



Fit, Fifty and Fired Up

Nigel Marsh

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From the author of *Fat, Forty and Fired* comes another thought-provoking memoir that will make you laugh—and want to make the most of your life

Are you working your guts out at a job you don't particularly like, to buy things you don't particularly need? Would you like to spend more time with your family and less time at work? Do you ever wonder what it would be like to really love what you do? Ten years after *Fat, Forty and Fired*, Nigel Marsh steps off the hamster wheel (again) to grapple with these and other less weighty questions, like *Where the hell has my wife left the cordless phone?* and *How do I dress my daughter as a bride for school in 10 minutes?* Written with Nigel's customary humor and honesty, this is a must-read for anyone who's ever dreamed of taking a risk to live a life they feel passionate about.

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