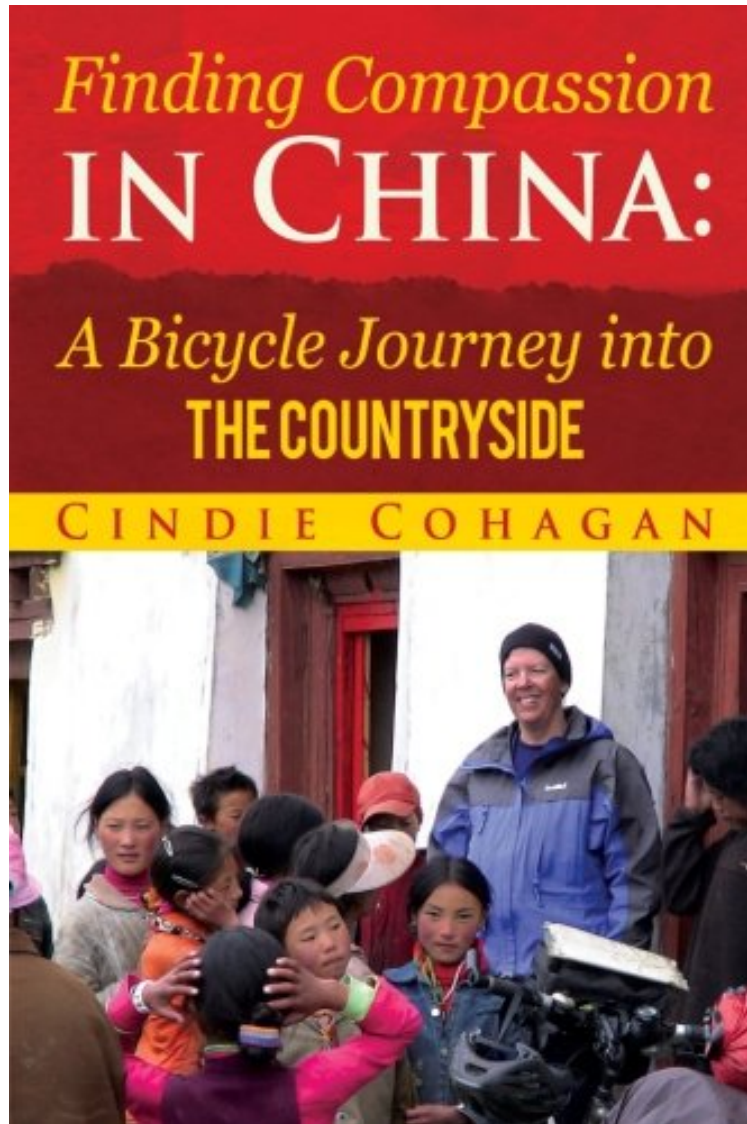


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Finding Compassion in China: A Bicycle Journey into The Countryside

Cindie Cohagan

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Cindie Cohagan : **Finding Compassion in China: A Bicycle Journey into The Countryside** before purchasing it in order to gage whether or not it would be worth my time, and all praised Finding Compassion in China: A Bicycle Journey into The Countryside:

4 of 4 people found the following review helpful. Finding Compassion in China:A bicycle Journey into the CountrysideBy Russell JonesThis book was an excellent book about Cindi's bicycle travels about the food and customs

of China not the shiny picture that the news media wants us to believe but the true hardships the people there face day to day. She describes to what lengths the people in China go to control pictures and information on what goes on from the rest of the world. I really found the Prayer Wheel an interesting experience and the detail she gave about the energy she felt when she placed her hand on the pray wheel made me wish there was a way I could go and visit and take part in the prayer wheel ceremony myself to feel that energy. I recommend this book as one you sit on your swing on a fall day and open it up and enjoy your trip to China. Pam 1 of 1 people found the following review helpful. A pilgrimage to China By Deborah L. Holmer Just finished reading Cindie Cohagan's "Finding Compassion in China: A Bicycle Journey into the Countryside." I had visited China about seven years ago, but my trip was very different as it was a Chamber of Commerce sponsored journey with a large group of local friends. A wonderful trip, indeed and I'm thankful I was able to see China. However, "visiting" China through Cindie's eyes is a totally different experience. I found myself holding my breath throughout several passages, waiting to see what happened next! What a journey it was -- a very brave one. I loved reading about Cindie "connecting" with the people which is what I try to do as best as possible when I travel. Her empathy for those around her shines through and her appreciation of the beauty of the country. I could feel my bones aching after the long, hard travel days in all kinds of weather. Cindie is definitely an intrepid traveler. This is a good read and I'm looking forward to more books by this author telling of other journeys. 1 of 1 people found the following review helpful. Great adventure travel book! By dewashington1 I enjoyed this book so much that I also read the first two books on bicycle touring written by Cindie and Tim Travis. I love to travel, but had never considered touring by bike. In fact I had not ridden a bike in over 25 years. This book inspired me to start riding on Jan. 1, 2014, and to my surprise I fell in love with cycling. At first I could just barely ride a mile, but after 9 months of training I completed a one week solo mini-tour for my 60th birthday. Thanks Cindie (and Tim) for sharing your travel experiences with us! Thanks to this book, I have found an activity/sport that I will continue to do as long as I am physically able to climb into the saddle.

Discovering a largely forbidden country, Cindie Cohagan cycled across China's most arduous landscapes including daring ascents over some of the highest Himalayan passes in the world. Her journey is not only a stunning physical adventure, but also a mental and spiritual quest that leaves her questioning her seven year marriage and pushes her towards and eventual conversion to Buddhism. Cindie's honest portrayal of the strangers she meets in this foreign land touch the heart as much as her lonely struggle to connect with her increasingly distant husband and travel-mate. Finding Compassion in China speaks of fragile yet beautiful encounters with a country and its people: from angry authorities, to enthusiastic prostitutes to simple families who offer shelter when needed. It is an honest tale talking about the profound intricacies of the universal human heart.

About the Author Cindie Cohagan is a woman of many passions. After studying geology at school, she eventually went on to do high-level consulting work. When the opportunity to cycle the world presented itself, Cindie responded with enthusiasm and left her successful career to travel 26 countries and co-write 3 books with her travel companion. With Finding Compassion in China, Cindie is branching out on her own, exploring new found passions. She currently resides in Dharamsala, India where she juggles her own writing, her budding publishing company, her Buddhist philosophy studies, and her renewed interest in geology by testing water quality for Tibetan Settlements in the Himalayan foothills.