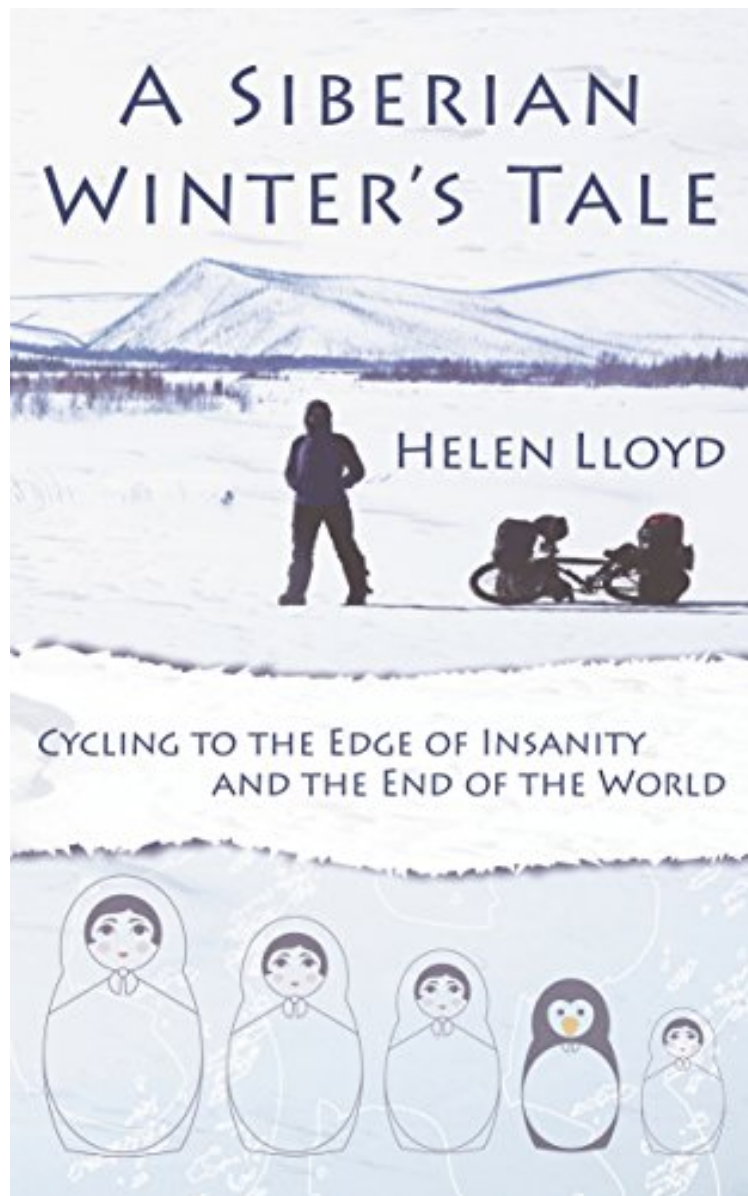


(Read now) A Siberian Winter's Tale: Cycling to the Edge of Insanity and the End of the World (English Edition)

