**FOR IMMEDIATE RELEASE**

**Cycling Couple Shares Life Lessons in Newest Book**

***Publishers Weekly selects book for review; Authors Tim and Debbie Bishop available for interviews***

THOMPSON’S STATION, TENNESSEE – September 1, 2016 – While bicycling over 10,000 miles on self-supported tours across America, Tim and Debbie Bishop discovered wisdom and truth from the seat of a bicycle. Now, they have compiled their inspirational encounters from the road in *Wheels of Wisdom: Life Lessons for the Restless Spirit*.

“We’re targeting people who want more out of life,” stated Tim Bishop. “We wrote *Wheels of Wisdom* for those who enjoy creative approaches to exploring meaning and purpose. We want this book to make a difference in people’s lives, but we don’t think people want a steady diet of teaching or preaching. We think sharing authentically from personal experience is a better approach. Learning and growing can be adventuresome and fun.”

A recent *Publishers Weekly* review said, “Those looking for a road map for life can get directions from the Bishops…. The coauthors share stories and insights cleverly separated into six thematic sections…. The book incorporates faith without unnecessary preaching.” *Wheels of Wisdom* has received accolades from three CEOs, a *New York Times* bestselling author, a head coach of a major collegiate basketball program, and the executive director of Adventure Cycling.

The Bishops are no strangers to writing and publishing. They produced *Two Are Better* and *Bicycle Touring How-To* in 2013. Thereafter, Tim penned *Hedging Commodity Price Risk* while Debbie shared her personal story as a featured author in *Love is Out There* by Melissa Williams-Pope. Simultaneous with the release of *Wheels of Wisdom* comes *Metaphors in Motion: Wisdom from the Open Road*, a teaser e-book with eight more life lessons.

Exactly what is a life lesson? Debbie explained, “We were cycling through Kentucky on our last tour when Tim blew his ‘dog whistle’ on my complaining. It was yet another ‘aha moment’ based on an important principle. When you allow others to hold you accountable, you can keep a bad habit in check. Some of our lessons are very practical like this one while others are deeper and touch on spirituality.”

Single professionals until the age of 52, the Bishops married and started a new season of life together in 2010. They are volunteer Hope Coaches for 13- to 29-year-olds on TheHopeLine, an organization for which they toured in 2014 to raise awareness and funds. In addition, Debbie teaches young people to read while Tim consults with businesses, writes, and markets their books. They live in Thompson’s Station, Tennessee.

Published in July 2016, *Wheels of Wisdom: Life Lessons for the Restless Spirit* retails for $14.99 and is distributed by Bookmasters dba Atlas Books. Learn more at [www.openroadpress.com](http://www.openroadpress.com).

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