



# Life is a Bicycle: A Living Philosophy to Finding your Authenticity

*Garry Fitchett*

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Who's riding my bicycle?

Historically, men and women have worked to provide the bare essentials for everyday life. "Life is a Bicycle If You Stop Pedaling You'll Fall Off" explores work's next generation of thought and examines its higher purpose: to nurture the advancing mind and unfold the soul. It is your birthright to express yourself harmoniously through your daily work.

The bicycle as a metaphor for life endeavors to clothe the ideal of finding one's professional true north in a recognizable and practical form. It makes the act of discovering one's genuine work physical, understandable, and ultimately, actionable.

Inside, you'll discover:

The largest collection of quotes ever assembled capturing the art of discovering sincere, heartfelt work

Four fountainheads that reveal and spur your desire, will, and love

Principles that will guide you through an evolution of thought en route to your professional best

Enlightening exercises and insightful questions designed to reveal your true nature

The mechanics--but more importantly the heart and soul--of how to discover your professional authenticity

If you believe your talent, energy, and appetite indicate ideal work that is capable of bringing out your best while reaping the greatest professional enjoyment possible—and this is the life you want—then you must answer the question: Who's riding my bicycle?



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