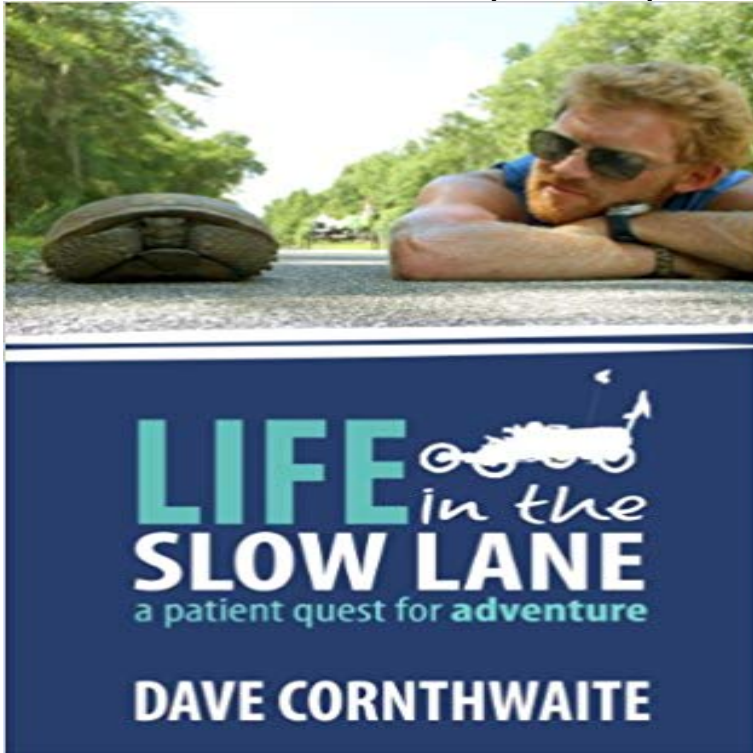


Life in the Slow Lane: a patient quest for adventure



Six years after quitting a job in order to chase his passions, Dave Cornthwaite hit a crossroads: one way, consistency. The other, adventure. Driven by a promise never to get caught up in the rat race again, the next eight months became a resolution to travelling slow, appreciating life by moments, welcoming the kindness of strangers and embracing as many new opportunities as possible. From the relative solitude of a sailing voyage across the Pacific to a dangerous yet soul-enriching ride through the American South on a unique four-wheeled Bikecar, Dave's determination, grit and indomitable humour is matched by candid, enthralling storytelling that will have you selling all your stuff and rethinking your priorities before heading out in search of a life changing adventure. This is a story about what can happen if you follow your heart and allow the smallest seed to transform into something so much bigger. Not just once, but time and time again.

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