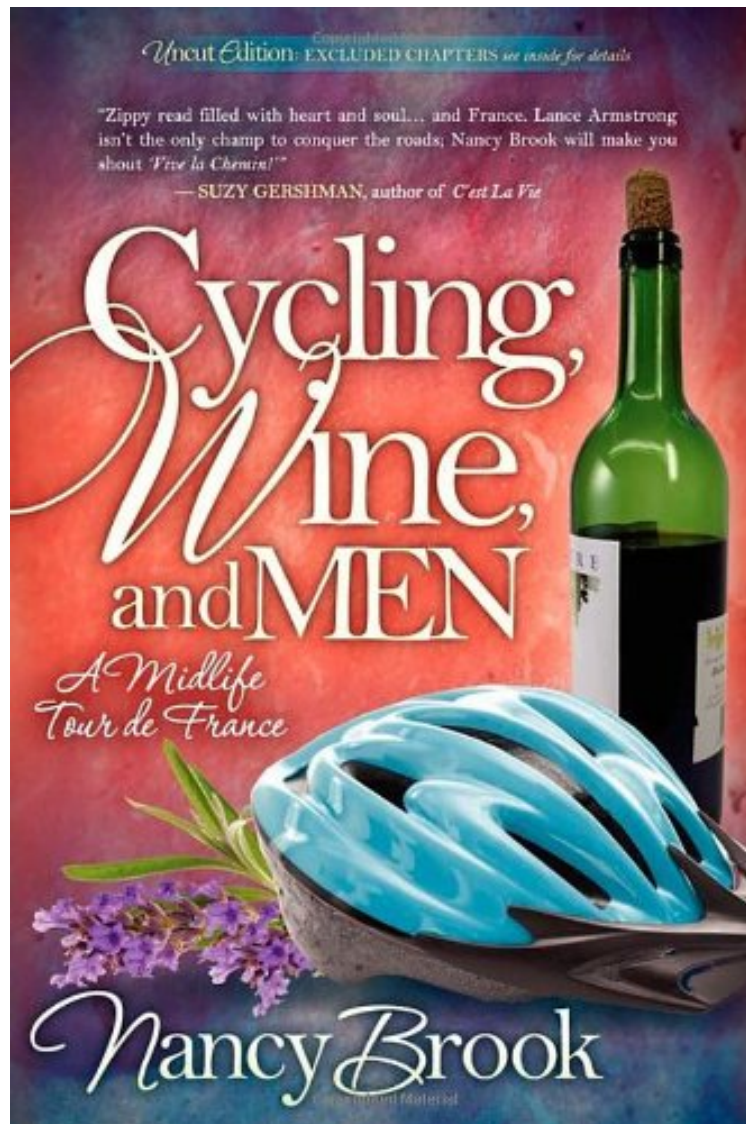


(Download) Cycling, Wine, and Men: A Midlife Tour de France

Cycling, Wine, and Men: A Midlife Tour de France

Nancy Brook

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Nancy Brook : Cycling, Wine, and Men: A Midlife Tour de France before purchasing it in order to gage whether or not it would be worth my time, and all praised Cycling, Wine, and Men: A Midlife Tour de France:

1 of 1 people found the following review helpful. Just ok, a very light read
By Xenia
A very light read, it was somewhat entertaining. I appreciate the author saying it like it is and not like most books out there with the typical scenario of "girl breaks up with boy, girl goes on a trip, girl finds love of her life in Paris". A thin book by all accounts (double spacing, plenty of pictures and large text), it's good enough if you would like an interesting perspective on French countryside. However, I find it hard to relate to this book as I'm neither a pro-cyclist nor am fluent in French.
0 of 0

people found the following review helpful. Interesting and fun. By Cheryl K. Ogle I am not into cycling---at least not anything close to Nancy Brook. I have a Schwinn beach cruiser-- that I struggle to keep upright. some of the time. She made me feel as though I were with her on her French trip, however, and her sense of humor made this book a pleasure to read. 0 of 0 people found the following review helpful. Very entertaining. Being a cyclist myself, I could ...By DCL Very entertaining. Being a cyclist myself, I could relate to this book.

With one bounced check, Nancy Brooks world collapsed around her. She was charged with a felony and thrown in jail even though her husband had pilfered money out of their business account. Eventually, the charges were dismissed, but her marriage and business were over. A decade later at age forty-three, Nancy thrived as a bank vice president and single parent. Still, she couldnt get her dating act together. After seven break-ups in seven years, she knew it was time for a change. The cure for her dating blues? A 700-mile cycling expedition from Bordeaux to the Alps. In France, Nancy wasnt a corporate manager, a mother, or someones girlfriend. She was reborn into a beautiful new world without responsibilities or expectations. *Cycling, Wine, and Men: A Midlife Tour de France* reveals an introspective journey through post-divorce dating, single parenthood, and finding happiness and independence as an unattached woman in her prime. Nancy had thought the perfect guy would make life complete. Instead she learned that pursuing passions and fulfilling lifelong dreams created deeper fulfillment than her latest homme parfait. Experience the ride of a lifetime as *Under the Tuscan Sun* meets *Sex in the City*.

