

## Fold Out Bikes Plus 50 Big Stickers Giant Wall Chart Poster Fold Out Poster Sticker Books

For an invention that has only been around for 200 years, the simple bicycle has changed the world in many ways. It democratized travel for the first time, allowing ordinary people to travel at reasonable speed without need of a horse, to commute further afield to work and to enjoy the benefits of the countryside. It has challenged social conventions, granting women a new-found freedom, and it has played an important role in wartime, whether used by British paratroopers or in Vietnamese supply lines. Today, despite the prevalence of the car, the bicycle is as important as ever, with more cycles appear on city streets each year. Bikes come in all shapes and sizes and the history of cycling is one of innovation in design: from Macmillan's first pedal-driven cycle to the eccentric Dursley Pedersen, and from the 1960s iconic Moulton to the free-styling BMX, the humble cycle continues to surprise and delight in equal measure. Illustrated in full colour with a wide range of photographs, *The History of Cycling in Fifty* tells the story of the bicycle through 50 iconic machines, starting with the first primitive wooden two-wheelers through to carbon-fibre super bikes and the designs of the future, celebrating sporting achievements, technological advances and world records along with way.

Imagine freewheeling through tufted French vineyards, scaling the rocky, cloud-topped tracks in the Himalayas or rattling past whitewashed sugar-cube houses in narrow Spanish valleys. From surviving the peaks of the Yorkshire Dales to tackling truly hair-raising descents in rural Cuba, the sheer variety of routes in *The 50 Greatest Bike Rides of the World* will have you reaching for your bicycle clips, helmet and gloves. Sarah Woods tells tales of scenic single tracks, switchback climbs and routes newly discovered from around the world, each with valuable tips and details to satisfy every cycling enthusiast. It's time to get those panniers packed and sprockets checked and to climb into the saddle.

Once the quaint province of European cities such as Amsterdam, daily cycling is currently exploding in North American cities. People ride folding bikes to the train, slip through traf?c on tricked-out ?xed-gears, and carry children and groceries on their utility bikes. Commuters are giving up their cars Monday through Friday, bike lanes and bike parking are sprouting up all over, and Talking Head David Byrne has designed arty bike racks for various New York City neighborhoods. It's healthy for riders and clean for the environment, but is it fun? Amy Walker, who has been at the forefront of the urban cycling trend, knows that the answer is yes. She presents stories by a diverse group of cycling enthusiasts and activists that, accompanied by the illustrations of bike culture artist Matt Fleming, show readers why. They say you never forget how to ride a bike; this collection helps us remember why we ride.

*Bicycling* magazine features bikes, bike gear, equipment reviews, training plans, bike maintenance how tos, and more, for cyclists of all levels.

*Life Cycle Assessment* addresses the dynamic and dialectic of building and ecology, presenting the key theories and techniques surrounding the use of life cycle

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assessment data and methods. Architects and construction professionals must assume greater responsibility in helping building owners to understand the implications of making material, manufacturing, and assemblage decisions and therefore design to accommodate more ecological building. Life Cycle Assessment is a guide for architects, engineers, and builders, presenting the principles and art of performing life cycle impact assessments of materials and whole buildings, including the need to define meaningful goals and objectives and critically evaluate analysis assumptions. As part of the PocketArchitecture Series, the book includes both fundamentals and advanced topics. The book is primarily focused on arming the design and construction professional with the tools necessary to make design decisions regarding life cycle, reuse, and sustainability. As such, the book is a practical text on the concepts and applications of life cycle techniques and environmental impact evaluation in architecture and is presented in language and depth appropriate for building industry professionals.

- 50 unique cycling trip stories from 70 cyclists that will inform and inspire - Answers to over 700 questions that relate to bike travel around the world - Beautiful photography combined with practical advice 50 Ways to Cycle the World presents 50 unique cycling adventures gathered from more than 70 cyclists representing 22 nationalities. It is the ultimate visual guide and encyclopaedia to travelling by bicycle, whether you are travelling alone, as a couple, or as a family with small children. Featured here are inspiring stories and advice, accompanied by breathtaking photographs taken all over the world by the many contributors who share their cycling stories.

Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

Suicide Over the Life Cycle: Risk Factors, Assessment, and Treatment of Suicidal Patients attempts to solve the mystery of suicide by filling in the gaps in our understanding about risk factors and treatment of suicidal patients, and by integrating and translating current knowledge about suicidal behavior into practical treatment considerations. This book brings together the research studies and clinical experience of more than 40 internationally recognized contributors who paint an insightful and thought-provoking portrait of the suicidal patient at various stages of the life span. A comprehensive guide, this superb text is a practical and encyclopedic compendium of assessment and intervention strategies that the clinician can use in day-to-day treatment of suicidal patients.

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