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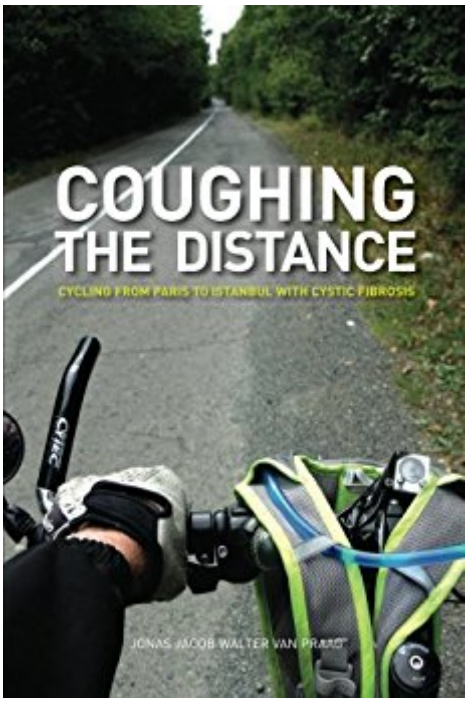
Coughing The Distance: Cycling From Paris To Istanbul With Cystic Fibrosis



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Synopsis

Walter’s life is a struggle to survive, there are times when he has to fight for every breath. This book will impress, inspire and enlighten readers on how extreme obstacles can be overcome by sheer guts and determination in the face of a chronic illness. It is also an entertaining travelogue of parts of Eastern Europe that few of us would visit, and certainly not on a 4,000 Km journey by bicycle with a less than 50% lung capacity.The story covers the planning and execution of an amazing journey by a small band of people, some of whom had not met each other before and who are thrown together in funny, poignant, and sometimes almost unendurable and frustrating circumstances. Central is the author, Walter who is 42 and has cystic fibrosis, which as many will know is a chronic and debilitating condition from which most people are lucky to survive into their 30’s.

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