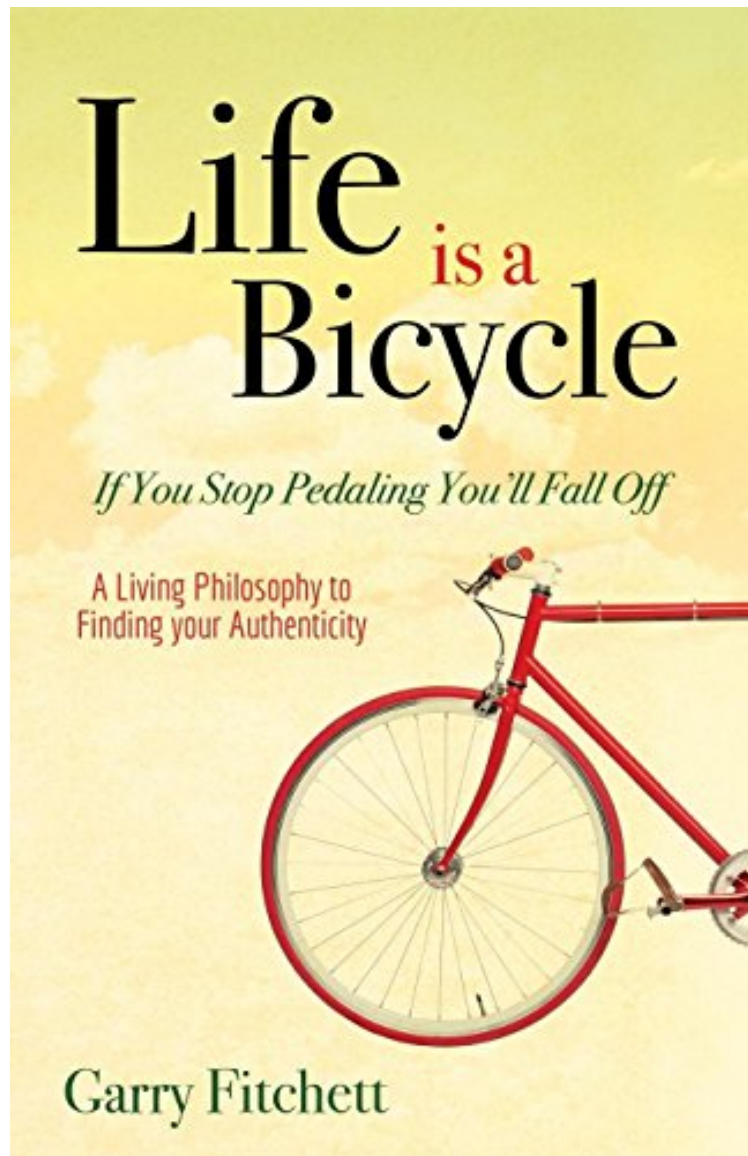


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Life is a Bicycle: A Living Philosophy to Finding your Authenticity

Garry Fitchett

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their goals. Interspersed with great words of wisdom from well known philosophers, this book is that is an easy read, digestible in one or two sittings or in meaningful bites. Perfect for reading on a plane or on a trip!0 of 0 people found the following review helpful. Great advice for any stage of lifeBy CustomerAs a recent retiree I found this book to be helpful as I contemplate my next stage of life. It also led me to reflect on my life choices and how important it was to take chances. By thinking about what made me feel fulfilled and pushing my boundaries I continually grew as a person and enjoyed a rewarding career. Now, I continue to pedal my bicycle to new horizons.I highly recommend this book for anyone who wants to assess their career and make the most out of their abilities. The format is perfect for short breaks in a busy day. I love the quotes and analogies!0 of 0 people found the following review helpful. Great Perspective. Great BookBy JourdanAn inspiring work of passion that spurs the contagious desire to go off and fulfill your OWN visions. "Life Is A Bicycle" doubles as an encompassing collection of fascinating quotations from a vast range of people and as an inspirational spark plug. Fitchett guides you through each concept, giving his perspective but also leaving you room to glean your own meanings from the words of icons, because as Galileo said (and Fitchett elaborates on) "You cannot teach a man anything, you can only help him discover it in himself."

