



# It's Not about the Bike: My Journey Back to Life

*Lance Armstrong , Sally Jenkins*

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## **It's Not about the Bike: My Journey Back to Life** Lance Armstrong , Sally Jenkins

It is such an all-American story. A lanky kid from Plano, Texas, is raised by a feisty, single parent who sacrifices for her son, who becomes one of our country's greatest athletes. Given that background, it is understandable why Armstrong was able to channel his boundless energy toward athletic endeavors. By his senior year in high school, he was already a professional triathlete and was training with the U.S. Olympic cycling developmental team. In 1993, Armstrong secured a position in the ranks of world-class cyclists by winning the World Championship and a Tour de France stage, but in 1996, he was diagnosed with testicular cancer. Armstrong entered an unknown battlefield and challenged it as if climbing through the Alps: aggressive yet tactical. He beat the cancer and proceeded to stun all the pundits by winning the 1999 Tour de France. In this memoir, Armstrong covers his early years swiftly with a blunt matter-of-factness, but the main focus is on his battle with cancer. Readers will respond to the inspirational recovery story, and they will appreciate the behind-the-scenes cycling information. After he won the Tour, his mother was quoted as saying that her son's whole life has been a fight against the odds; we see here that she was not exaggerating. Brenda Barrera

## **It's Not about the Bike: My Journey Back to Life Details**

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# From Reader Review *It's Not about the Bike: My Journey Back to Life* for online ebook

## Otis Chandler says

I read this right after my dad passed away from cancer. Lance was a hero of my dad's for some time, but I'd never seen his autobiography until I found it on my dad's shelf. Lance's drive to survive and win against all odds is an inspiration to anyone, but especially to cancer survivors & their family. It really helped me get through a difficult time, and inspired me to start doing triathlons with Team In Training (a great organization which helps benefit cancer victims).

Oh - and Lance is the shit :)

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## Chad Sayban says

Call this revisionist history if you like, but there are consequences for completely misrepresenting yourself in print. I originally gave *It's Not about the Bike* 3-stars, feeling that it did a good job of explaining his fight against cancer and recovery, it came across as Lance being a bit full of himself. Oh boy, was that an understatement in retrospect.

The revelations of just how low Lance Armstrong stooped to win titles and make millions sounds almost like fiction. Worse is the list of people in the sport who had the misfortune to call him out on what turned out to be the truth, only to be vilified by Lance's army of myopic fans. To this day, Lance seems uninterested in make any amends to those he wronged.

While Lance's recovery from cancer might be inspiring to some, there are frankly hundreds of thousands of other people with inspiring stories of surviving cancer who had huge obstacles to overcome and did it without lying, cheating sponsors out of millions, cheating competitors out of victories and ultimately cheating millions of fans out of a hero. The fact that he then has the audacity to act like he didn't do anything all that bad - a shrug and a 'what's the big deal' - demonstrates how egotistical and out of touch Lance Armstrong really is.

Ultimately, it turns out that *It's Not about the Bike* is really a work of fiction. While he did indeed have cancer and he did indeed struggle to survive it, the things he espouses in this book as lessons turn out to be a public relations campaign rather than anything from the heart. The accusations that he insisted were lies turned out to be the truth. The adulation he gladly soaked up turned out to be misplaced.

Some will argue that Lance Armstrong and his foundation did great things for a lot of people. That is possibly true. However, let's be careful giving him credit. Giving him a free pass in spite of his lies is basically stating that the end justifies the means, which is a slippery slope leading to justifying all behaviors, no matter who gets hurt. And yes, a whole lot of people got hurt by Lance's lies and actions. This book represents a crime that was not without victims. As a result, *It's Not about the Bike* should be left in the dust pile of history and we need to celebrate the survivors who did so without mortgaging their humanity in the process.

