



One Midlife Crisis and a Speedo

Darrel Bristow-Bovey

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If you don't choose your midlife crisis, your crisis will choose you.

Darrel Bristow-Bovey has tried his best to deny to himself that he's getting older, but you can't hide from the truth in the changing-room mirror. One day, surrounded by sharks on a small boat in the Indian Ocean, he suddenly realises his midlife crisis is already under way. Running a gauntlet of bucket lists, prostate examinations and sexual misadventures, Darrel sets himself a task: to follow in the footsteps of Lord Byron and the Greek hero Hercules and swim across the Dardanelles in Turkey.

The only problem is that he's old and tried and lazy and can't swim very well.

One Midlife Crisis and a Speedo is a warm, witty, eventually wise journey into the terrors and absurdities and grumpy compensations of middle age that will speak to every man and woman who has ever noticed that time is ticking by faster every day.

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