

Reviews

Books

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Left: Stephen Fabes

Signs of Life



SIGNS OF LIFE charts Stephen Fabes' ambition to ride across the six non-Antarctic continents. It reads like a bucket list, a lifetime's worth of touring in six years that flies by as you turn the pages.

However, *Signs of Life* isn't one man's box-ticking ride around the world. It's a thoughtful and often amusing insight into the author's journey, bringing to life the people he encounters with an open and sympathetic eye.

The humour, humility, and self-awareness reminded me at times of Eric Newby. Local history, politics and anecdote are woven together, introducing the reader to a world most will never encounter, and I for one felt richer for the experience.

Details

By: Stephen Fabes
Publisher: Profile Books Ltd
Price: £18.99/£6.49
ISBN: 978-1788161213

That's partly down to Stephen's unique perspective, coming from his background as an A&E doctor. *Signs of Life* challenges our views on sickness and health, not just in the furthest reaches of the world but also back here in the UK.

In doing so, it urges us to look beyond the symptoms of physical and societal illness, and to understand their cause. It encourages compassion – a lesson the world seems to have forgotten. It's hard to believe this is Stephen's first book; I sincerely hope it's not his last.

Sam Jones



Interview

There's an interview with Stephen on the Cycling UK website, in which he talks more about his travels. Visit cyclinguk.org/ **Stephen-Fabes**



Details

By: Per J Andersson, translated by Anna Holmwood
Publisher: Oneworld Publications
Price: £9.99/£4.99
ISBN: 978-1786072085

The Amazing Story of the Man who Cycled from India to Europe for Love

PK'S FAMILY LOVE him but to society he's untouchable. Sleeping rough and selling portraits, he survives art college in New Delhi. Then Lotta, a backpacker, changes everything. PK sets off by bike to reunite with her in Sweden. It's touch and go: no map, no concept of distance, and much prejudice. Some reviewers call this true story 'feel-good'; I feel challenged and humbled.

Cherry Allan



Details

By: William Fotheringham
Publisher: Youcaxton
Price: £20/£9.99
ISBN: 978-1912419531

The Greatest

THE TITLE OF this book says it all. The story of Beryl Burton's racing career and personal life seems almost unbelievable, from her utter dominance of women's time trialling in the UK for three decades to her influence on women's racing today. A key theme throughout the book is the imbalance between men and women's racing. With women's sport still playing second fiddle to the men's today, what would 'BB' have to say?

Peter Brooks, Cycling UK member



Details

By: Dr Ian Walker
Publisher: Independent Publishing Network
Price: £9.99/£4.29
ISBN: 978-1838535551

Endless Perfect Circles

ENDLESS PERFECT CIRCLES chronicles Ian Walker's amazing world record for the fastest bicycle crossing of Europe. His brutally honest account gives real awareness of the world of ultra-distance cycling. His record attempt was very much about getting his head down and producing a constant cadence – or, as Ian eloquently puts it, creating "endless perfect circles". The book is written with humour, passion, and insight.

James Scott