



# **Sex & Bowls & Rock and Roll: How I Swapped My Rock Dreams for Village Greens**

*Alex Marsh*

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Relating the story of a man who gave up the rock 'n' roll dream to play bowls, this is the autobiographical account of Alex Marsh, a man who wanted to be a rock star but instead became a successful advertising executive—only to give up his career, move to rural Norfolk, and become a househusband. Only he isn't a very good one. While his pride won't let him admit it, he struggles with the cooking, the cleaning, and the isolation. He hires a cleaner without telling his wife, and his repertoire of baked potatoes exhausts quickly. He becomes hooked on daytime television and computer solitaire. He is in danger of becoming weird. So he takes up bowls. In *Sex & Bowls & Rock 'n' Roll*, we follow a season in the life of the village bowls team, a group of amateur sportsmen and mild eccentrics. In doing so we see this unfashionable pastime in a whole new light. But Alex hasn't quite given up on his dreams of rock stardom. Discovering that some of his friends at the pub are a handy with bass and drums, he makes one final stab at being in a band with an eagerly awaited gig in the local pub, which turns out to be a complete disaster. Join Alex as he comes to terms with life as a domestic disappointment, attempts to learn the fine art of crown green bowls, and finally realizes that supporting the Sultans Of Ping at the Pink Toothbrush in Rayleigh really was the high point of his musical career. This is a hilarious account of a year in the life of a genuinely modern man.



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