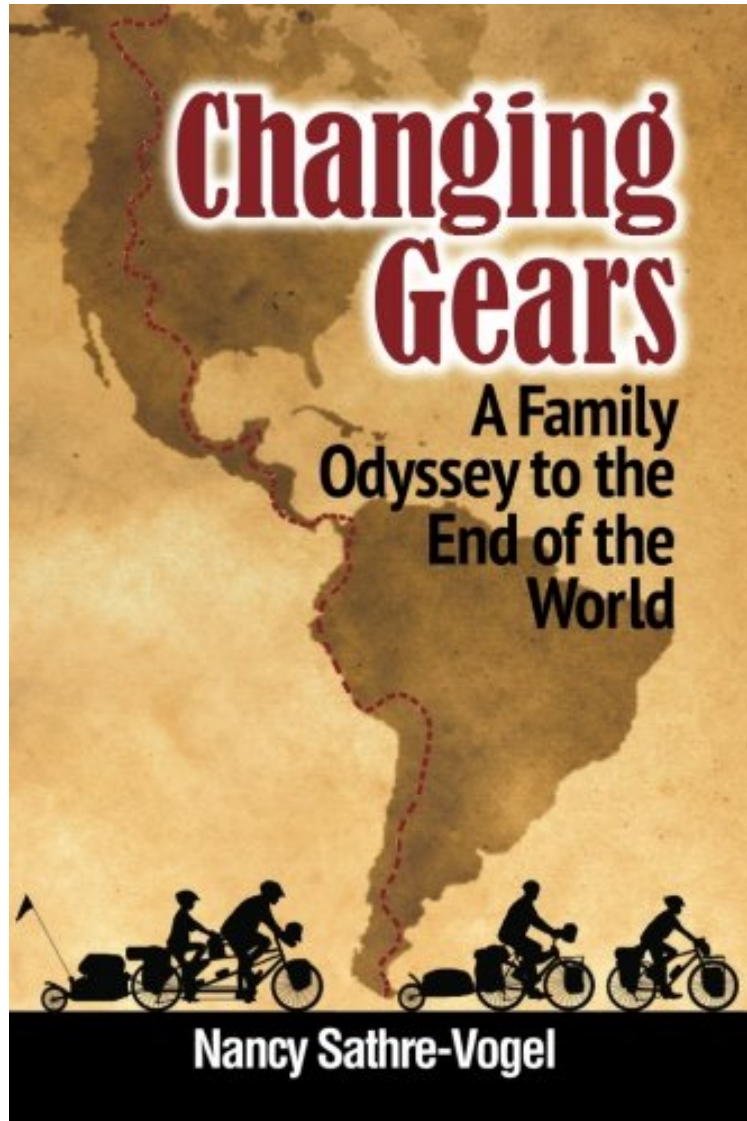


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Changing Gears: A Family Odyssey to the End of the World

Nancy Rogene Sathre-Vogel

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#1375933 in Books Nancy Rogene Sathre Vogel 2013-02-25Original language:EnglishPDF # 1 9.00 x .68 x 6.00l, .88 #File Name: 0983718733298 pagesChanging Gears | File size: 42.Mb

Nancy Rogene Sathre-Vogel : Changing Gears: A Family Odyssey to the End of the World before purchasing it in order to gage whether or not it would be worth my time, and all praised Changing Gears: A Family Odyssey to the End of the World:

1 of 1 people found the following review helpful. I have neither bike nor kids - and I loved this bookBy Lis SowerbuttsLet's be quite clear - I would only cycle again if I couldn't afford a car or motorbike. I have never had children, and even if I had them, I would hate to travel with them. So this book is not just for parents and cyclists -

