

Do It Anyway: A 50-Year-Old Woman Conquers Fear on a 10,000-Mile Motorcycle Trek.

When C. Jane Taylor was a little girl, her mother owned the motorcycle shop, Honda of Ann Arbor. Motorcycles colored her childhood until she and her family moved to Northern Michigan and later to Vermont. After a forty-year hiatus, she re-learned to ride a motorcycle at the age of 50. She was afraid of her dirt driveway, afraid of dropping her 450-pound bike, afraid of up-hill starts, afraid of the tight curves called twisties by experienced motorcycle riders. She took a 10,000-mile cross-country road trip anyway.

Three days after her son's college graduation, the author set off with him and her yoga-teacher husband (his stepdad) on a motorcycle adventure that took them into uncharted territory-both as novice riders, and as a family.

This family trek is the subject of *Spirit Traffic: A Mother's Journey of Self-discovery and Letting Go*. The book is a dynamic and heartfelt exploration of midlife transformation that captures the often-overlooked nuances of the Midwest, the deep-rooted magic of the Navajo Nation, the grandeur of National Parks, and the beauty of the West Coast.

As if in the saddle of her dual-sport BMW, the reader experiences the good, the bad, and the heartbreak of her journey as a soon-to-be-empty-nester grappling with impermanence, sexuality, hot flashes, high winds, and tailgating tour buses.

Starting out fearful and unsure, the author is pushed beyond self-imposed physical and emotional limitations on a rollicking journey that ultimately freed her to redefine what it means to be a woman, wife, and mother.

Spirit Traffic is at once a colorful travelogue of a bucket-list bikers' route across America and an unflinching memoir of a middle-aged mom conquering her fears (on and off her motorcycle), unpacking a complicated childhood, and ultimately, learning to let go of her only child.

The book will be released April 19, preceded by a Book Launch party at [ArtsRiot](#) in Burlington, Vermont. On April 18, ArtsRiot will be converted into a Motorcycle Clubhouse for the night with local motorcycle dealers presenting new and vintage bikes and gear. C. Jane Taylor will kick off the celebration of storytelling, adventure, and community with a reading from her highly anticipated new book. The reading will be followed by audience members sharing their own true personal stories on the theme "Adventure as I See It." Adventurers and wannabes of all stripes will enjoy an evening of storytelling, bar games, motorcycles, and dancing.

The print, audio, and e-book is available for pre-order at cjanetaylor.com and at bookshop.org. After the 19th *Spirit Traffic* will be available wherever books are sold.

The launch will be followed by a barnstorming book tour (by motorcycle) with readings at independent bookstores, libraries, house parties, and at a variety of venues across the country. The first leg of the tour will include New England and New York. The second leg of the tour will retrace the cross-country route depicted in *Spirit Traffic*. Go to <https://cjanetaylor.com/barnstorm/> to find or schedule a reading.