



# **Fat, Forty, and Fired: One Man's Frank, Funny, and Inspiring Account of Losing His Job and Finding His Life**

*Nigel Marsh*

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"Homer Simpson meets Anthony Robbins. Marsh's honesty and humanity make *Fat, Forty, and Fired* essential reading for anyone whose life has ever hit a roadblock. Hilarious and inspiring." --Bob Rosner, best-selling author and internationally syndicated *Working Wounded* columnist

"An extremely funny and touching account of how someone can use humor and optimism to put adversity into perspective. Marsh's warm and distinctive view of life lights up every page and makes this a thoroughly enjoyable read." --Paul Wilson, author of *The Little Book of Calm*

"I can pinpoint the precise moment when I realized my transformation from 'executive dad' to 'guy who doesn't work' was complete." --Nigel Marsh

Take Dave Barry, Jack Welch, Homer Simpson, and Ray Romano, mix in a family, a little weight gain, failure, introspection, and redemption, and you have Nigel Marsh's international best-selling autobiography.

As a stressed husband and father of four small children under the age of eight, Nigel Marsh was enslaved to his mortgage, recuperating from an embarrassing surgery, and suddenly fired from his corporate career. Deciding to venture "off the treadmill" in search of a more meaningful and balanced existence, Marsh tackled the art of hands-on parenting while simultaneously training for an ocean swimming race and coming to terms with his alcoholism. Touching on topics ranging from marital sex (or lack thereof), dieting, and parenthood to work, love, football, religion, self-help books, and sharks, Marsh makes his U.S. debut after enjoying best-seller status in Australia and the U.K. with this provocative and funny book.

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