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## Shelleen says

I started the book liking Lance Armstrong and unfortunately I ended with not liking him. I still think he is an amazing athlete that overcame many odds. But now I know that we would not get along well in real life. I think the idolized version of Armstrong as a terminal cancer survivor that came back to win the most prestigious race in cycling not once, not twice, but a record-setting 7 times is a story better told in a short news clip. When it becomes a full story written out in detail about the man that achieved that victory it seems less miraculous and more familiar. Lance appears to be little more than an egotistical, bitter, pampered, jerk with an unsurpassed hostility with authority. He was mostly raised by Mom who was his friend, not parent and anyone that tried to be a parental figure to him was met with rebellion and resistance. Even a very dear, kind neighbor who helped Lance get his first bike, and then his first car, was disregarded and not spoken to for five years when he tried to teach Lance a much-needed lesson in responsibility. He claims he is antagonistic to organized religion because his step-father was a "religious" man and a hypocrite so therefore, Lance became an atheist. That seemed like a lame excuse to me when I read it originally. Then at book club, Lance's problem with authority was discussed and we all agreed that that was the real reason he is an atheist. He believes in a God (he prayed during Chemo), he would just rather pretend there is not one so he doesn't have ANY being usurping control over Lance Armstrong! That is also why I think he even became a cyclist in the first place. It is mostly an individual sport and there is no boss to tell him what to do. Any coach learned the hard way that you do not tell Lance Armstrong what to do. You make suggestions, and Lance tells you what Lance is going to do. That is why after the cancer, Lance went back to cycling. He couldn't imagine doing any other career, he wasn't good at anything else. Not to mention any start-up job would require he would have to listen and do what he was told. Good thing his body is not designed like most people (he has a far higher VO2 max and produces less lactic acid than average) so he could recuperate so quickly.

What I learned from this book . . . I learned more about cycling. It is a team sport. Like most European sports, it is a gentleman's game (no wonder so many other riders cannot stand Lance). The big group of riders is called the peleton. Professional cycling racing does not save energy at all because every rider has a car following with the coach giving feedback. Athletes are more likely to be humble when they believe in a God. At least that way, they understand they are not the greatest being to ever walk the Earth and they also realize that all men are created equal in the eyes of God. Atheists do not have that perspective. Parents need to be parents in more aspects than just loving and providing for their children. Lance has a great relationship with his mom but has never known what it was like to have a parent.

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## Hz.Motae says

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## Lobstergirl says

There is no more remarkable story of surviving cancer than Lance Armstrong's, and perhaps there is no better athlete in history. His rise from poverty and being raised by a young single mother is quite impressive too. But I have to give his memoir 2 stars, because

1) He's such a cocky son of a bitch. Really, it gets quite annoying.

2) He couldn't keep his marriage and family intact, especially after putting his wife through the IVF, twice. Before they even began dating, she was concerned about his reputation as a "player." I guess she was right to be. Check out how she's the spitting image of his mother, 20 years younger.

3) I don't think Lance is telling any big whoppers, but you do get the sense that some (many) of his anecdotes are embellished, crafted, varnished, just a little. This tends to happen when people are great storytellers, as he is. I saw him on Charlie Rose several years ago and he was riveting. I could have listened to him for hours. In the book, ghostwritten by Sally Jenkins, these anecdotes are perfect little packages tied up with bows.

I do think he makes a valuable point in the epilogue, that the point - of cancer, of any struggle, of life - is not to be a survivor, but to be a fighter. I'd also like to see new photos in any subsequent editions, of all the blond women he's dated - Sheryl Crow, Kate Hudson, Tory Burch, the new one - I'm sure I'm leaving out dozens.

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## **Melanie says**

In early 2002, I was going through a rough time--I had just dropped out of college after a semester marked by panic attacks, the inability to leave my room, and a variety of reckless behaviors, and I was convinced that my life was over. I was also convinced that my parents hated me because I was such a failure. It was in this weakened state that I agreed to read *It's Not About the Bike* (and, later, *The Hobbit*), because they were recommended by my stepmother (*Bike*) and my father (*Hobbit*), and I was desperate for approval and affirmations of their love.

Actually, my stepmother wanted me to read this book because she and my father were arguing about it. I ultimately sided with Dad: for Lance Armstrong, it really *is* about the bike.

That said, other readers have found his story inspirational, and I'm willing to accept that my review is probably clouded by issues (difficult time in own life, general dislike of memoirs, distrust of by-the-bootstraps narratives and their implications) that have nothing to do with Lance (or the bike).

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## **Nathan Albright says**

If one knows the scandalous last few years of Lance Armstrong's life, with the breakdown of his marriage due to his adultery and the collapse of his legacy due to the exposure of his sophisticated doping operation, it is impossible to read this book without a feeling of ironic distance from the feel-good sentiments that Lance and his co-writer are trying to convey. That does not mean that this book is not worthwhile or even interesting, but merely that one goes into this book, or at least I did, with a strong sense of cynicism about its contents and approach, and a determination to read between the lines. That this book still stands up as being noteworthy under such circumstances is credit to its authors, even if it is not quite the reading experience that it was originally intended to be or that it likely was in the period where Lance Armstrong was seemingly miraculously winning all those Tour de France titles after having recovered from a near-fatal battle with metastatic testicular cancer. Even now, Lance Armstrong is right that it's not about the bike, it's about a man

so driven to win and so consumed with himself that he pushed through cancer and showed a total disregard for the feelings of others as well as the rules and traditions of his chosen sport of cycling [1], and one can see that here clearly enough to see what Armstrong was eliding in these pages.

