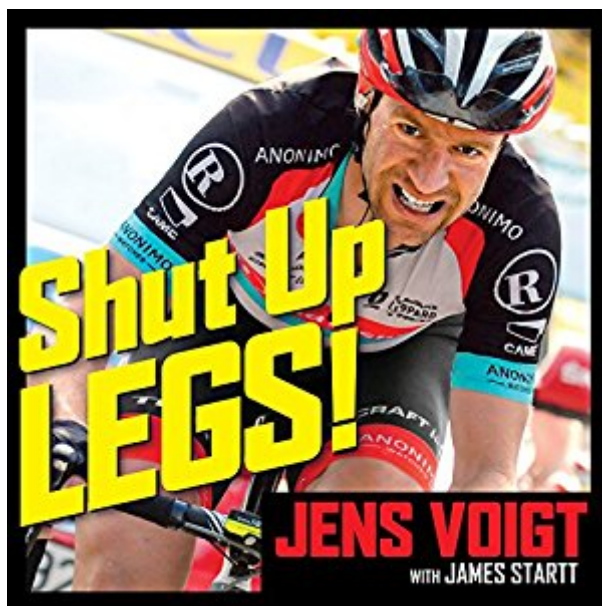


The book was found

# Shut Up, Legs!: My Wild Ride On And Off The Bike



## Synopsis

Beloved German cyclist Jens Voigt isn't a superstar in the traditional sense of the word. Although he won three stages of the Tour de France - and wore the yellow jersey twice - Voigt never claimed an overall victory. He became a star because he embodies qualities that go beyond winning and losing: sacrifice, selflessness, reliability, and devotion. European and American crowds were drawn to his aggressive riding style, outgoing nature, and refreshing realness. Voigt adopted a tireless work ethic that he carried throughout his career. In *Shut Up, Legs!* (a legendary Jensism), Voigt reflects upon his childhood in East Germany, juggling life as a professional cyclist and a father of six, and how he remained competitive without doping. *Shut Up, Legs!* offers a rare glimpse inside his heart and mind.

## Book Information

Audible Audio Edition

Listening Length: 6 hours and 57 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: August 16, 2016

Language: English

ASIN: B01JPEV8G6

Best Sellers Rank: #103 in Books > Sports & Outdoors > Individual Sports > Cycling #278

in Books > Audible Audiobooks > Nonfiction > Sports & Recreation #739 in Books >

Biographies & Memoirs > Sports & Outdoors

## Customer Reviews

I started watching cycling in the early 2000's so Jens has been a part of the narrative for the entire time. He was the most character filled rider in the peloton. He used social media to bolster his appeal, I believe, in an extremely savvy way - even if it was not planned. Jens just opens his mouth and you pay attention because he is so freaking hilarious. Reading this book is like listening to him speak. It's a great light read. I don't read biographies for the most part but if you're a fan of Jens then this is a must!

The best cycling book I have ever read. Jens has a great style of writing that feels like you are listening to him talk as you read the book. Some great insight into the doping scandals, but most of

all his tenacity as a breakaway specialist and overall pain-giver in the peloton. I am sure he is a great guy and as far as cyclists go pretty humble. But I have not met a cyclist yet who doesn't have a touch of arrogance, including Jens Voigt.

A personal look into his East German lifestyle, amateur cycling, and professional career. His passion for life, career, family, and hobbies emanates from him. Fortunately, he did not fall into the prima donna status that has plagued many successful athletes, which is one of the many reasons that he was and still is beloved by the fans.

I had the great pleasure of attending a meet and greet with Jens last year. Reading this book was just like sitting in the room with him and listening to his tales. He is hands down one of the best story tellers I have ever encountered. This book was such a delight to read. If you don't know much about the cycling world, or Jens Voigt, I guarantee you'll want to hang out with him and have a beer with him and hope he'll be your best friend after reading this.

Loved the book!! Easy to read, informative book. Would recommend to any one interested in bicycle racing.

I enjoyed watching Jen's and this was an enjoyable read about his life and career. Fascinating early years that established an awesome work ethic that should be inspiring to many in their own careers.

Buy this book! I always thought Jens Voigt was an awesome cycling personality. I didn't know how much stuff he went through in his life to get to where he is now. Super interesting background, intelligent, thought provoking and articulate. I'll read this one again.

The only way to read this book is as though Jensie is reading to you! It makes the book much more enjoyable and super funny. The family met Jensie at the 2016 TOC Santa Rosa stage at his book signing. Jensie couldn't have been nicer. He wasn't in a rush, he held one of our sons (Lukas) for the photo! What can I say, just a super super guy. If you like cycling, this book is tops. Finished reading it in three days.

[Download to continue reading...](#)

Shut Up, Legs!: My Wild Ride on and off the Bike Legs that Won't Quit : 30 Days to Slimmer Sexier thighs and Legs Attract Women: Unlock Her Legs: How to Effortlessly Attract Women and Become

the Man Women Unlock Their Legs For (Dating Advice for Men to Attract Women) Mountain Bike Book: An Instant Reference to Mountain Bike Maintenance and Mountain Bike Training Mountain Bike Way of Knowledge: A cartoon self-help manual on riding technique and general mountain bike craziness . . . (Mountain Bike Books) Mountain Bike America: New Hampshire/Maine: An Atlas of New Hampshire and Souther Maine's Greatest Off-Road Bicycle Rides (Mountain Bike America Guides) Mountain Bike America: Washington, D.C./ Baltimore, 3rd: An Atlas of Washington D.C. and Baltimore's Greatest Off-Road Bicycle Rides (Mountain Bike America Guides) Mountain Bike America: Greater Philadelphia: An Atlas of the Delaware Valley's Greatest Off-Road Bicycle Rides: Includes Philadelphia, Jim Thorpe, New ... Delaware (Mountain Bike America Guides) Mountain Bike America: Ohio: An Atlas of Ohio's Greatest Off-Road Bicycle Rides (Mountain Bike America Guides) Mountain Bike America: Moab: An Atlas of Moab, Utah's Greatest Off-Road Bicycle Rides (Mountain Bike America Guides) Wild Men, Wild Alaska: Finding What Lies Beyond the Limits (Wild Men, Wild Alaska Series Book 1) Foraging: A Beginners Guide To Foraging Wild Edible Plants (foraging, wild edible plants, foraging wild edible plants, foraging for beginners, foraging wild edible plants free,) How to Ride Off-Road Motorcycles: Key Skills and Advanced Training for All Off-Road, Motocross, and Dual-Sport Riders The Hidden Magic of Walt Disney World Trivia: A Ride-by-Ride Exploration of the History, Facts, and Secrets Behind the Magic Kingdom, Epcot, Disney's Hollywood Studios, and Disney's Animal Kingdom When You Ride Alone You Ride with bin Laden: What the Government Should Be Telling Us to Help Fight the War on Terrorism Maximum Ride Box Set (Maximum Ride, School's Out Forever, Saving the World) Ride Guide North Jersey (Ride Guides) Ride Guide Hudson Valley, New Paltz to Staten Island (Ride Guides) Ride Your Way Lean: The Ultimate Plan for Burning Fat and Getting Fit on a Bike Alpine Passes by Road Bike: 100 routes through the Alps and how to ride them

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)