

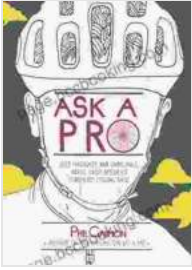
# Deep Thoughts and Unreliable Advice from America's Foremost Cycling Sage



**Ask a Pro: Deep Thoughts and Unreliable Advice from America's Foremost Cycling Sage** by Phil Gaimon

★★★★☆ 4.4 out of 5

Language : English



File size : 14772 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 216 pages



America's foremost cycling sage is back with a new book of deep thoughts and unreliable advice. In his latest tome, the sage tackles everything from training to racing to life itself. With his trademark wit and wisdom, the sage offers his unique perspective on the world of cycling and beyond.

## **Training**

The sage has always been a proponent of hard training. He believes that the only way to improve is to push yourself to the limit. However, he also knows that it's important to listen to your body and take rest days when you need them. "The key to training is consistency," the sage says. "But it's also important to avoid burnout. If you're feeling tired, take a day off. Your body will thank you for it."

## **Racing**

The sage has raced all over the world, from the Tour de France to the Olympics. He's won some races and lost others, but he's always learned something from each experience. "Racing is a great way to test yourself," the sage says. "It's also a great way to learn about your limits. But the most important thing is to have fun. If you're not enjoying yourself, then what's the point?"

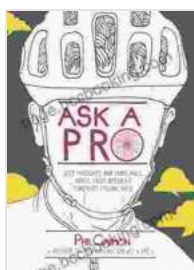
## Life

The sage has seen a lot in his life. He's traveled the world, met interesting people, and experienced both joy and sorrow. Through it all, he's learned a few things about life. "Life is a precious gift," the sage says. "Cherish every moment. And never give up on your dreams."

## Deep Thoughts and Unreliable Advice

The sage's book is full of deep thoughts and unreliable advice. It's a must-read for anyone who loves cycling, racing, or life itself. With his unique wit and wisdom, the sage will make you laugh, think, and see the world in a new way.

## Free Download your copy today!



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