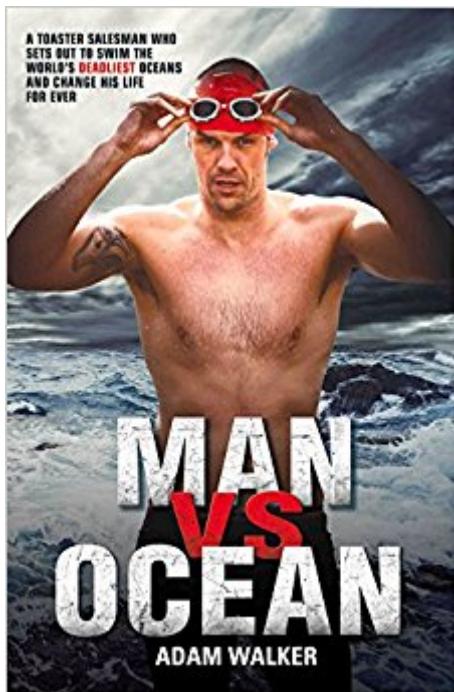


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# Man Vs Ocean: A Toaster Salesman Who Sets Out To Swim The World's Deadliest Oceans And Change His Life For Ever



## Synopsis

Adam Walker is not your everyday record-breaking sportsman. He took on arguably the toughest extreme sport on the planetâ "to swim non-stop across seven of the world&#39;s deadliest oceans wearing only swim trunks, cap and goggles. It is not a test for the faint-hearted: swimmers face freezing temperatures, huge swells and treacherous currents, potentially deadly marine life (from sharks to Portuguese men o&#39; war), vomiting and burning off a week&#39;s calories in a single swim. In 2007, Adam, then a toaster salesman, saw a film about a man attempting to swim the English Channel and change his life in doing so. Inspired by this, he decided to try to emulate the feat. After a year of rigorous training without a coachâ "his first open-water swim was in 9 degrees and he nearly died from hypothermiaâ "Adam achieved his goal in 11 hours 35 minutes, despite a ruptured bicep tendon leading to medical advice to give up long-distance swimming. In 2011, after two operations and a change to his swimming style to take pressure off his injured shoulder, he became the first Briton to achieve a two-way crossing from Spain to Morocco and back. In the process, he broke the British record one way. Shortly afterwards, the Ocean&#39;s Seven challenge was born, a grueling equivalent to the Seven Summits mountaineering challenge. At first it seemed that injury would prevent Adam from participating but, ignoring medical advice, he developed an innovative techniqueâ "the Ocean Walker strokeâ "that would enable him to continue with the ultimate aim of completing this seemingly impossible feat. Whether man would triumph over ocean, or fail in the attempt, forms the core of this extraordinary autobiography. Always intriguing, sometimes terrifying, and occasionally very funny, Adam&#39;s story is about sport in its truest form: rather than competitions between teams and individuals, it is about man against natureâ "and against his own failings and demons. In that, it is truly inspirational.

## Book Information

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## Customer Reviews

Fantastic, easy to read book. very motivating and inspiring. Adam bears his triumphs and his suffering in a way that makes you feel a part of his journey. If you can believe it. you can achieve it. Never give up, keep pushing and you will achieve your dream. thank you for a awesome read.

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