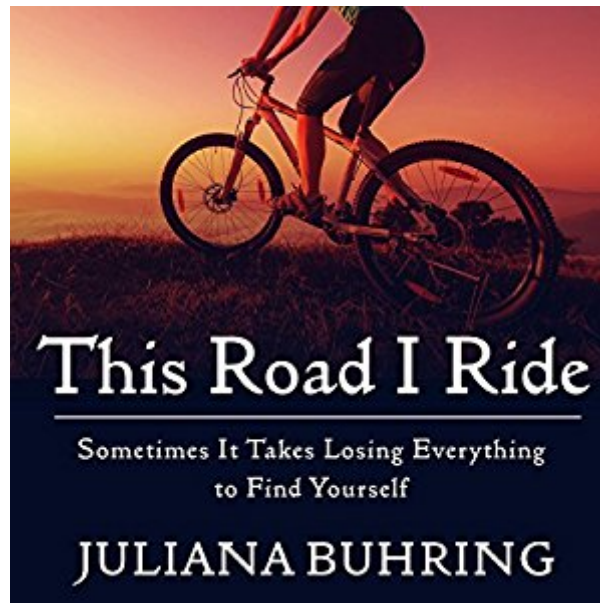




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# This Road I Ride: Sometimes It Takes Losing Everything To Find Yourself



## Synopsis

Raised in the extreme religious cult called the Children of God, Juliana Buhring was frequently punished for being a rebel and finally broke away. Her soul mate was an explorer seeking the source of unmapped rivers in Africa. When he was killed by a crocodile, her world went dark. To escape paralyzing grief, Buhring set herself a goal. Never having seriously ridden a bike, she set out to ride one around the world. Her timing required going the wrong way, against the Earth's rotation and most winds. Supported by a devoted Italian friend, random "road angels", and other ex-cult kids around the world, she traversed small-town and big-mountain America, Australian desert expanses, South Asian rainforests and villages, and Turkish plains, ultimately beating the previous men's record and becoming the fastest woman to cycle the world. Empowering, inspiring, and often humorous, *This Road I Ride* is testimony to the power of sheer will to overcome any obstacle.

## Book Information

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## Customer Reviews

Overall, I thought this was a very good read, very inspirational. There were some stretches of the book that I wish perhaps she had written about a bit more in-depth, but overall, Buhring's writing was enjoyable, and she was incredibly brave to attempt such a round-the-world journey solo. I read the book very quickly and would certainly return to read more of Buhring's adventures.

I was introduced to the first hints of Juliana's story in the documentary "Inspired to Ride." Now I'm flying through this book, although I'm also trying to force myself to slow down and savor it. I read a comment from her somewhere that she opened her heart in this book; indeed she did. For all the

courage and brilliance required to ride her bicycle all the way around the world, equal amounts and more went into this book. Can't wait to see what she delivers next. She is a truly fine writer.

My Review:Disclaimer: I am NOT a bicyclist, but my husband is. As a result, I've found a love for the sport. Every year we watch the Tour de France and about six months ago, he drew me in with a documentary film about the first unsupported Trans America bicycle race. In that race was a woman rider who honestly stole the show. We loved her. She was snarky and fun as she goaded the Italian men who said she shouldn't be there because she didn't have the experience. Well, a few weeks after that I was looking at books on NetGalley and found this book and showed it to my husband, because he loves to read books like this. He was the one who recognized the author as the woman from that race...so I requested the book.I'm so glad I did. Most of you that read my reviews know this isn't my normal genre to read. Although I do read a lot of biographies for reference with my own fictional writing, I don't normally review them. But this book is worthy of a review just because it was a phenomenal book. I'll admit. I'm a fiction reader. As a result, I usually slog through non-fiction books and honestly rarely finish them. I finished this book within twelve hours of starting it...and read it in the middle of my normal work/life day...so I was pretty much reading it every spare moment I had. I definitely recommend it.Juliana Buhring does not have the normal endurance cyclist's history. In fact, when she set out on this adventure, she'd only been riding a bicycle as an adult (building up her endurance and not just for casual rides) for a few months. So for her to set out not only to circumnavigate the world, but also to set the record for doing so was absolutely crazy.But she had her reasons.A year and a half before, a man she loved who was also an extreme adventurer died when a crocodile attacked him in his kayak. There are flashbacks throughout the book of discussions she'd had with him over the years. He also led a not-normal life and they'd had lots of philosophical discussions about those choices. Ms. Buhring also has a different background just because she was raised in a cult until the age of 23 when she escaped. Over the years, she was abused, shunted from country to country, and rarely had anyone from her family who loved her there to support her. The cult regularly separated families for the good of the cult and this began for her at the age of 4.Her stories are heartbreaking, but they help to explain how she could survive this journey. She's tough...incredibly so, and from reading her story, I would guess that she doesn't make connections easily which is why it was so devastating to her when her friend died so suddenly.The book is completely engrossing and entertaining. She's an incredible writer. It's broken up like a daily journal with little vignettes and stories from her daily observations. But sprinkled throughout are philosophical discussions about life and what it means. There are moments when

she's incredibly depressed and at rock bottom of her ability to go on, but those are tempered by days of beauty and resilience which prove to her why she needs to keep going. I loved reading the book and getting to follow her on her journey. I definitely recommend the book...for bicycle enthusiasts, people who like to read biographies, or for anyone that likes to read about the human spirit and its ability to overcome immeasurable odds. She overcame and wrote an inspiring book documenting her journey. I received a complimentary copy of this book in return for an honest review.

Really a great book. If you are a cycling fan or just enjoying reading about another humans adventure check this one out. Juliana's trip around the world is pretty amazing. She is doing Race Across America this year so i am hoping for another book about that journey.

Juliana's journey was not just a physical feat on her bike but she shares the mental fortitude it took to accomplish this amazing record of riding across world. She exposes some of her deepest thoughts, fears, and obstacles with self-depreciation that gives one pause to examine your own life. I could not wait to get back to this book and continue on this unbelievable journey with. What makes it more remarkable is I just finished her first book "Not without my Sister" about her childhood growing up in "The Children of God" cult. She is a role model for overcoming extreme adversity and a champion for abused and neglected children.

So inspiring! Juliana - you go girl!!!!After reading this, it makes me want to get a bike and hit the road. Not around the world but some fun countries. Hope you get some major sponsorships, you deserve it.

If you are a bicyclist and want some inspiration to better yourself and raise the bar of personal bests...this book should help you. Juliana tells a great personal story and this is her second book she has written. She is also a great inspiration to all women to kick some butt and write their own stories. I say "Juliana the Great"

A great telling of an epic bike ride and all done by JuJu, the first and Guinness world record setting around the world cycling adventure.

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