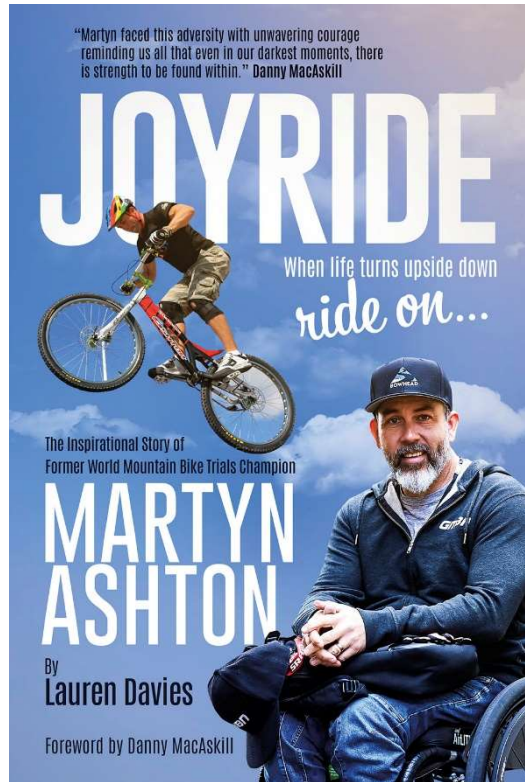




Title information



Joyride

The Inspirational Story of Former World Mountain Bike Trials Champion Martyn Ashton

By Lauren Davies

Key features

- Powerful and inspiring life story of a former world champion trials cyclist who suffered life-changing injuries
- Beautifully written with his co-author Lauren Davies, Martyn take the reader on a journey of discovery as he refuses to let his accident define him
- Now an inspirational speaker and TV presenter, Martin has a huge fan base across his social media accounts and YouTube channel
- Includes a foreword by Danny MacAskill and a powerful picture section accompanies the text and helps tell Martyn's incredible life story
- Publicity campaign planned including radio, newspapers, websites, podcasts and magazines

Description

Joyride is the empowering story of the inspirational, iconic former World Champion Trials Cyclist and pioneering paraplegic, Martyn Ashton. Beginning with his life-altering accident, it follows Martyn as he discovers the power in facing one of the worst things one can imagine and realising he can take it. Including conversations with legendary trials rider Danny MacAskill and others, *Joyride* explores Martyn's ability to cope with previously unimaginable physical and mental health challenges. Martyn believes we all possess an inner strength that we can call upon when we need it most and shares his strategies for finding that strength. For a man who describes himself as 'unremarkable', Martyn approaches each stage of rehabilitation with remarkable humility, humour and positivity. He blazes a trail as the first paraplegic to get back on two wheels, creates film content that attracts millions of views and is a motivational speaker, TV presenter, husband and father. This is his story... when life turns upside down, ride on...

Details

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