



The Oarsome Adventures of a Fat Boy Rower: How I went from couch potato to Atlantic rowing race winner

Kevin Biggar

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This is a story about trying to find happiness. There is a strange trick to being happy. You have to think certain things, believe certain things and hold your tongue the right way. This is the story of how Kevin Biggar lost the trick and found it again. There's quite a bit about rowing as well. If you are in a hurry here are the contents of this book in 150 words or less:

"I stop being immortal. I have a traumatic pizza ordering experience and realize I am very unhappy. I quit my job, girlfriend, house and go live with my mother. I watch a lot of daytime TV. The 'How's Life' show decides that I row the Atlantic. I team up with the original Naked Rower, we struggle to raise money, start building the boat, start training insanely. I lose the plot. Find a rowing partner, lose a rowing partner, get another rowing partner - Jamie. Meet Hot Polish Girl with cold hands. Start the race (badly). Row into storm. Take the lead. Row. Lose the lead. Row. Attempt a Big Push. Nothing happens. More rowing. Hallucinations. Slowly catch up! Another storm. Neck and neck as we sprint to the finish. Capsize and get thrown out of the boat. Get to Barbados! Yay! Get protested against. Boo! Media circus. Win at the protest hearing. Still living with Mum."

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