Like a good Aristotelian drama, this particular book begins in media res with an apparent contrast between the pre-cancer Lance Armstrong and the post-cancer Lance Armstrong, although, as we have seen in subsequent revelations, the contrast is not as great as we may hope, and in both periods Lance Armstrong comes off even in his own account as more than a little bit of an aloof jerk. The book then goes to his childhood where he shows an almost emotionally incestuous relationship with his mother and is extremely critical about his birth father and his first stepfather and then shows his early athletic success in triathlons and as a competitive cyclist. The rise of the young cyclist is interrupted by his battle with cancer, which is described in vivid and sometimes brutal detail, as Armstrong first tries to soldier through early symptoms, then fights cancer and has to deal with chemo even as he faces concerns over not having insurance and dealing with a cycling team that is trying to renegotiate or cancel a deal under duress. The book then moves to the whirlwind courtship between Lance and his wife Kik, surviving, and then returning to form and winning his first two Tour de France titles, told from his perspective as part of a growth and success narrative.

Even though this is clearly a whitewash and clearly not the full story, there is a lot of worth in this book anyway, even after the truth of Armstrong's victories and the fact that they were owed to a sophisticated doping regime and a sport willing to look the other way at least for a time. For one, Lance Armstrong tries to promote himself as belonging to a tight-knit cancer community that he mines for sympathy [2]. For another, Lance Armstrong shows himself throughout as being hostile towards protocols and established traditions, whether that is regarding his senior year of high school in Plano, Texas or his insistence that his mother come along with him on a meeting with the King of Norway after his victory in the cycling world championships or his refusal to go by the arcane rules of the road in European road cycling. Over and over again Lance seems tone deaf to the demands of the social world he finds himself in, a lone wolf demanding loyalty from others but not being sensitive to the needs and concerns of others, and relying on ruthlessness, predatory aggression, and his own God-given natural gifts and talents. The result is a fascinating look at a man that even at his peak was someone who was quite willing to let the darker side of his personality show, or perhaps had such a dark side that it was impossible for it to be completely hidden however he may have wanted to portray himself.

[1] See, for example:

<https://edgeinducedcohesion.wordpress...>

<https://edgeinducedcohesion.wordpress...>

[2] See, for example:

<https://edgeinducedcohesion.wordpress...>

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## Mahmoud says

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## Jamie says

A friend of mine loaned me this book years ago; he enjoyed it and recommended that I read it. This friend had never loaned me a book before, and since he's a bit more of a jock than me, I thought I might not get the same satisfaction as he did. So I put it on my shelf and considered it from time to time over the years, but finally picked it up when there was nothing else of interest on the shelf.

This book was a pleasant surprise. I have never read any sports books before, and didn't know what to expect. I also thought Lance Armstrong would come off as a cocky overachiever, but after reading the book I have a different level of respect for him and his career. I also have much more respect for cycling as a sport, and the Tour de France as a challenge I will probably never understand.

Of course you know how the book ends and most of the story throughout (amazing cyclist wins many races, fights and beats testicular cancer, comes back to win the Tour de France numerous times) but it doesn't feel like you're reading a story you already know. It's much more personal, insightful, and exciting than that. It's an easy read, and I found myself eager to go to bed at night to read it. I would recommend this to anyone - you don't need to be a sports or cycling enthusiast to appreciate this book.

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## Farnoosh Brock says

On second thought, Lance, I stripped the extra 4 stars I gave you when I first read the book. It just so happens that you were a big fat liar, and now feeling sorry or happy for you is really hard to do.

But here's the original review of the book I wrote, when I had assumed the author was an honest and hard-working person without all the issues he developed during the Tour de France, all of which are entirely 100% his fault.

---- the old review ----

I picked up this book in the juice store in San Jose on a trip in 2007. Someone I knew had given a moving speech on Lance, and I love inspiring stories. The words, the descriptions, and the story, is so deep, and so well-written, that it was incredibly hard to put down. You start to get to know a real person, and all his defeats, his hardship, his anger, and his emergence as a real winner in face of it all. It is the best read in all of my carefully selected dozen books in the last few months. I highly recommend it!!! I love you Lance Armstrong! You are amazing!!

