



On My Own Two Wheels: Back in the Saddle at Sixty

By Malachi O'Doherty

Blackstaff Press Ltd. Paperback. Book Condition: new. BRAND NEW, On My Own Two Wheels: Back in the Saddle at Sixty, Malachi O'Doherty, 'And yes, I was a sixty-year-old man who wanted to be young again, and that's laughable for there is no turning back the years, but I didn't think it was funny. I wasn't going to try and win the Tour de France. But I was going to try to do what I had been able to do at thirty, and, what the hell, I was going to be a fitter, trimmer and happier old man at the end of it.' Four years ago, Donegal-born Belfast-based journalist, broadcaster, and Writer-in-Residence in QUB Malachi O'Doherty shook the cobwebs off the old bicycle parked in his backyard and found that he had grown too fat to ride it comfortably. He got rid of it. But in just a few months, everything changed. Malachi, approaching sixty, found that he had type 2 diabetes. Follow Malachi on a journey that takes us along the west coast of Ireland and over the drumlins of County Down as he rediscovers cycling - the frets, the struggles, and most of all, the joys. A wonderful read...



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Reviews

Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Timothy Lynch**

A must buy book if you need to adding benefit. This is for anyone who statte that there had not been a well worth reading through. Its been designed in an exceptionally straightforward way which is simply right after i finished reading this book where basically changed me, change the way i think.

-- **Adrien Robel**