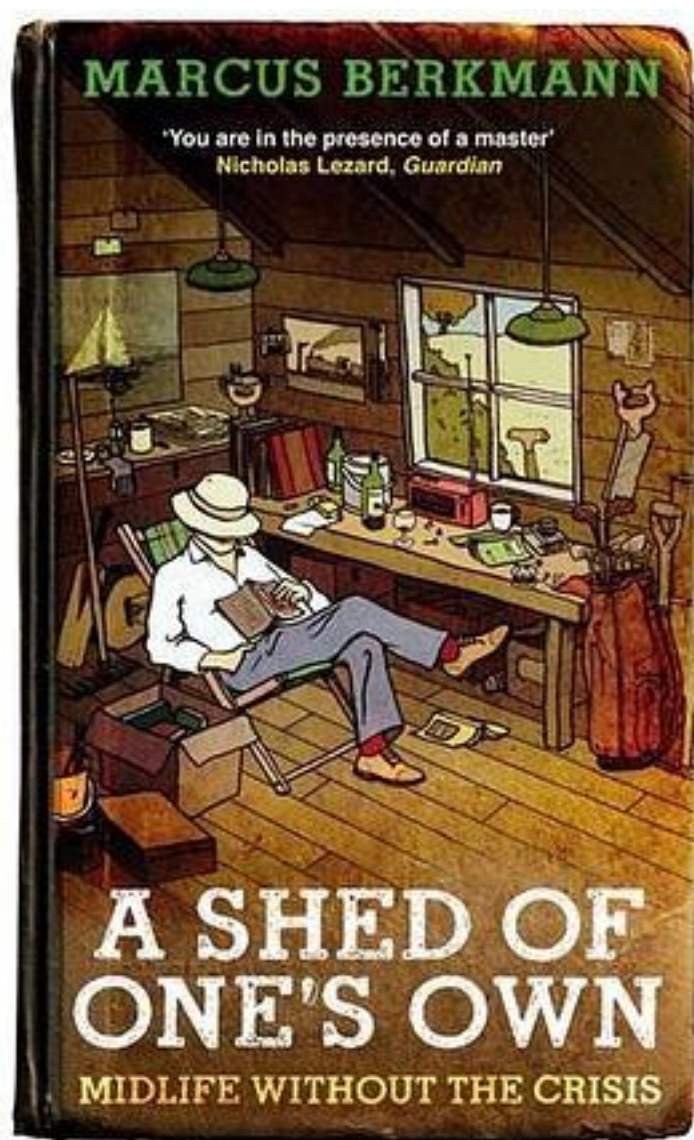


# A Shed of One's Own



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For many men, middle age arrives too fast and without due warning. One day you are young, free and single; the next you are bald, fat and washed-up, with weird tendrils of hair growing out of your ears. None of it seems fair. With age should come dignity and respect, but instead everyone makes tired jokes about buying a motorbike. Marcus Berkmann isn't having it. Having marked his fiftieth birthday by hiding under the duvet for six weeks, the author of the cricket classics Rain Men and Zimmer Men is now determined to find some light in the all-consuming darkness. Musing over birth, death and all the messy stuff in between, he concludes that however dreadful you look in the mirror today, it will be much worse in ten years' time. His brutally candid despatch from the frontline is not for the faint-hearted, which is to say anyone under thirty-five.

作者介绍:

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标签

传记-回忆录

评论

R4 read by Toby Longworth. Flow, small purposes; eminence vs pomposity/rage; teeth, hair (less on the head and more in the ears), "middle age spread"; litter vs. peace of mind; parenthood, empty nest, Freeloading Adult Children/neet/ boomerang kids; marathon-motorbike-mistress. //be kind, not be bored & relationship matters.

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书评

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