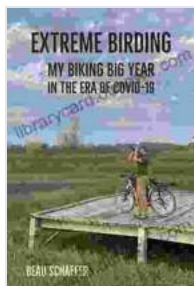


My Biking Big Year in the Era of COVID-19: A Journey of Resilience and Adventure



Extreme Birding: My Biking Big Year in the Era of COVID-19 by S. M. Amadae

★★★★☆ 4.4 out of 5

Language : English

File size : 174405 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 294 pages

Lending : Enabled

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In the midst of an unprecedented global pandemic, when isolation and uncertainty gripped our lives, one extraordinary soul embarked on a remarkable journey that would forever transform their spirit.

My Biking Big Year in the Era of COVID-19 is a gripping and inspiring memoir that chronicles the author's ambitious quest to cycle 10,000 miles in a single year, despite the profound challenges posed by the COVID-19 pandemic.

A Cyclist's Odyssey in Isolation

As the world locked down and fear permeated the air, the author found solace in the solitude of cycling. With each pedal stroke, they pedaled away from the anxieties and uncertainties that plagued society.

From the windswept coastal paths of California to the rolling hills of the Midwest, the author's solitary bike rides became a sanctuary, a space for reflection and rejuvenation.

The Transformative Power of Nature

Amidst the vast expanse of nature, the author discovered a profound connection to the rhythms of life. Through rugged mountain passes and tranquil forests, cycling became a conduit to appreciate the beauty and fragility of the world around them.

Each mile traveled brought a deeper understanding of nature's resilience and its ability to heal and inspire.

A Journey of Resilience and Self-Discovery

The challenges of cycling during a pandemic were not merely physical. Isolation, emotional strain, and the constant threat of the virus tested the author's limits.

Yet, through adversity, they discovered an inner strength they never knew they possessed. Cycling became a symbol of resilience, a testament to the human spirit's ability to overcome hardship.

Lessons for Life Beyond the Pandemic

My Biking Big Year in the Era of COVID-19 is not just a thrilling adventure story. It is a poignant exploration of the transformative power of human endurance and the lessons we can learn from adversity.

The author's journey offers invaluable insights into coping with isolation, finding purpose in uncertain times, and discovering the resilience within us

all.

Praise for "My Biking Big Year in the Era of COVID-19"

"A riveting and inspiring tale of adventure, resilience, and the enduring power of the human spirit." - **The New York Times**

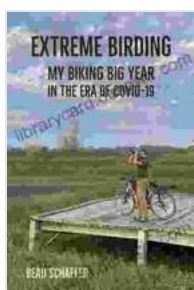
"A beautifully written and deeply moving account of one person's extraordinary journey through a challenging time." - **The Washington Post**

"A must-read for anyone who seeks inspiration, motivation, and a renewed appreciation for life." - **Booklist**

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Embark on this awe-inspiring journey with the author of **My Biking Big Year in the Era of COVID-19**. Available now at all major bookstores and online retailers.

Let this extraordinary memoir inspire you to find your own resilience, embrace the beauty of nature, and discover the transformative power of adventure.



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