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Von Helen Lloyd

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Von Helen Lloyd : A Siberian Winter's Tale: Cycling to the Edge of Insanity and the End of the World (English Edition) before purchasing it in order to gauge whether or not it would be worth my time, and all praised A Siberian Winter's Tale: Cycling to the Edge of Insanity and the End of the World (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Don't get those gloves wet....Von Ousel37Physical feats and triumphs of the mind and body flood the Internet and television in our modern times. Watching bits of the Tour de France, Red Bull Rampage or Olympic Weightlifting is effortless and mostly 'uneventful' for the viewer. It's only when you actually practice something yourself and establish a scale of difficulty that you begin to truly appreciate just how good and how unbelievable some peoples' achievements really are. My personal beacon of reference started in early summer of 2015 when I decided to tackle riding my bike a bit more seriously, pushing the distance, the pace and the elevation with each ride. Failing at adding frequency to intensity, and consequently drawing my own learning curve and voyage of two-wheeled self-discovery. And so it was with great enthusiasm that I began reading Helen's book. Because she is one of those people making it all look too easy. Told in the first person and based on her journal, *A Siberian Winter's Tale* is pleasant cocktail of stories and personal insights that hardship and challenging environments often tend to bring out in people, for example: "We have been taught to fear death - health and safety and a compensation culture. We have been taught to revere immortality - the dream of eternal youth sold to us by airbrushed models through anti-ageing creams, super-foods and diet pills, making us feel guilty about any small pleasure in life that is only a risk to longevity when taken in excess. But those who fear death become scared to live." Her descriptions were also beautiful: "As I cycled out of town, tiny flecks of ice crystals floated in the air, sparkling like glitter. It was magical and mesmerizing like walking through a fairy tale. No one else took any notice." I admired her courage as a woman alone in a very remote and male dominated environment. And despite several unsavory encounters she maintained her sense of proportion in terms of her attitude towards the truckers, miners and so on that she continually met along the way. That said, I did find myself wondering if as a man you would be treated the same way. Russia is after all a very macho country, where men save face by being 'strong'. Even so, she was often invited to tea or rest without the other person knowing she was a woman, because of her face mask and hat so I don't know how true this would ring. Still whether experiencing this as a man or a woman still takes some serious mettle - a sense of which the book definitely conveys in the small daily struggles like getting out of your sleeping bag to pee when it's minus 40 degrees. A lot of people will be able to identify with this book and Helen's stories and observations. I had to laugh at her frustration at constantly being stopped by all and sundry which would trigger a vicious circle of getting cold, having to add layers which meant getting too warm again when cycling, having to stop to remove a layer only to be interrupted again by a passing vehicle! At the same time though, this was a testament to the kindness and generosity of the people there - a kind of solidarity against the elements. I'll leave you with this nice observation from Helen: "Nomadic lifestyles intrigue me. I am as a cycle-tourer, a kind of twenty-first-century nomad. What is it about this transient way of life that is so compelling to those restless among us who are unable to remain content when settled?...But my time in Siberia was not being spent amongst the traditionally nomadic people; it was spent with the nomads of the modern world - the truck drivers and migrant workers and with settled people." I enjoyed it, you might too!

KurzbeschreibungA Journey of Discovery driven by the Call of the Wild. In the depth of winter, Helen Lloyd spent three months cycling solo across one of the most remote, coldest inhabited regions of the planet - Siberia. In temperatures down to -50C, she battled against the cold, overcoming her fear of wolves and falling through the ice of a frozen lake. Alone in a hibernating land with little to stimulate the senses, the biggest challenges were with her mind as she struggled with the solitude. With flashes of humour and riveting, graphic descriptions that will have you living each moment with her, Helen Lloyd describes the fear, uncertainty and joy of riding through a frozen, icy world. Yet, *A Siberian Winters Tale* is a touching story full of warm-hearted moments that are gifted to Helen by strangers along the Road of Bones. KurzbeschreibungA Journey of Discovery driven by the Call of the Wild. In the depth of winter, Helen Lloyd spent three months cycling solo across one of the most remote, coldest inhabited regions of the planet - Siberia. In temperatures down to -50C, she battled against the cold, overcoming her fear of wolves and falling through the ice of a frozen lake. Alone in a hibernating land with little to stimulate the senses, the biggest challenges were with her mind as she struggled with the solitude. With flashes of humour and riveting, graphic descriptions that will have you living each moment with her, Helen Lloyd describes the fear, uncertainty and joy of riding through a frozen, icy world. Yet, *A Siberian Winters Tale* is a touching story full of warm-hearted moments that are gifted to Helen by strangers along the Road of Bones. ber den Autor und weitere Mitwirkende Helen Lloyd is a British actor and voice artist, who recorded her first voice-over at the age of fourteen. Since then, she has spent much of her life interpreting other people's words and bringing characters to life. A classically trained actor, she has performed with many of Britain's leading repertory theaters, as well as at the Edinburgh Festival, the Roundhouse, and on the West End.