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## The Practical Bike Handbook

Own, Repair, Maintain

Authors: Laurent Belando - Louise Roussel

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Learn enough about your bike to be a truly self-sufficient, independent owner.

A guide for curious cyclists who want to know their bikes inside and out. Everything you need to know about owning, maintaining, and repairing your bicycle. For beginners as well as experienced riders. At a time when we're all trying to reduce our carbon footprint, cycling seems to be the obvious solution. In this book, Laurent Belando will give you his tips on selecting, purchasing, maintaining, repairing, and adapting your bike. Know your bike by heart, and become truly self-sufficient!

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