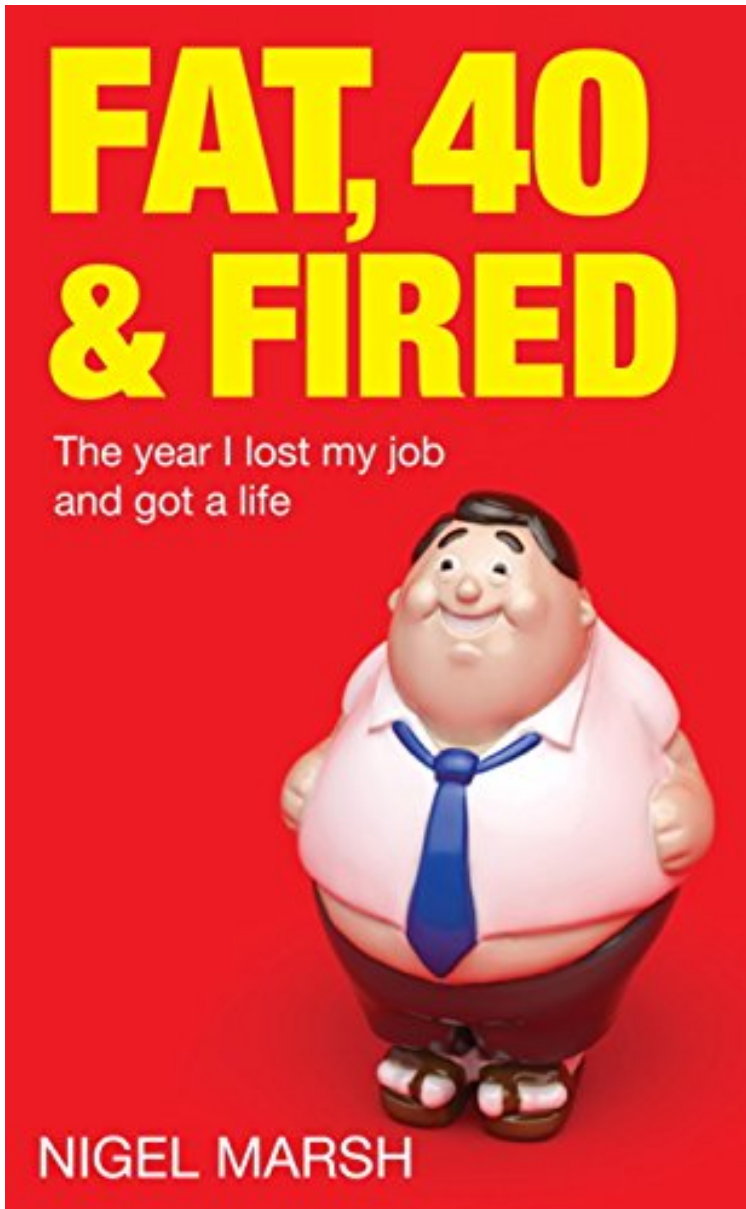


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# Fat, Forty And Fired: The year I lost my job and got a life (English Edition)



*Par Nigel Marsh*  
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## Description :

Prsentation de l'diteurApproaching forty, Nigel Marsh's life seems almost perfect: he has moved with his family from the UK to Sydney and runs the Australian office of a leading advertising agency. However, he is also stressed, overweight and struggling to balance a career, a marriage and the demands of four small children.But everything changes when he loses his job.After the initial shock of redundancy, Marsh decides

to embrace life outside the office and reconnect with his family. *FAT, FORTY AND FIRED* is the hilarious, insightful and deeply moving account of his 'gap year' at home, as he rediscovers fatherhood, loses twenty kilograms, kicks his drinking habit, trains for an ocean swim race and generally gets his house in order. *FAT, FORTY AND FIRED* is a story for anyone who has dreamed about leaving the rat race behind and living a more meaningful life. From Publishers Weekly

Recounting the life he led during the nine months he was not working, Marsh opens with his operation for "anal fistula"; the six-week convalescence enables him to reflect on his next step after learning that the firm he runs in Sydney, Australia, is being closed. Breaking open the family nest egg, he decides to escape the pattern of "enforced inertia that kept men in a tie and at the office" and to take a year off. Marsh's epiphanies during his hiatus include the realization that he is fat, but more poignantly, that he is an alcoholic. While the light tone of the book sometimes undermines his struggle with alcohol, Marsh clearly takes it seriously. The strength of the memoir lies in the intimate and often humorous moments he shares as he reconnects with his wife and four children. Whether it is his preschool-aged daughter announcing to her gymnastics teacher, "We don't touch Daddy's willy because it's dirty," or the more somber account of his wife talking him out of having a glass of wine, Marsh is at his best in vignettes. The narrative slows in the middle, during a European trip with his wife, but when Marsh finally re-enters the workforce, he does so recognizing that instead of obsessing about the time he misses with his family, he should enjoy the moments he has. (May) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Booklist When a business misadventure offers Marsh the opportunity to take a hiatus from work, he expects to spend some time relaxing with his wife and four young children, rediscovering his family after years as a CEO in Australia. He didn't count on rediscovering himself. This is the touching and laugh-out-loud funny story of a man who embarked on a life-changing odyssey without the slightest clue about what to expect. The book has plenty of the usual comic episodes (see Dad try to get his kids to school on time! Watch as his daughter embarrasses him in front of the foxy gym instructor!), but it also tackles some serious issues. In order to avoid having his dream of "dropping out" become a nightmare, Marsh and his family not only had to adjust to a reduced standard of living but also had to learn how to balance the sudden abundance of "free time" with a seemingly endless list of new things to learn. A very funny but also enlightening and inspiring memoir. David Pitt Copyright American Library Association. All rights reserved