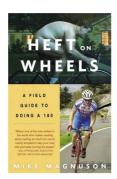
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HEFT ON WHEELS: A FIELD GUIDE TO DOING A 180



Random House USA Inc, United States, 2005. Paperback Book Condition: New. 201 x 135 mm. Language: English. Brand New Book. Take one very large guy. Add booze, cigarettes, and an extreme amount of junk food. Mix in a wry, self-effacing wit. Throw in a bike. The result? Heft on Wheels, a potently funny look at turning your life around, one insanely unrealistic goal at a time. Not that long ago, Mike Magnuson was a self-described lummox with a bicycle....

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- Authored by Mike Magnuson
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