



# **This Road I Ride: Sometimes It Takes Losing Everything to Find Yourself**

*Juliana Buhring*

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# This Road I Ride: Sometimes It Takes Losing Everything to Find Yourself

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***This Road I Ride* is the remarkable story of one woman's solo journey around the world by bicycle.**

Juliana Buhring had been mired in a dark hole of depression after the death of a man she loved, and when an acquaintance suggested they honor his memory by biking across Canada, she thought, "Canada? Why not the world?" And why not alone.

She had never seriously ridden a bicycle before. She had no athletic experience or corporate sponsorship, but with just eight months of preparation, Juliana Buhring departed from Naples, Italy, in July 2012 aiming to become the first woman to circumnavigate the globe. She set out believing she might not ever return, but that she had nothing to lose. Over 152 days, Juliana's ride spanned four continents and 18,060 miles. She traversed small-town and big-mountain America, Australian desert expanses, South Asian rainforests and villages, and Turkish plains. She suffered innumerable breakdowns, severe food poisoning, hostile pursuers, and the international longing for a good Italian espresso. When she crossed the finish line into Naples before the end of the year, she officially became the fastest woman to cycle the world (beating prior men's records, to boot).

Accomplishing what she never thought she could, buoyed by the outpouring of support from friends and strangers, Juliana rediscovered herself. In the process she proved that there are no extraordinary people?there are only people who decide to do extraordinary things.

15 illustrations

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personally. As we know that on this time, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore this This Road I Ride: Sometimes It Takes Losing Everything to Find Yourself can make you truly feel more interested to read.

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