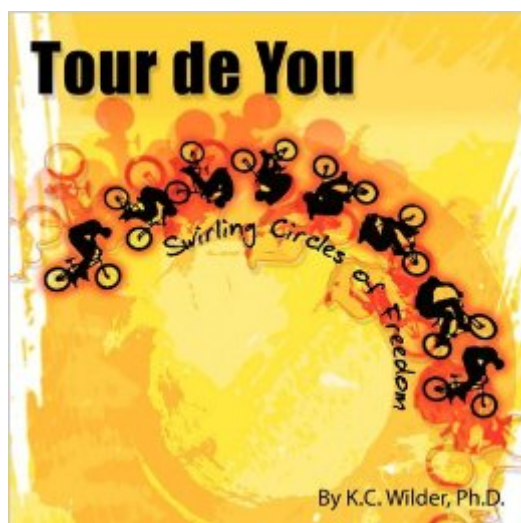


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# Tour De You: Swirling Circles Of Freedom



## Synopsis

Tour de You: Swirling Circles of Freedom was created with K.C. Wilder, Ph.D.'s children in mind. She searched for an inspirational sports themed book for her two boys who are seven and five, and did not find the message that she wanted to pass along to her children. After her initial search she decided that with the input from her boys that she could write a book of her own that motivated them to always do their best.

## Book Information

Paperback: 24 pages

Publisher: AuthorHouse (November 23, 2010)

Language: English

ISBN-10: 1452010994

ISBN-13: 978-1452010991

Product Dimensions: 8.5 x 0.1 x 8.5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #3,487,094 in Books (See Top 100 in Books) #63 in [Books > Teens > Personal Health > Fitness & Exercise](#) #66 in [Books > Children's Books > Sports & Outdoors > Cycling](#) #340 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#)

## Customer Reviews

This is a very sweet and fun picture book that imparts a wonderful message about living life positively. The author, a sports psychologist, used cycling as a metaphor. The graphics are fabulous. It is very colorful and the words have a really nice rhythm. I especially liked the emphasis on staying true to yourself. I think any youngster would enjoy the tempo and the feeling of movement in the graphics and parents will appreciate the positive message. Definitely recommended!

I read this book with my daughter who has aniridia, a genetic condition that left her with no depth perception and low vision. There is no cure for this in the scientific community. We adapt with what we have to work with, work through the rough spots and celebrate life's crowning glories. Upon reading this book, she and I felt that this book was talking to us. Although my child cannot ride a bike she does competitive horseback riding and that is our metaphor. Recently, she fell off as the horse became spooked. As Ms. Wilder promotes, my daughter found her inner strength to not only

get up but to walk the horse until he was calm and remount. Our life together as a visually impaired team (player and her coach) just poured with love and strength from this book. I hope that parent's of visually impaired will find comfort, strength and inspiration from this book as I did. We will absolutely read this when life's moments call for it.

I'm always looking for great books that impart an inspirational message while conveying fundamental lessons for life. Dr. Wilder accomplished this feat with Tour de You. During my first read of the story, I easily picked out several messages that resonated with my current work/life--surprising considering this is supposed to be a "children's book". In my second read, I was taken by the imaginative graphics that Dr. Wilder chose to accompany her words. And by my third reading, I was thinking of those within my circle of friends and family who could benefit from hearing Tour de You's wisdom. Whether you purchase this book as a friendly reminder to yourself or as a motivational gift to an important someone else, you'll love it.

This is a children's book with an adult message. This book is for everyone, whether you are just learning to read, a parent or single (I am single and 54 yrs.). It is a quick read, but it is full of inspiration and lessons about setting goals, obstacles, challenges and the freedom that comes from doing your best. It is a great book to read to your kids if they have had a rough day. It is a reminder to stay focused on the important things in life. Bonus points for vocabulary words your kids will learn reading this book, that they probably will not learn in grade school.

Good things do come in small packages! KC Wilder really proved it in her insightful, clever and imaginative book that is a treat for all ages. I think the world needs more of this delightful humor and creativity. I can just imagine reading this lovely book to my little grandchildren. Jerome Barry, Director, The Embassy Series (we work a lot with children!)

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