

**FOR IMMEDIATE RELEASE**

Contact: Carol Watterson  
carol.cubehouse@gmail.com  
or Rachele Kanefsky  
rkanefsky@telus.net

**Off the Couch and Out the Door**  
**Finding Meaning in Midlife, One Adventure at a Time**  
**By Bob Foulkes**

*“...at the age of 46 without a taut muscle in my body and weighing in at over 230 pounds, I bumbled and stumbled into my first grand adventure.”*

Refusing to let looming retirement and an elevated BMI relegate him to the couch, writer Bob Foulkes embarked on a series of midlife adventures that both enlightened and tested him to his physical and mental limits. Bob’s stories of travel and discovery in *Off the Couch and Out the Door* will engage and stir adventure junkies and armchair explorers alike.

Somewhere around middle age, inspired by his children and determined to overcome a life characterized by stress, ennui and more than one bad habit, Bob Foulkes—“a poster boy for an early-onset heart attack”—sets out on his first big adventure. That Outward Bound trek through the Coast Mountains of British Columbia, while both physically and mentally demanding, opened the door to a wealth of adventures that have energized and enlivened ever since.

From marathons and triathlons to travelling, trekking and adventures of the heart and soul, Bob’s quests take us from beautiful locales in his own backyard to exotic, sometimes risky destinations. Over time, he becomes an unapologetic adventure junkie, compelling him to places as far-flung as Morocco, India, Kuwait, Ukraine and more.

Through animated detail and charming, at times self-deprecating, humour, Bob shows us that, whatever our age, means or circumstances, trying is more important than succeeding, and that everyone can have thrilling adventures. We just need a little discipline, a bit of enthusiasm, a dollop of common sense and, finally, a tiny push to get off the couch and out the door.

BOB FOULKES is a Vancouver-based author and communications consultant who has written books, short stories, op-ed pieces and articles. His first book, *Adventures with Knives*, chronicles his six months as a student at Vancouver’s Pacific Institute of Culinary Arts, where, at 60, he was the oldest in his class by decades. It was, amidst all the flames and boiling liquids, one of his scariest adventures.

**Off the Couch and Out the Door by Bob Foulkes**  
**Published by Bunky Press, February 17, 2014**  
**ISBN 978-0-9921207-0-2 \$19.95 208 pages**  
**Visit [www.bobfoulkesadventures.com](http://www.bobfoulkesadventures.com) for more details**