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## Anbu says

I pick up this book to read when I was feeling low with the certain things happened in my personal life. Lance, thru this book helped me realize that anything is achievable and any hurdle could be overcome. Thank you Lance.

I have heard of Lance Armstrong, the man who won the Tour de France record-breaking seven times after recovering from life threatening cancer. So what I expected from this book was a fairy tale of a rider who survived cancer and became successful in the tour. But what I got was totally different and I've become a fan of Lance and the cycling.

Lance's life as a whole is inspiring not only the cancer survival or tour de France victories. He started his career with a cycle on credit. His first bike damaged by a truck driver, second one lost in a life threatening accident but still he never stopped riding. You should definitely have enough courage and determination to continue.

He finished last in the first professional race he participated and was laughed at. I think many of us not trying anything challenging because of the fear of similar reactions. Look at him, he got over it and what are the things he had done.

'What makes a great endurance athlete is the ability to absorb potential embarrassment and to suffer without complaint' is what he said about this incident. I feel this is not only for athlete, this is for all of us who are trying to withstand in this competitive world where only fittest will survive.

This book is an eye opener for me on the cancer and it's diagnosis. The detail account of chemo and effects of it definitely make me understand why it is considered as one of the worst diseases. On these parts of the book, I liked his attitude and determination to win over the disease and come back to the normal life.

When someone tells you're not good to do something, don't simply accept it. Try doing it at least to prove that person is wrong. Lance did it. When Cofidis and many other teams rejected him saying he is no more the athlete who wins the races, he was determined to prove them wrong and you know what happened.

I liked one more quote of him in the book. It is,

Definition of a 'human' as follows, characteristic of people as opposed to God or animals or machines, especially susceptible to weakness and therefore showing the qualities of man.

If you want me to tell he was lucky. I would say in three things. He born in USA, he got a very understanding mother and great coaches. Why I say USA is, he could earn himself about \$20k at the age of 16 by participating in various triathlon events. In India, even the professional athletes who participated in various international events could not even think of earning so much. (Except of course the cricketers).

Secondly, an understanding parent is very important for a career as an athlete. I know many of my friends who have to give up their ambitions in sports just for the sake fulfilling their parents' wishes.

Lance was extremely lucky to have the coach like Chris Carmichael. Whenever his confidence gone low



Chris was there. I heard this from many that a good coach is the reason for more than half you achieved in the arena. Definitely Lance was lucky to have one.

I really liked Lance's frank account of all the things happened in his life, including his initial arrogance, his shortcomings, cancer and infertility. If you ask me to point out one important lesson I learned from this book that would be,

'If a man who had less than 10% chance of surviving, can survive and win over the world by his determination and never give up attitude why can't we, who had very little problems compared to the one he had to overcome.'

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## **Julie says**

This review will probably upset some people, but here it is: I had more respect for Lance Armstrong before I read this book. Now I just think he's pompous, self-absorbed, and egotistical.

So you survived cancer...big deal. What, do you think you deserve a friggin' cookie? People survive cancer every day. People are diagnosed every day. People are re-diagnosed every day. People suffer from treatment every day. People fight insurmountable odds every day. But nobody writes a book about them. Nobody hails them as heroes for exhibiting the most basic human instinct - the need and desire to survive.

And I am completely fed-up with celebrities starting new foundations with themselves as centerpieces because simply supporting an existing organization isn't nearly self-aggrandizing enough. "I wanted to start a foundation, but I was unclear what it would do." Are you serious? If you aren't sure what you'd do with the money raised by your foundation, you have no business starting it. What's wrong with supporting the American Cancer Society?

The other thing that really bothers me: most of the obstacles that had to be overcome were the result of his actions. Why was his cancer so pervasive? He completely ignored the early warning signs. Overcoming such extensive cancer is not a message of hope, he should be the poster child for early-detection. He slammed into a wall so hard most people were sure he was dead, and he had to stop training for several days because of the head injury. Why? He was too dumb to put his helmet back on. It's like a Formula One driver forgetting his seatbelt. He quite literally broke his neck. Why? He failed to account for the possibility that there might be a car...on a road with blind curves. Who cares if there hasn't been anyone on it ever? Roads exist because sometimes people might actually like to drive on them...be prepared.

