



Women, Motorcycles and the Road to Empowerment: Fifty Inspirational Stories of Adventure and Self-Discovery

Liz Jansen

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Journey to the Power Within

Illuminate your Power

Using her own story as a framework, Jansen integrates interviews with forty-nine other women whose stories illustrate a literal and symbolic common message of empowerment; how they have tapped into their power and how it has shaped their lives. They represent all disciplines of riding and come from diverse backgrounds; including one of Hollywood's top stuntwomen, federal politicians, artists, activists, adventurers, business leaders, racers and a dental hygienist.

Erase False Beliefs and Behavior Patterns that don't Work

From an early age, cultural training teaches us societal norms and expectations; behaviors which play out in life, and in one's approach to riding a motorcycle. Stories reflect how the environment in which we're raised can affect our perception of our personal capabilities. The education we receive during this time will either nourish us or conceal our wild nature.

Motorcycles are introduced as vehicles of change and empowerment, illustrating how for some women, they expose undiscovered strengths and open up a whole new world of possibilities.

Jansen goes on to depict experiences where women, restless and no longer satisfied with the status quo, felt called to step outside of their comfort zone. As frightening as it was, their ability to persist and push past their comfort zone became a key contributor to their empowerment, and the rewards that came with it.

Real-life examples continue the empowerment theme by illustrating what happens when we allow our hearts to guide us and surrender our fears and perception of control. We learn lessons on faith, trust and believing in ourselves; the foundation of empowerment.

Live the Life You Were Meant to Live

Ultimately, we ride our own ride; live our own life, and cut our own path. We learn to love who we are and embody empowerment and joyful living in all aspects of our life. We learn to trust our power and gain confidence in using it effectively. It's always there. All we have to do is call on it.

While motorcycles are the vehicle of transformation for these women, it's not necessary to ride motorcycles or be a woman to understand the universal message in *Women, Motorcycles and the Road to Empowerment*. Readers see themselves repeatedly in its pages. The stories illustrate how learning to embrace and overcome life's challenges and reap the rewards, weaves an exquisite tapestry of empowerment that becomes the

picture of who we are.

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