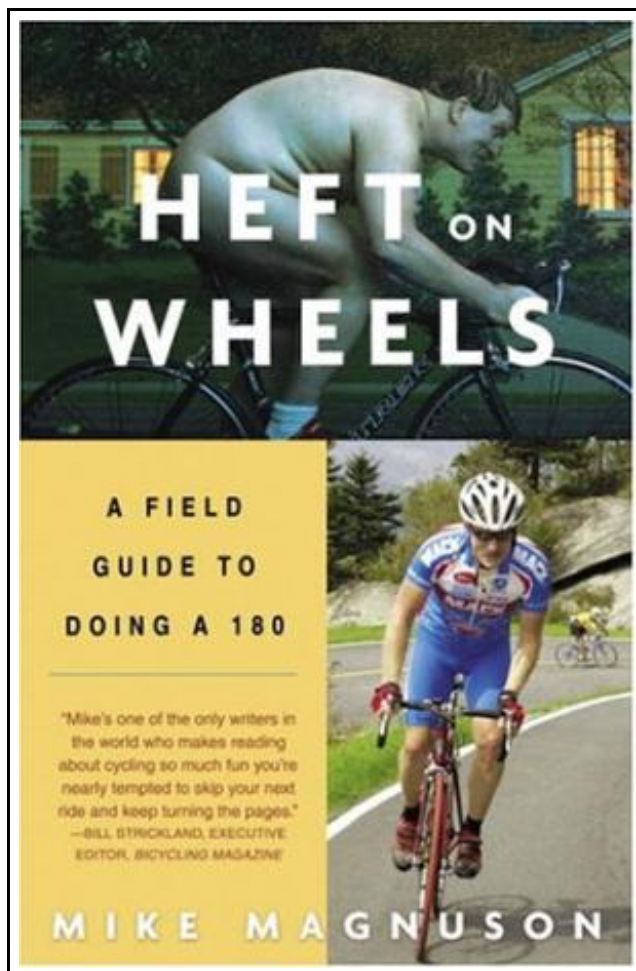


## Heft on Wheels: A Field Guide to Doing a 180



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## HEFT ON WHEELS: A FIELD GUIDE TO DOING A 180

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Random House USA Inc, United States, 2005. Paperback. Book Condition: New. 201 x 135 mm. Language: English . Brand New Book. Take one very large guy. Add booze, cigarettes, and an extreme amount of junk food. Mix in a wry, self-effacing wit. Throw in a bike. The result? Heft on Wheels, a potentially funny look at turning your life around, one insanely unrealistic goal at a time. Not that long ago, Mike Magnuson was a self-described lummoX with a bicycle. In the space of three months, he lost seventy-five pounds, quit smoking, stopped drinking, and morphed from the big guy at the back of the pack into a lean, mean cycling machine. Today, Mike is a 175-pound athlete competing in some of the most difficult one-day racing events in America. This irreverent and inspiring memoir charts every hilarious detail of his transformation, from the horrors of skin-tight XXL biking shorts to the miseries of nicotine withdrawal. Heft on Wheels is an unforgettable book about getting from one place to another, in more ways than one.



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