Cycling, Wine, and Men is a charming, delightful, and enlightening read. I fell madly in love with Nancy Brooks words rang true, her insights and honesty felt like a good friend. A constant reminder to live your life fully, forgive yourself daily, and love yourself more. There's a line in her book, There's a gift in the waiting, which perfectly describes this gem of a memoir. Amy Ferris, author of *Marrying George Clooney*, *Confessions from a Midlife Crisis* Brooks observant tale left me longing to box up my bike and head back to France. A journey isnt about the destination, but the valleys, the climbs, and the small hamlets along the way. As she demonstrates, what you learn about yourself in the process often proves to be the ultimate souvenir. Kathleen Flinn, author of *The Sharper Your Knife, the Less You Cry* When it comes to heartache and relationships, many women often put healing on the back seat when maybe they should be putting it on a bike seat literally and figuratively! This book does a wonderful job of reminding women that while the journey may be more important than the destination sometimes the destination is just what is needed to return to happiness and contentment at home. Kimberly Dawn Neumann, author of *The Real Reasons Men Commit* and founder of *DatingDivaDaily.com* Honest, heartfelt, and inspiring. I admire Nancy Brooks courage to overcome challenges and explore lifes possibilities. Rick Frishman, bestselling author and Morgan James publisher I love the lesson of the book: looking for happiness outside of ourselves never produces lasting satisfaction. Peggy McColl, New York Times bestselling author *Cycling, Wine, and Men* is sure to inspire others to follow their bliss. Theo Pauline Nestor, author of *How to Sleep Alone in a King-Size Bed* If you subscribe to the notion that life is about lessons, Nancy Brooks life has a few to offer. Heres the most important one: We all need people. But sometimes, the person we need most is the one we discover in ourselves. Craig Lancaster, author of *600 Hours of Edward* and *The Summer Son* Nancy Brooks chronicle of cycling through France, as a means of re-cycling her life, goes beyond the typical I survived genre. She invites the reader to join her up and down the hills, deep into the nooks and crannies of the countryside, and into the hearts of the country folks as she braves the terrain apart from the safety of her riding companions. Nancy literally reaches out to grab life in the very best way on her own terms. Bravo and thank you, Nancy, for a great read and a great ride! Bonnie D. Graham, producer/host *Read My Lips* on *BlogTalkRadio.com* In this captivating and delightful memoir, Nancy Brook takes us on an exploration through both the rolling hills of the French countryside and her own internal journey toward self-acceptance. We grow along with her as she cycles and examines her life and relationship choices. *Cycling, Wine, and Men: A Midlife Tour de France* is exquisitely written and hard to put down. A real joy to read! Kristen Moeller, MS, author of *Waiting for Jack: Confessions of a Self-Help Junkie* *How to Stop Waiting and Start Living Your Life* At age 43, Nancy Brook takes a long, backward look at her life: Its a path pockmarked by a husbands betrayal, cavalier lovers and a long, lonely climb up the career ladder. But theres also something else. Buoyed by remarkable resilience and an innate belief in love that refuses to be snuffed out, she embarks on a mid-life adventure bicycling through France. Riding through the bucolic French countryside and over grueling mountain passes, Nancys tour de France quickly becomes an engaging tour de life. Honest, reflective, with more than a little sauciness, Nancys journey becomes the readers journey to rediscovering love, levity, and a life well lived. Allyn Calton, editor, *Magic City Magazine* *Cycling, Wine, and Men* by Nancy Brook is a touching, heartfelt tome about her rough and unfortunate time leading up to a cycling tour of France. Reading about her life and a string of bad luck that leads up to her big decision to bicycle through France is filled with tension and drama and wrestles with the idea of making it all right by taking this trip. While reading, you will find yourself rooting for her and wanting to yell out, Yes, go to France! And what a time it is. Ms. Brooks first book is a must read for anyone who has ever lived through lifes various trials and tribulations, just to see if it turns out okay. Mark Stephen Levy, author of *Overland Riveting!* I could not stop reading. Linda Cassell, executive coach, *Quantum Leap Coaching Training*

Cycling, Wine, and Men is a Gold Medal Winner. I started reading because author Nancy Brook is a colleague. But that's where the road divides. Newly divorced and seeking the coveted new life, Brook showed me the roadway. Sharing her personal journey, she gives us a rich book with insight, poise, and warmth. A great read for women AND men alike. Eric Gelb, author and copywriter, www.PublishingGold.com