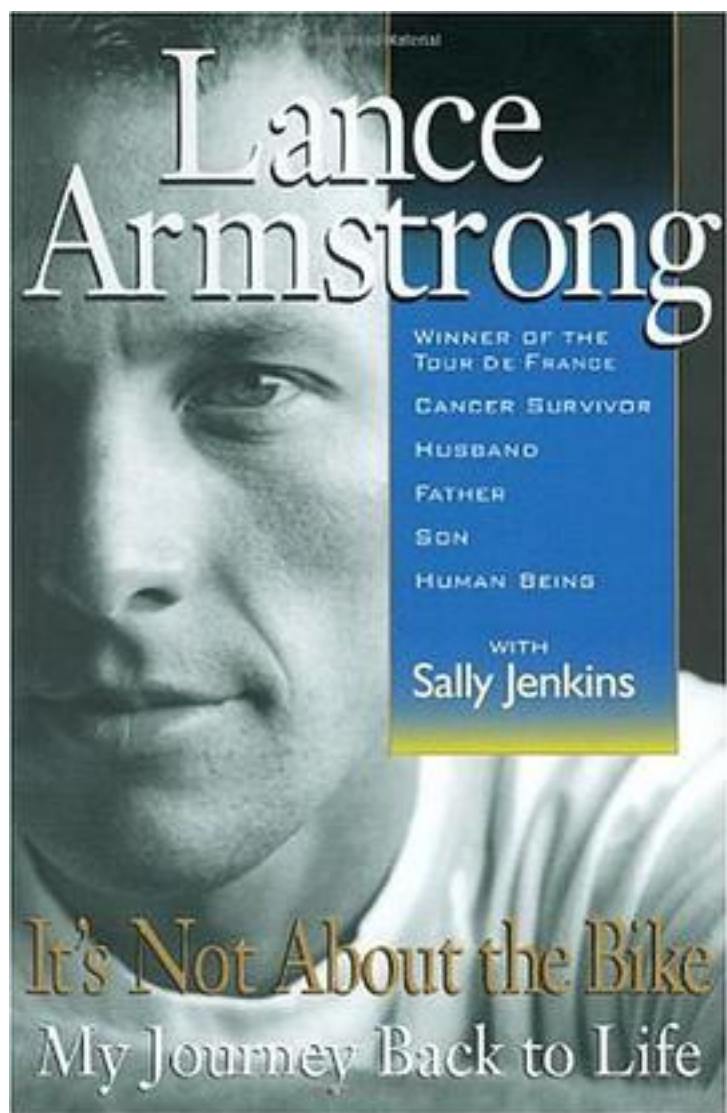


# It's Not about the Bike



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著者:Armstrong, Lance/ Jenkins, Sally

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The inspiring journey of world-class hero Lance Armstrong, from the dark night of advanced cancer through his dramatic victory in the 1999 Tour de France, and beyond.

In 1996, twenty-four-year-old Lance Armstrong was ranked the number-one cyclist in the world. But that October, "The Golden Boy of American Cycling" was sidelined by excruciating pain. Tests revealed advanced testicular cancer that had spread to his lungs and brain. His chance for recovery was as low as twenty percent.

Armstrong embarked on the most aggressive form of chemotherapy available and underwent surgery to remove cancer that the treatments couldn't reach. Five months after his diagnosis, he resumed training under a cloud of uncertainty, and the path back to competition wasn't smooth. It took a ride with friends through the mountains of North Carolina for Armstrong to rediscover his genuine love of the sport, and to rededicate himself to its pursuit.

Scarred physically and emotionally, Lance Armstrong considered his cancer "a special wake-up call," one that crystallized for him the blessings of good health, family, friends, and marriage. In October 1999, just months after his astonishing triumph in the Tour, his wife, Kristin, gave birth to their son, Luke David Armstrong.

Filled with the nutritional, physical, emotional, and spiritual details of his recovery, *It's Not About the Bike* traces the wondrous journey of one of America's greatest athletes to a singularly inspiring appreciation of life lived to the fullest.

作者介绍:

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