



# Tired of I.T! - How I learned to stop worrying and love the Bicycle

*Dave Conroy*

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## **Tired of I.T! - How I learned to stop worrying and love the Bicycle** Dave Conroy

Spend every waking minute staring at a computer screen. Throw in some self destructive habits. Stir. Repeat. This weekly routine nearly killed him. In a moment of insanity (clarity?), Dave Conroy quit his computer job, sold his belongings and, buying a bicycle, set forth around the world. He hadn't been on a bike in nearly 20 years but you never forget, right?

This is the story of someone who, finding himself caught up in the daily struggle for happiness, took the bold move to step outside his comfort zone. Leaving behind family and friends, he took the first step to reprogram the mind and find inner peace.

For anyone interested in taking that step away from the daily grind, the hustle and bustle of structure, burned out from Information Technology, wanting to embark on a long term journey by bicycle this should appeal to you.

**This is the Black and White edition**

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