



# Changing Gears

*Greg Foyster*

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## **Changing Gears** Greg Foyster

Greg Foyster quits his job in advertising and decides to live more simply. Looking for inspiration, he and his partner Sophie cycle from Melbourne to Far North Queensland (via Tasmania, naturally) scouting out ideas.

Preposterously underprepared, they are propelled by the inspiring and eccentric characters they meet along the way – from a forest activist living up a tree to an 18th-century woodsman and a monk walking barefoot through Queensland.

Featuring eye-opening encounters with DIY downshiffters and leading figures in sustainability, *Changing Gears* is a jaunty adventure that explores an important question for the future: can we be happier with less?

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#### **Joan Beverly:**

Playing with family in the park, coming to see the sea world or hanging out with close friends is thing that usually you could have done when you have spare time, and then why you don't try thing that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Changing Gears, you could enjoy both. It is great combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout men. What? Still don't obtain it, oh come on its called reading friends.

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