



The True Story of Sam Some Things All Bicyclists Should Know

By Samuel E. Shull

AuthorHouse. Paperback. Condition: New. 64 pages. Dimensions: 8.8in. x 5.8in. x 0.3in. I have written this book about SAM, an avid bicyclist and racer, whose cycling career was abruptly terminated by Pudendal Neuralgia and his life uprooted. New cycling related problems soon developed, including interstitial cystitis and severe low back pain. I discuss in the book many details relating to SAMs diagnosis, treatment and recovery from extremely serious injury over a SIX-YEAR timeframe. SAMs recovery turned out better than I ever thought possible. Read SAMs story to check out the details including a very effective diet and exercise program and another which has completely eliminated low back pain. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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