



# The Fat Paddler

*Sean Smith*

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*Sean Smith*

## **The Fat Paddler** Sean Smith

An uplifting story of how a severely damaged man courageously struggled to regain his health. . . and discovered a new joy for living. This is the extraordinary tale of an ordinary man's recovery from physical and mental trauma. Over an eight-year period, Sean Smith survived two major car accidents as well as the Bali Bombing in 2002. These incidents left him with significant physical and mental injuries, including obesity and heart problems, and set him on a path to likely premature death. At a low point in his life, Sean accepted the challenge from friends to compete in a kayak ultramarathon. With only seven months' preparation and despite early failures, he persevered. So began his recovery. His enthusiasm for new adventures lit a passion in him for the outdoors—and the Fat Paddler was born.

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