But at least one thing is right. It isn't about the bike...it's all about him.

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## **♥ Marlene♥ says**

On Wednesday, November 17, 2004 I wrote on bookcrossing:

I had to decide what to read next and decided to read this book. Although I do not like Lance Armstrong I love The Tour de France and want to know as much as I can of the event and the participants. I have heard that this is a very good book and while reading I noticed I forget the arrogant guy who treats the other

cyclists with not enough respect. Now I just want to read how he dealt with the cancer and I know a lot of the names and persons he is talking about which makes it more interesting. will update this journal while reading.

Update November 18 2004 Oh My God. I tried to read this story with an open mind but after the first 2 chapters the way this guy is ranting, it made me sick. This guy is full of himself, does not have any respect for others, he is a narcissistic arse. This is one angry man with one of the hugest ego's I ever experienced in my life! Everybody is tiptoeing around him. Some of the bicycle facts are not correct and the story about Pantani? don't get me started. He made a big show how he gave the win to Pantani. He humiliated Marco which was not unnecessary at all in 2000, calling him El Elefanta (because Marco had big ears) since then I have no respect for this guy and this book proved I was right. He is just an angry little selfish child.

Update: I wrote this nearly 10 years ago. I can't tell you how satisfying it is for me to see this bully finally got his come uppance.

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## **David says**

Lance Armstrong was 25 years old and starting to achieve fame and fortune on the world cycling tour, when he was diagnosed with testicular cancer. He wrote this account in 1999, three years after the initial diagnosis, describing his fight against the disease and the highly improbably comeback that led to his victory in the 1999 Tour de France, cycling's greatest event.

The book describes his youth in Texas - slight of build and not suited for the football that was the passion in his Texas hometown, he turned instead to triathlons as a teenager, and started winning early on. Soon, his whole focus was on cycling.

But that dream appeared to be shattered by the cancer diagnosis. Soon, he was fighting for his life instead of fighting for the lead in a race. Treatments included brain surgery and overwhelming chemotherapy. But he survived, and quickly fought his way back to fitness and international acclaim. He talks much about his relationship to his devoted mother who never gave up on him, and the joy of his marriage and the birth of his first son.

This book will be a personal favorite to me, as a fellow cancer survivor. It drew out memories and emotions that were long forgotten and made me appreciate again the miracles of medical treatment, the blessing of supportive friends and family, and the importance of believing in a dream.

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## **Buggy says**

I really enjoyed this, a fascinating and inspirational read even if you're not a cycling fan or into sports biographies. As the title states this is "not about the bike" well not completely anyways, of course the bike is always present (even on Lance's sickest days when he could barely stand from the chemo treatments he still

managed to go for a wobbly ride around the block) but I would say more than half of this story deals with Lance's brutal battle with cancer and his miraculous recovery. We also learn about his childhood and growing up kinda poor in a single parent home, his early days as a triathlete, falling in love and his 1st marriage (this was written in 2002) and a surprisingly detailed account about the IVF that allowed for the birth of his first child.

It's well written, honest and unflinching, as some of what we read doesn't always paint Armstrong in the most favorable light. Other reviewers have mentioned his ego (huge) and his single mindedness when it came to racing and training, bordering on obsession. I am of the mind that you don't become the best in the world without developing an ego, without becoming preoccupied. I mean it takes everything to get to the top so personal relationships are bound to suffer. On that note while Armstrong praises his (now ex-wife) Kit I was shocked at how he treated her, expecting her life to just revolve around him. At one point she gives up everything in the States and follows him to Europe to just "be there" while he trains, then on a whim Lance quits the tour and he expects her to just pack up the house and follow him back home while he sorts himself out and plays golf.

When Lance is diagnosed with cancer it's the first time in his life that cycling is not the foremost thing in his life however he handles his treatment and recovery like a big race. Finding the right doctors and learning everything he can about his disease. We the reader get the story down to the smallest of details; from the day he just didn't feel well, through diagnosis, gut-wrenching fear, denial, dealing with the backlash from his team and sponsors and then a single minded focus on beating cancer through his day to day struggle through operations, chemo and near death. I actually had no idea just how sick he was, not only was the cancer in his testicle but he also had tumors in his chest and brain, his odds of survival at one point were as low as 20%.

His fight to make a comeback into the cycling world is almost as grim as his cancer itself; no team would touch him so there was a political side as well as a physical side to his return. And just because he was in remission and well enough to race didn't mean his mind was in the game either. I found it fascinating how he entered into a sort of survivor's guilt phase where he didn't want to ride, he just wanted to play golf, eat crappy food and be a bum, like he didn't know how to go back to his life before cancer.