Whorsquo;s riding my bicycle? Historically, men and women have worked to provide the bare essentials for everyday life. "Life is a Bicycle If You Stop Pedaling Yoursquo;ll Fall Off" explores worksquo;s next generation of thought and examines its higher purpose: to nurture the advancing mind and unfold the soul. It is your birthright to express yourself harmoniously through your daily work. The bicycle as a metaphor for life endeavors to clothe the ideal of finding onersquo;s professional true north in a recognizable and practical form. It makes the act of discovering onersquo;s genuine work physical, understandable, and ultimately, actionable. Inside, yoursquo;ll discover: The largest collection of quotes ever assembled capturing the art of discovering sincere, heartfelt work Four fountainheads that reveal and spur your desire, will, and love Principles that will guide you through an evolution of thought en route to your professional best Enlightening exercises and insightful questions designed to reveal your true nature The mechanics--but more importantly the heart and soul--of how to discover your professional authenticity If you believe your talent, energy, and appetite indicate ideal work that is capable of bringing out your best while reaping the greatest professional enjoyment possiblemdash;and this is the life you wantmdash;then you must answer the question: Whorsquo;s riding my bicycle?

About the AuthorAfter graduating from the University of North Carolina at Chapel Hill with a masterrsquo;s degree in education, Garry Fitchett abruptly chose not to enter the teaching profession. Instead he followed his heart and became a business executive and eventually co-owned a business development company. Despite his business success, he longed to find deeply meaningful work that would allow him to display his authentic self. In the spring of 2012, he sold his business and embarked on a three-year intellectual journey to answer the riddle of how one goes about finding his or her authentic work. Life is a Bicycle: If You Stop Pedaling Yoursquo;ll Fall Off is the culmination of that philosophic journey, revealing the efforts of his research and self-reflection.Excerpt. copy; Reprinted by permission. All rights reserved.Historically, men and women have worked to provide the bare essentials for everyday life. Life is a Bicycle explores worksquo;s next generation of thought and examines its higher purpose: to nurture the advancing mind and unfold the soul. It is your birthright to express yourself harmoniously through your daily work. Timeless philosophical thought is melded with the symbol of the bicycle in an effort to communicate a truth in the only way it can be successfully communicated--indirectly. The use of the bicycle endeavors to clothe the ideal of finding onersquo;s professional true north in a recognizable and perceptible form. It makes the metaphysical act of discovering onersquo;s authentic work physical, understandable, and therefore, actionable. The ubiquitous and universally recognized bicycle becomes a metaphor for work: cycling, the act of performing onersquo;s work. Why? Because life is a bicycle--if you stop pedaling, yoursquo;ll fall off. The bicycle captures the beauty and the essence of work through analogies, principles, and parallels. Over the course of three years, I have bicycled and performed my work as I researched and wrote this book. Three years is not really an uncommon amount of time to spend writing a book, but many would consider this slow and arduous work. However, this is one of the finer points to be conveyed--nothing feels slow and arduous when one sincerely feels they are on the right track. "Life is a Bicycle: If You Stop Pedaling Yoursquo;ll Fall Off " is really about finding your authenticity and living a genuine life of which you can be proud. Since you spend so much of your life at work, finding your authenticity is centered on discovering the work you were elegantly engineered to perform. The American author Richard Bach said, ldquo;We teach best what we most need to learn.rdquo; Finding my own authenticity was something I needed to learn. And I set out to learn this as I earnestly began writing this book in the spring of 2012. As you read on, you are encouraged to identify and seize your unique philosophical thread, out of many woven into the fabric of this book. This will likely be a thread only you can see or feel. Upon discovery, begin at once to weave your own philosophy for success in work and life. This book contains as many formulas for success as there will be people reading it. For these reasons, you must take this information and make it your own. One thing is certain: the alternative of not finding your peerless bicycle--your authentic work--will never lead to the happiness and life you were meant to live. Therefore, find and follow your genuine work. If you

believe your talent, desire, energy, and appetite indicate a manner of work that is capable of bringing out your best-- and this is the life you want then let's get started.