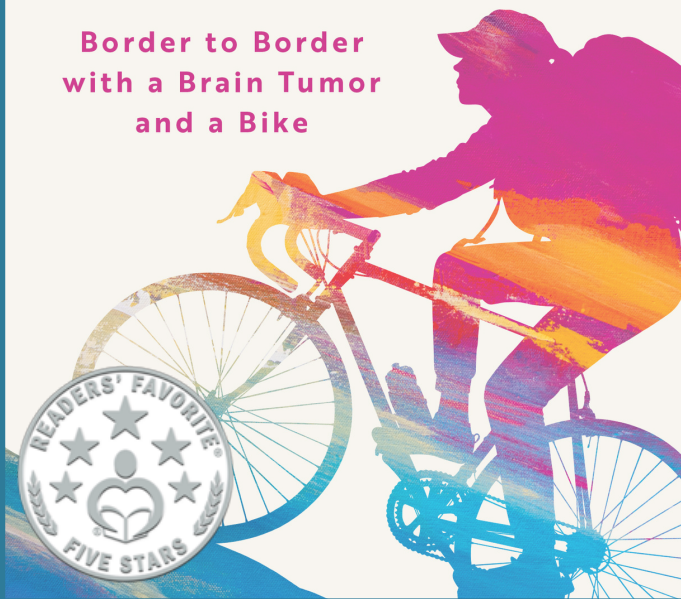


RISA AUGUST

# the road unpaved

Border to Border  
with a Brain Tumor  
and a Bike



## Lessons on shifting perspective and living a life without limits

Author: Risa August

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## Navigating life's roadblocks...

1845 miles.

41 days.

12 cyclists.

1 brain tumor named Bubba.

After a shocking diagnosis for a rare pituitary disease and with her eighteen-year marriage in shambles, Risa's life has fallen far from picture-perfect. Recovering from brain surgery and desperate to get back to her former self, she signs up for the bike tour of a lifetime—six weeks from Canada to Mexico on the Pacific Coast Highway.

The old Risa could have done the ride in her sleep, but for the new Risa, trapped in a body that no longer feels like her own and stuck in the company of her brain tumor, Bubba, the ride becomes a challenge unlike anything she's ever faced.

As Risa pedals through rain, pain, and the ghosts of her memories, she wonders if the woman she once was will ever return or whether the new woman rising up in her place might just be the person she was meant to be all along.

A remarkable story of transformation and resilience, *The Road Unpaved* speaks to shifting gears to navigate life's roadblocks and live a life without limits—a life fully unleashed.

## Praise and Kudos

"The Road Unpaved is a testament to the power of the human spirit!"

—Maureen Manley, MA, resilience speaker, coach, and consultant, former member of the US National Women's Cycling Team

"Risa gives the reader an honest, intimate look at a herculean physical effort while revealing a very personal struggle with this brutal disease.

—Jorge D Faccinetti, Chairman Pituitary World News

## About the Author

Risa August is an inspirational speaker and coach. Her life experiences, Gestalt and coach training, mindfulness practices, and unstoppable energy have paved the way for her to shift perspectives and inspire others.

To learn more go to [risaaugust.com](http://risaaugust.com)