If you're into cycling obviously this is a must read. The longest chapter here deals with his first Tour de France win and it's exhausting and totally exhilarating, leaving me feeling like I was grinding up the Alps and Pyrenees amidst a mass of spandex. (Yay me) There is also a freakin ton of inside information regarding well, just about everything you ever wanted to know about "the Tour" and cycling in general, specifically covering European terms, customs, the training regime and accounts of competitions and what it takes to get there. Yup the doping issue is brought up as well, and because Armstrong was an American winning a European dominated race he was tested persistently,(always negative) with such claims as his cancer treatments had given him an unfair advantage!

322jb4

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## **D.J. says**

It's great that he survived cancer and all, but Lance Armstrong is a self-centered, egotistical jerk. He is so obnoxious and he doesn't even realize it. One review I read said something like "he's just smart enough to realize his story should be inspiring, but just too dumb to know why." The title is appropriate--it's not about the bike, it's about how awesome Lance is and always has been in every way! Don't waste your time reading

this. That about sums it up.

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### **Sandeep says**

Read this years before the doping thing came into limelight.

I must admit, he is a strong man, what he has gone through the years, cannot be simply written off!

Even though on performance enhancers, getting up, practicing each day, regularly, for years together, is not possible by critics, but by very few people, one of them appears to be you.

Rating **3/5**

Cheers,

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### **Kimberly says**

Talk about an inspiring book. He didn't hold back any details when it came to his treatment and struggles with cancer. It makes his accomplishments with the Tour de France that much sweeter in my mind hearing what he went through. I think my biggest take home from the book is that your mindset and attitude towards struggles can make or break you.

I will say that he also showed signs of being quite arrogant and prideful, but in his defense lots of competitive athletes are. If they're not going to believe in themselves and say how great they are who will? Also since the book was written, he divorced his wife that he spoke so highly of and how much she meant to him.

They met after cancer which I always thought they had met before and after a strong connection she stuck through his ups and downs of returning to racing and getting back on the bike post cancer. I found her to be pretty amazing quitting her job and supporting him and his dream by moving to Europe and making a home for his crazy lifestyle during training. Not to mention she went through the emotional roller coaster of having a baby through in vitro since he was infertile from the chemo.

So I won't say that after reading the book I developed a high level of respect for his overall character in relation to his personal life and how he reacts and treats people. I found those aspects to be very unappealing.

Regardless of these flaws he never gave up and he looked at cancer as something that was going to push him and help him to grow instead of his ultimate death. It's no wonder why he's been so accomplished in his career with a mindset like that. Also who doesn't know about his efforts with Livestrong and his cancer awareness? I think he has tried to give back and make a difference and for that he gets bonus points back for what he lacks in my point of view in personality.

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### **Stefani says**

So...I understand that Lance is not a writer - but why hire a ghost-writer that cannot write either?

That aside - "Its Not About the Bike" is a combination cancer survival against the odds/sports prodigy story/inspiration.

Lance seems like an arrogant asshole, its true, but I couldn't help getting all fercleempt when he wins the tour the first time...I love cycling, I am truly fascinate by the mental and physiological processes of true athletes, and this book \*did\* give a little insight.

Maybe with a better writer he would have conveyed how much the cancer changed him...he kept saying that it did, but he didn't show me. Sports book - feh. What can you expect?

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## **Juan says**

You will read a lot of bad reviews stating that the guy is an asshole and that the book is bad because he is a such cocky SOB. Buy you know what? if all of the people that are saying that, together, can even finish the Tour the France, they will write a book about that.

Lets face it, if you can win the tour 7 consecutive times you can write a book about anything. And if, on top of that, you did that after surviving the kind of cancer that this guy had, the book can be 300 pages with just your name on it.

Cocky is good is you can back it up.

Now to the book itself. Its an inspirational story with a fair narrative, but I found some structure problems that keep it from being a 5 stars book.

The book might not be about the bike, but it gives just enough bike to the people that, like me, were looking for it. In fact, the best parts on the book where the cycling parts (the pre-cancer training and the first tour win).

Other than cycling, you'll find a lot of personal information that makes this a very honest book.

Finally, I have to say that I respect him even more after reading this book, and that I loved the parts where he throws dirt at the people that abandoned him when he had cancer.

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