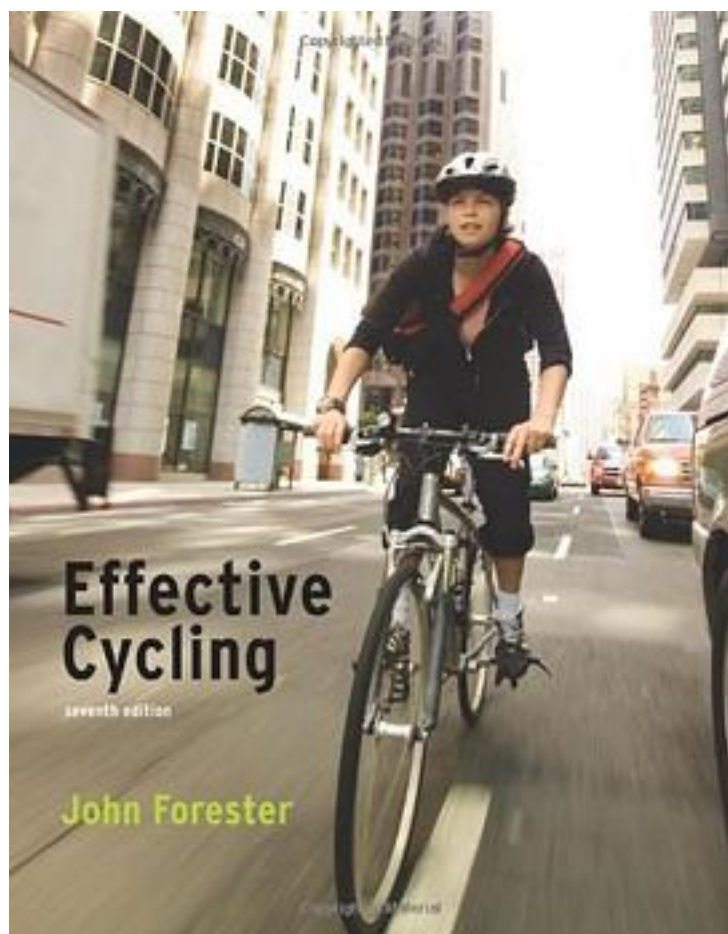# Effective Cycling

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著者:John Forester

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The core of John Forester's concept of Effective Cycling is that bicyclists fare best when they act, and are treated in return, as drivers of vehicles, with the same rights and responsibilities that motorists have.In this new edition of his classic introductory work,

Forester reasserts this idea in terms of practice and education as well as theory while also addressing--among much else--the two major forces that have shaped bicycling since the early 1980s: the proliferation of high-quality equipment and the seriously insufficient progress on the social, political, and psychological fronts.The book is filled with details, strategies, and tips that will be useful both to occasional cyclists and to those who enjoy cycling as a way of life--all drawn from the author's many years of experience as a cyclist, a Cycling Transportation Engineer, and the founder of the Effective Cycling Program.

作者介绍:

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