

Pedal your way through everything life throws at you.

Cycletherapy

Grief and Healing on Two Wheels — edited by ELLY BLUE and ANIKA LEDLOW

Praise for past books in the series:

“The authors do not attempt to speak for everyone, and they do not attempt to convince; they simply share their own experiences and thoughts—in a manner that is almost alarmingly unguarded in an era of self-conscious and self-defensive blog writing we are all growing increasingly used to.” —Constance Winters, *Lovely Bicycle*

Can you pedal your way through everything life throws at you?

Taking on the bicycle as a means of making sense of life and death, contributors write about their experiences on a bicycle, enjoying the little things about everyday life, dealing with the most difficult, and overcoming loss, trauma, and fear. Contributions range from the lyrical to the profane, the deeply personal to the keenly analytical. Includes essays, art, and a short story.

SUBJECT: Sports / Self Help
PUBLICATION: **May 10, 2016**
PRICE: **\$9.95**
ISBN: 978-1-62106-490-9
FORMAT: Paperback 128 pages, 5x8”

Marketing Notes

1. The first in a new book series about women and cycling. The previous series had a subscriber base of 3,000.
2. Over 70% of people in the US say they want to ride a bicycle more often.
3. 1 in 10 people in the US have experienced depression, and outdoor activity is one of the primary nonpharmaceutical ways to cope with it.

Comparative Titles

- *Bikenomics* Elly Blue 9781621060031 (Microcosm) \$14.95, 2013
- *Our Bodies, Our Bikes* Elly Blue & April Streeter 97816210689522 (Microcosm) \$9.95, 2015
- *Alive With Vigor* Rob Sutter 9781934620472 (Microcosm) \$9.95, 2013

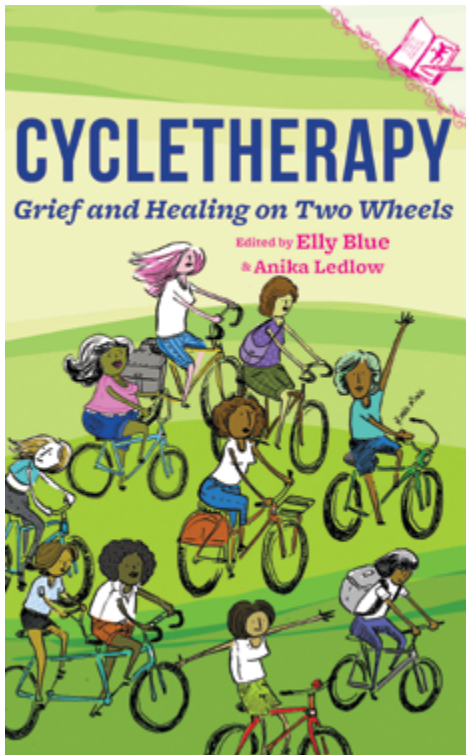


Elly Blue is an author and activist who lives in Portland, Oregon and writes about bicycle transportation. She is the author of *Everyday Bicycling: Ride a Bike for Transportation (Whatever Your Lifestyle)* and *Bikenomics: How Bicycling Can Save the Economy*.



Anika Ledlow studied sociology at Reed College and lives in Portland, Oregon.

A small, innovative publishing house, **Microcosm Publishing** specializes in work designed to make the reader feel good about being alive, take an active role in bettering their life, and impact the world around them. Microcosm has developed a reputation for teaching self-empowerment, showing hidden histories, and fostering creativity through challenging conventional publishing wisdom with books and zines about DIY skills, food, politics, and art.



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