



## **Bicycle Effect: Cycling as Meditation**



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# Bicycle Effect: Cycling as Meditation

*Juan Carlos Kreimer*

**Bicycle Effect: Cycling as Meditation** Juan Carlos Kreimer

The bicycle is not just a vehicle used to transport ourselves, to exercise one's body or to obtain j...

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192 pages

### Review

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 Author

Juan Carlos Kreimer is an Argentinean writer and publisher. He learned how to ride a bike nearly as early as he took 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.

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