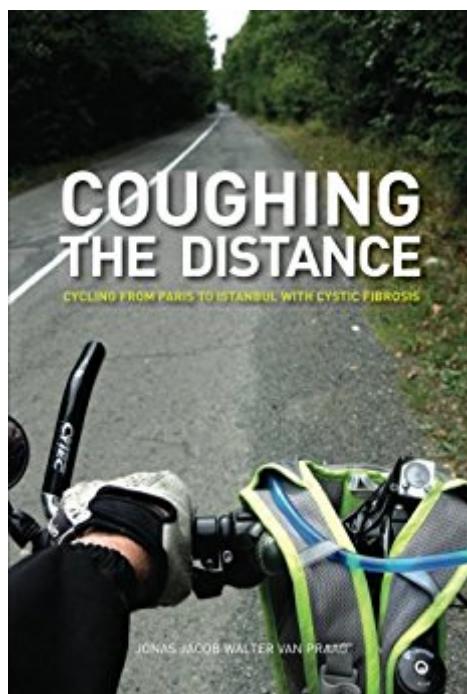


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# Coughing The Distance: Cycling From Paris To Istanbul With Cystic Fibrosis



## 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.

## Book Information

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Patients (Respiratory ... Genetic Disease, Chronic Disease Book 1) Cystic Fibrosis Life Expectancy: 30, 50, 70Ã¢â€žâ¢ (Health, Fitness and Dieting: Children's Health: Cystic Fibrosis Book 1) [ Cystic Fibrosis: A Guide for Patient and Family [ CYSTIC FIBROSIS: A GUIDE FOR PATIENT AND FAMILY BY Orenstein, David M. ( Author ) Aug-10-2011 ] By Orenstein, David M. ( Author ) [ 2011 ) [ Paperback ] CARB CYCLING - The Best Carb Cycling Recipes for Beginners!: ARB CYCLING - The Ultimate Carb Cycling Guide to Weight and Fat Loss Carb Cycling: The 7-Day Carb Cycle Transformation Ã¢â€žâ¢ Carb Cycling Diet, Carb Cycling Recipes, Carb Cycling Meal Plans Paris Travel Guide - Paris Travel: The Ultimate Guide to Travel to Paris on a Cheap Budget: (Honeymoon in Paris, Paris Travel Guide, Travel on a Budget, Save Money) Honeymoon in Paris and Greece: Amazing Tips to Travel to Paris and Greece for Honeymoon: Paris, Greece, Paris Travel, Greece Travel, Europe Travel Istanbul to Cairo on a Shoestring (Lonely Planet Istanbul to Cairo: Classic Overland Route) Istanbul in 3 Days (Travel Guide 2017) - A 72 Hours Perfect Plan with the Best Things to Do in Istanbul, Turkey: Includes:Detailed Itinerary,Food Guide,Google Maps, +20 Local Secrets to Save Time & \$ Paris: Paris Travel Guide - Your Essential Guide to Paris Travelling Paris Travel Guide: Paris, France: Travel Guide BookÃ¢â€žâ¢ •A Comprehensive 5-Day Travel Guide to Paris, France & Unforgettable French Travel (Best Travel Guides to Europe Series Book 1) Paris in 3 Days (Travel Guide 2017): A Perfect 72h Plan with the Best Things to Do in Paris, France: PDF with Detailed Itinerary,Online Maps,Best Secrets.Written ... by Local Experts. 30 Paris Travel Tips Recipes for the Specific Carbohydrate Diet: The Grain-Free, Lactose-Free, Sugar-Free Solution to IBD, Celiac Disease, Autism, Cystic Fibrosis, and Other Health Conditions (Healthy Living Cookbooks) Combating Biofilms: Why Your Antibiotics and Antifungals Fail: Solutions for Lyme Disease, Chronic Sinusitis, Pneumonia, Yeast Infections, Wounds, Ear ... Bad Breath, Cystic Fibrosis and Implants There Are No Alligators in Heaven!: A Family's Perspectives on Surviving the Unrelenting Savagery of Cystic Fibrosis Cystic Fibrosis: A Guide for Patient and Family Taking Cystic Fibrosis to School Treatment of the Hospitalized Cystic Fibrosis Patient (Lung Biology in Health and Disease, vol. 109)

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