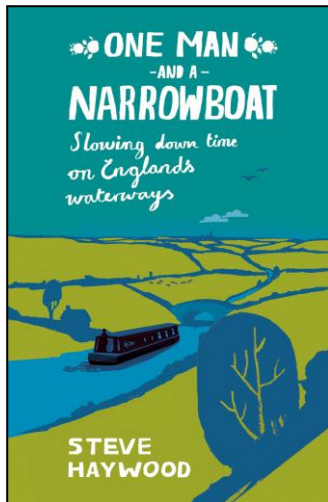


● Summersdale New Book Press Release ●

Midlife blues? Forget therapy. Get a narrowboat!

PUBLICATION DATE: 6th APRIL 2009



One Man and a Narrowboat

Slowing Down Time on England's Waterways

by
Steve Haywood

ISBN: 978 1 84024 736 7 Paperback 320 pages £7.99 April 2009

"If I'd really been serious about getting to grips with my mid-life crisis, then I'd have been better opting for a course of therapy than go off travelling. Or if I had to travel, I'd have been better opting for somewhere warm with a beach ..."

In an attempt to get to grips with a BIG birthday, Steve sets out from Oxford to explore what makes the English ... well, so English.

Steve's quirky humour is inspired by Tom Rolt, who took to the canals on a similar journey immortalised in the book *Narrow Boat*, kick-starting the revival of Britain's waterways.

Prepare for a generous helping of mayhem, mishaps and the staple of every English summer: torrential rain.

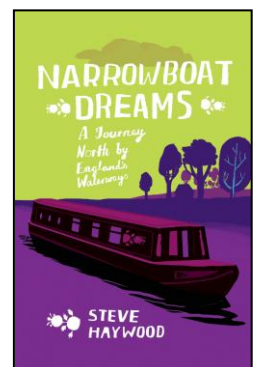
First published as *Fruit Flies Like a Banana*, Steve Haywood's journey in search of real countryside is now revised and reprinted with new material to coincide with the 60-year anniversary of Tom Rolt's own classic trip.

Praise for Steve Haywood's *Narrowboat Dreams*:

- "conjures up a picture of a different world, filled with interesting and eccentric people. A cross-section of the best of middle England, in fact." The Oxford Times
- "a taste of life on modern day canals ... quietly humorous account of a solo journey north along England's waterways." Powys County Times
 - "... an enjoyable, moreish read." Waterways World



Steve Haywood is an award-winning TV producer and author of *Narrowboat Dreams* (Summersdale, 2008, £7.99). He writes a lively, provocative column for *Canal Boat* magazine. Steve also gives regular talks at events such as The National Waterways Festival and The Inland Waterways Association National Rally.



One Man and a Narrowboat and *Narrowboat Dreams* are published by Summersdale and available through all good bookshops and internet booksellers or by telephoning Summersdale.

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