

NEW RELEASE 2013

# Healthy Kids. Happy Kids

## THE MAGIC OF CYCLING

LYNDON YEO



**HEALTHY KIDS. HAPPY KIDS** is a treasure trove of wisdom on inspiring and nurturing healthy and happy kids. Conceived by social entrepreneur and cycling enthusiast Lyndon Yeo, the book is a delightful collection of short articles and quotes, zealously contributed by parents, professionals, doctors, child experts, counsellors and educators. Truly, the health and happiness of our kids depend on the collective wisdom and support of people coming from all walks of life. Read and be inspired by every gem of insights, observations and experiences stored in this little book. They are simply, priceless.

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## ABOUT THE AUTHOR

A social entrepreneur, media consultant, and cycling enthusiast, **LYNDON YEO** is inspired by those around him who have a passion for the lives of others. He is motivated by friends and loved ones who have shared with him their personal experiences in raising healthy, happy children along with the challenges they face as parents. Married with three children, Lyndon has learnt from them as much as he tries to impart his life experiences to.



## CYCLING AND I

“I’ve been fascinated with bicycles since the age of four. I come from a large family of nine children and my parents could not afford to buy any of us bicycles then. My older siblings would borrow our neighbours’ bicycle and, as the youngest child, I had the privilege to sit and ride on the bicycle. Every time I rode, I would be overwhelmed by a strange, but exhilarating feeling of ‘freedom’. It was as if I was being transported to another world, away from the cares of this world. As a child, the feeling was indescribable. I was happy.”

**LYNDON YEO**

EXTRACT FROM THE BOOK