**\*\*\*\*\* News Release \*\*\*\*\***

**For Immediate Release**

**HOW ABOUT PUTTING SOME ADVENTURE BACK INTO LIFE?**

Many people today have come to realize that they are stuck. A struggling economy, overextended credit, mounting stress, or simply the feeling of being held hostage by unchanging circumstances has sucked the life right out of them. Still others find themselves without meaningful companionship. When adventure is gone and dreams fade, what remains?

Midlife is often rued as an unwelcome intruder. We don’t always see it coming, but we certainly know it has arrived. Physical decline and mental fatigue seem more determined than ever. For some, midlife is the beginning of the end. Yet, wisdom and experience accompany its inevitable arrival. Embracing change in midlife rather than sticking with what isn’t working can transform a mundane daily routine into a new and exciting season of life.

Such was the case for Tim and Debbie Bishop. Their personal story, *Two Are Better: Midlife Newlyweds Bicycle Coast to Coast,* offers hope and inspires change. “Framed within a coast-to-coast biking odyssey with its daunting challenges lies a deeper and engaging view of discovering ourselves, our relationship with a loved one, spiritual connections, and answers to the nagging quest for juggling our priorities. *Two Are Better* will no doubt inspire you, but the fun in these pages is riding along with the Bishops.” So states early reviewer Scott Emack. The honest and open account of two mid-lifers wrestling with their calling underscores the value in reassessing goals, taking action to pursue them, and simplifying life. Midlife and change can be friends capable of bringing one to a higher level of living.

Authors Tim and Debbie Bishop understand midlife change. Lifelong singles until 52 and entrenched in long-term professional jobs, they broke free by marrying one another and starting a new season of life together. Discovering marriage from the seat of a bicycle on their self-supported, cross-country bicycle tour came with some interesting twists and turns! Both are now Hope Coaches for TheHopeLine, an organization that seeks to reach, rescue, and restore hurting youth.

*Two Are Better: Midlife Newlyweds Bicycle Coast to Coast,* published by Open Road Press, retails for $19.95 US. The book has a projected publication date of May 15, 2013. You can learn more about the book at [www.openroadpress.com](http://www.openroadpress.com).

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