

The book was found

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'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' war), vomiting and burning off a week'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'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'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

Hardcover: 274 pages

Publisher: John Blake (March 15, 2016)

Language: English

ISBN-10: 1784184160

ISBN-13: 978-1784184162

Product Dimensions: 6 x 1.1 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,266,693 in Books (See Top 100 in Books) #332 inÂ Books > Sports &

Outdoors > Water Sports > Swimming #352 in Books > Sports & Outdoors > Extreme Sports
#6284 in Books > Biographies & Memoirs > Sports & Outdoors

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.

[Download to continue reading...](#)

Man Vs Ocean: A Toaster Salesman Who Sets Out to Swim the World's Deadliest Oceans and Change His Life For Ever Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) Buried in the Sky: The Extraordinary Story of the Sherpa Climbers on K2's Deadliest Day: The Extraordinary Story of the Sherpa Climbers on K2's Deadliest Day Ocean: Oceans of Information Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle (Swim Speed Series) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Classic Sports Card Sets: Best Sport Cards Sets From the 1950s and 1960s World Cruising Routes: 7th edition: 1000 Sailing Routes In All Oceans Of The World (World Cruising Series) Oven-Baked Meals Box Set (4 in 1): Discover Meals and Recipes You Can Make with Your Toaster Oven, Sheet Pan and Dutch Oven (Cozy Meals for Busy People) Shooter's Bible, 107th Edition: The World's Bestselling Firearms Reference Coastal and Estuarine Processes (Advanced Series on Ocean Engineering) (Advanced Series on Ocean Engineering (Paperback)) Random Seas and Design of Maritime Structures (Ocean Engineering) (Advanced Series on Ocean Engineering (Paperback)) Oceanography in the Tongue of the Ocean, Bahamas, B.W.I.: a report on oceanographic observations in the Tongue of the Ocean between Fresh Creek, Andros and the western end of New Providence Big Blow: A Tale From Ocean City (Ocean City Mysteries Book 3) The Great Bahamas Hurricane of 1866: The Story of One of the Greatest and Deadliest Hurricanes to Ever Impact the Bahamas A Man and his Mountain: The Everyman who Created Kendall-Jackson and Became America's Greatest Wine Entrepreneur Vendedor m  s grande del mundo I (edici  n tradicional) / The Greatest Salesman in the World I (traditional edition) (Spanish Edition) Miller Plays: All My Sons; Death of a Salesman; The Crucible; A Memory of Two Mondays; A View

from the Bridge v.1 (World Classics) (Vol 1) El Vendedor Más Grande del Mundo [The Greatest Salesman in the World]

[Dmca](#)