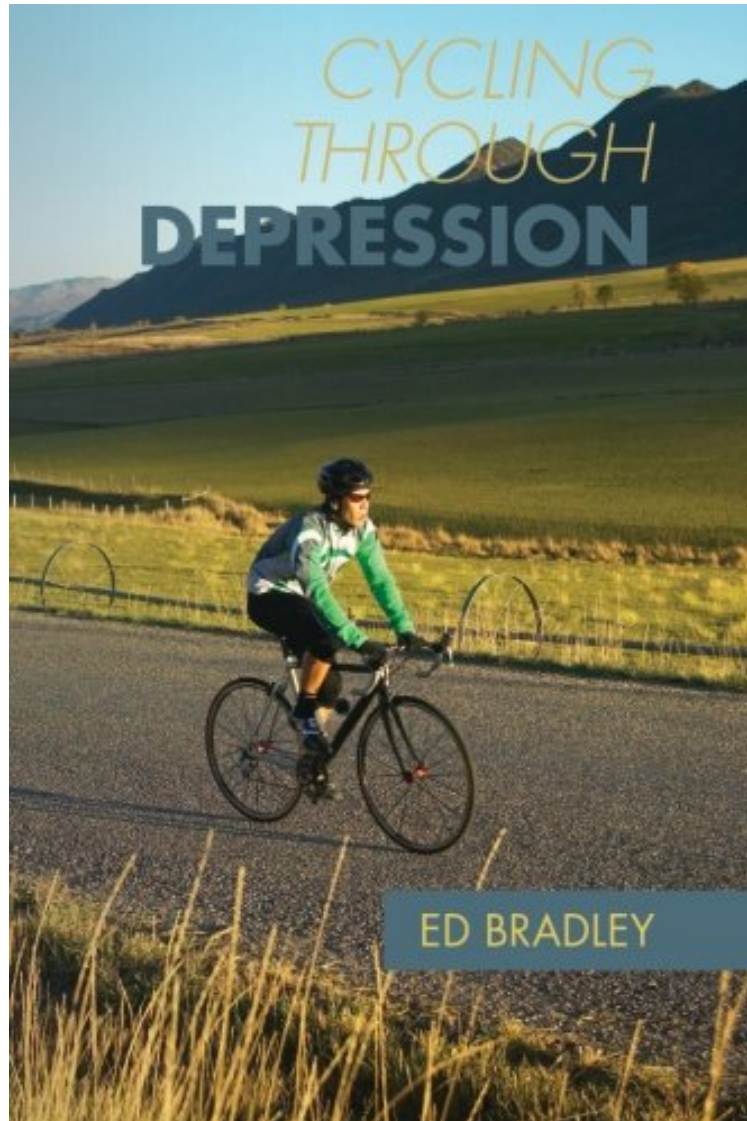


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## Cycling Through Depression

*Ed Bradley*

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#2386499 in Books Ed Bradley 2013-08-24Original language:EnglishPDF # 1 9.00 x .38 x 6.00l, .51 #File Name: 098910740X168 pagesCycling Through Depression | File size: 47.Mb

**Ed Bradley : Cycling Through Depression** before purchasing it in order to gage whether or not it would be worth my time, and all praised Cycling Through Depression:

0 of 0 people found the following review helpful. Wonderful story!By CustomerCycling Through Depression is a wonderful glimpse into the heart and mind of the author, Ed Bradley, while he lives through an epiphany. Equally heartwarming and heartbreaking, I was captured by Ed's storytelling from the first page. His brutal honesty about his entire journey, the good, the bad, and the painfully bloody, kept me riveted. The writing is that of a diary and the

reader is treated to a folksy narrative that comes across with genuine character. Ed's ability to share both his doubts and his triumphs with equal weight, and his forthright style make for a refreshing change from memoirs by authors who take themselves way, way too seriously. Reading this, I envision myself listen to Ed's story across the fence, or over a cold soda on the porch of the local country store. Fabulous. Absolutely fabulous. I can't wait for the next installment.0 of 0 people found the following review helpful. Straight forward and fluid in many ways!By Wildirishman64When I started reading I was amused at how familiar is sounded to my divorce. The inexplicable pain and bewilderment when a marriage fails. Riding does make it cathartic in many ways. This author is honest with himself and courageous in his ability to face his depression head on. Easy read and funny too, you won't be disappointed. Props to Ed and hope he continues his journey on two wheels0 of 0 people found the following review helpful. Inspiring read written in day-to-day log form.By Ron Ward - GCNCThe author describes his journey with very real and true feelings. Myself, a leg amputee and cancer survivor, I've also battled with depression. I'm a handcycle who spends many days riding the roads while trying to avoid collisions with motor vehicles. I recommend this book for anyone who has ever dreamed of taking a long journey by bike. It's also an inspiring story for the individual who has come to a difficult crossroads in life.

I spent two and a half years of my life, most of my money, two gallons of blood, a squared mile of skin (blood and skin left road side across America), a rib and a hunk of my scalp on this project. I have suffered a concussion, hypothermia, near drowning, bone bruises, soul crushing loneliness, home sickness (for a home that no longer existed), insect attacks, heat exhaustion, hail, snow, pouring rain and fatigue. Fatigue beyond what I thought was possible to endure. I was shown kindness by people who live in gated communities, by street people in Baltimore, by toothless old men in panhandle Florida, by crazy young Hispanic women in West Hollywood. I biked through the evergreen forests of northern Maine, the streets of Manhattan, across the George Washington Bridge, through the twisting urban sprawl of New Jersey, the back roads of Virginia, the Outer Banks of North Carolina, the pecan plantations of Georgia and the Florida Keys. I have seen the fog of my breath on cold Maine mornings, sunrises in coastal Carolina and sunset in Key West. I slept behind an abandoned hunting camp in Maine, a forgotten church in Louisiana, and in the empty dessert of West Texas. This is my story, true and from my heart. It is a story of hope and inspiration. A tale of how to go on when it feels like there is no point in going on. A chronicle of my journey across this country, and through my depression.

About the AuthorAt the age of 53, Ed set out on a journey of discovery. He was determined to show that depression did not need to limit him, or anyone else. He planned to ride his bicycle from Fort Kent, Maine to Key West Florida. A challenge for anyone, but especially for a man who had never biked more than 25 miles in a day. In the end he never really stopped Ed biked to raise awareness of depression. After struggling with depression for years he decided to do something bold. I would come home from work and just sit on the couch, I had lost interest in almost everything. I would be so angry at myself for what I thought was just laziness." said Ed. With the help of his physician, friends, family and medication he was able to improve his mental health. I wasn't cured, but I was better." I decided that I wanted to show everyone that you could accomplish anything despite having depression". Ed felt that a solo trip of this length would show that you do not have to be limited by this illness."I also felt it would be great treatment for my own depression" commented Ed. He wrestled with flat tires, pouring rain, searing heat, hail, insect attacks, a near fatal fall off a dock in Florida, urban traffic and 10 staples in his head. He laid his head down in many places. An abandoned hunting camp in Maine, a church in Louisiana, in the houses of kind strangers, with friends, friends of friends, and with family. He has covered over 7000 miles and 21 states.