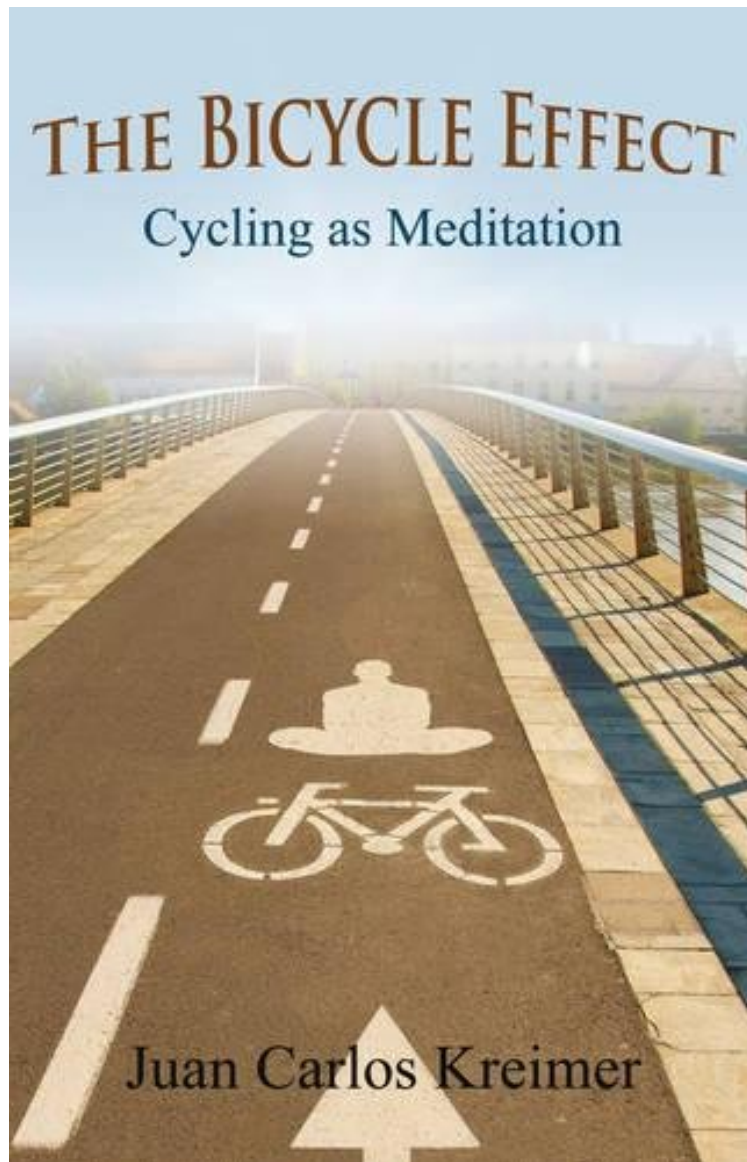


(Mobile book) The Bicycle Effect: Cycling as Meditation

## The Bicycle Effect: Cycling as Meditation

*Juan Carlos Kreimer*

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**Juan Carlos Kreimer : The Bicycle Effect: Cycling as Meditation** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Bicycle Effect: Cycling as Meditation:

The bicycle is not just a vehicle used to transport ourselves, to exercise one's body or to obtain joy. It's a device which allows us to attain a much wealthier mental state than one would think possible. Once we ride it, it's possible to

experience a feeling close to that achieved by meditation. The movements of the legs, the energy which arises through the body, the cadence of our breathing and the floating attention on what's happening around us and in our mind all create a similar state to the one we achieve when we sit crossed-legged, with our eyes closed, allowing our thoughts to drift simply and naturally. Zen calls it mindfulness.

At the age of 70, Juan Carlos Kreimer is an Argentinean writer and publisher. He learned to ride a bike nearly in the same days he made his first steps. He has cycled in every city he has called home: Buenos Aires, New York, Paris, London, Rio de Janeiro to name just a few. Today he continues pedaling around 20/30 miles a day. From 1982, when he started his Zen practice and began to meditate regularly, he found a strong relation between both practices. In the pages of "The Bicycle Effect: Cycling as Meditation" Juan draws upon his many years of experience and expertise to share with his readers how they can obtain the meditative wisdom and experience that a bicycle can afford.--Susan Bethany "Bethany's Bookshelf "About the AuthorJuan Carlos Kreimer is an Argentinean writer and publisher. He learned to ride a bike nearly in the same days he made his first steps. He has cycled in every city he has called home: Buenos Aires, New York, Paris, London, Rio de Janeiro to name just a few. Now in his early 70s, he continues pedaling around 20/30 miles a day. From 1982, when he started his Zen practice and began to meditate regularly, he found a strong relation between both practices.