though I think they would probably enjoy it too. But you can also read the book as a REAL travel memoirs, not the self-indulgent nonsense of Eat, Pray, Love and similar. This is the book of an epic journal told simply with humour and insight. What I liked was the mixture of honesty, without the necessity to spend chapters naval gazing, and humour. We hear about the bad days as well as the good, the mind-games Nancy needed to keep herself pedalling on. I once spent a very boring 24 hours on a bus through southern Argentina, I can't even imagine cycling through it - for weeks and weeks on end. What I do share with Nancy and her family are memories of the amazing generosity and friendliness of the locals all the way from Mexico to Argentina. It's sad that the prevailing view still appears to be in the US that south of the border is "dangerous". Recommended read for the armchair traveller as well as the potential cycle-tourist. 0 of 0 people found the following review helpful. "What Would You Do If You Weren't Afraid?" By Jenni "What would you do if you were not afraid?" This question is a running theme through all of Nancy's work. She asks it of others and she asks it of herself. The answer for Nancy and her family? An epic journey from Alaska to Argentina with her husband and twin 10-year old boys..... on bikes. The author provided me with a copy of this book for an honest review and, knowing her story, I was excited to read it. Changing Gears is an honest account of the incredible highs and the difficult lows of undertaking such a journey. Beginning in Alaska, Nancy and family head south and learn about trust, fearlessness, and our world as they work their way steadily south. Like any mother, Nancy had fears. Could they do it? Was it a good decision for her boys? What would happen if something went wrong? But eventually Nancy realized something very important about fear.... "As I cycled away, I started thinking about something I had read earlier. Researchers had found that about 40% of the things we worry about never happen, 30% are in the past and can't be helped, 12% involve the affairs of others and are not our business, 10% percent relate to sickness, real or imagined. That meant only 8% percent of the things we tend to worry about are even likely to happen." (pg. 77) When I started to think about my own fears in the context that Nancy provided, none of it seemed all that scary anymore. Perhaps my favorite part of this book was the clarity with which both boys seemed to see the world. After crossing one more border Nancy congratulated her son, Daryl, to which he replied "What difference does it make, Mom? Crossing a border doesn't change anything. A border is just a line on a map." (pg. 127) The simplicity with which a young person can recognize the uselessness of political lines when it comes to people and places never ceases to amaze and inspire me. Through the three years it took to complete this amazing journey, Nancy and her family faced intense scrutiny from critics. People who had never met this family accused Nancy and her husband of robbing their children of a childhood and taking them on a "forced march". They could not conceive of any child having big goals or being able to make big decisions. The criticism must have been hard to bear and yet through it all, Nancy and her husband developed a deeper faith in their boys' abilities rather than letting the naysayers dictate what these amazing boys could or could not do. Changing Gears is one of those books that makes you want to re-evaluate what "success" means to you. Is "success" really defined by a certain type of job, a big house, and a nice car or does it look more like a really long, really long, really rewarding journey from one tip of the world to the other with the people who matter most to you? Do children become "successful" through worksheets and a 9-3 school day or is a dose of adventure and experience needed to enhance that typical education? Are "successful" parents those who listen to their fears and doubts or those who listen to the dreams of their children and seek ways to make them happen? An inspirational read. 0 of 0 people found the following review helpful. Amazing story poorly written By Bob Bartolo This true tale of a family's three year journey by bicycle from the northernmost part of Alaska to the southernmost tip of Patagonia is incredible. Mother, father and twin boys ,age 10 at the start of the trip, rode through extreme heat and cold, through desert and across the Andes. The saga is compelling, the writing, not so. There are huge gaps in the story that beg to be filled in. As a cyclist there were many questions I wanted to have answered, but was left hanging. For example, did they ride their heavily and fully loaded bikes up the Andes or walk them? How did they get money in the small towns, which I doubt had ATMs, when they needed major repairs? There is precious little about the family dynamics in this extreme and unusual journey. The writer ,the wife, makes it sound hard, but jolly most of the time. I wondered about the interpersonal conflicts that must have arisen and also about questions of privacy. Did the husband and wife go for most of three years without having sex since the family slept together in their tent or in a single hotel room nearly all the time. I was left wanting a follow-up story. How did the children fare after the trip? During the trip there was criticism of the parents for taking the children on this very taxing journey and away from their peers for so long, although they say the boys were totally committed to the adventure. Still, despite the shortcomings, it was a compelling read.

Changing Gears is the story of a family on the adventure of a lifetime riding their bikes from Alaska to Argentina. It's the story of how much we can all do when we put our minds to it and our noses to the grindstone. It's the tale of ordinary people doing the extraordinary. Most of all, Changing Gears will encourage and inspire you to reach for the stars, and will help you see that you yes, you can grab hold of your life and steer it in whatever direction you want.

Join the Vogel family as they cycle 17,285 miles from Alaska to Argentina.