

**NEW, AWARD-WINNING, TRAVEL MEMOIR: *FAT CHICK GOES AWOL***

**RELEASE: APRIL 2017**

**CONTACT: ANNA MITCHELL [mitchellous1@gmail.com](mailto:mitchellous1@gmail.com)**

## ***FEMALUS OVEREATUS ABACUS\**** **ESCAPES PLANET OFFICE, SOLO CYCLES &** **HIKES 5,000KMS THROUGH WA/NT**

**\*130kg female accountant**

**Ex-accountant Anna Mitchell has released her first book, a travel memoir titled *FAT CHICK GOES AWOL*.**

**In an impressive start to her writing career, Mitchell's book has won a Bronze Medal for Best First Book – Non-Fiction in the 2017 Independent Publisher Book Awards in the US.**

*Fat Chick Goes AWOL* chronicles Mitchell's 4,000 solo kilometres through the Northern Territory and Western Australia on a recumbent trike, as well as a 1,000 kilometre solo thru-hike of the Bibbulmun Track, WA.

The human-powered travels were completed in spite of her circumstances: weighing 130kgs, no prior experience, no adventurers in her gene pool and being trapped by the 'soft chains' of her comfortable life as a systems accountant. She also (and still) hates cycling, walking and all other forms of exercise.

The book is written in a refreshing, easy-to-read style with laugh-out-loud moments and memorable characters. Among these are Christophe the Crucifier, the French personal trainer who tries to whip Fat Chick into shape; Danielle Diamond, Fat Chick's Planet Office boss who won't let her leave her systems accounting job; and wilderness survival expert Bob Cooper, whose Darwin Awards-style stories Fat Chick is determined not to become one of (but nearly does multiple times).

By going 'AWOL' from the 'real world' Mitchell learned the importance of following your dreams despite your circumstances, and of identifying and living your own dreams rather than others' dreams for you. She also learned 'low level ecstasy'—intense appreciation of simple things such as electricity and running water – and that you don't have to believe you can do something in order to do it.

The book is collecting rave reviews faster than a Tour de France cyclist can pedal up a mountain:

*'Bloody brilliant!!! This truly is a page turner with the best down under voice since Crocodile Dundee.'*

*'It was like Anna was talking directly to me. Anna's "I can't do that...f#ck it I'm going to do it anyway" approach to life has in some way re-energised some of my dormant dreams.'*

*'I've never laughed so much from a book before...I'm already looking forward to reading it again.'*

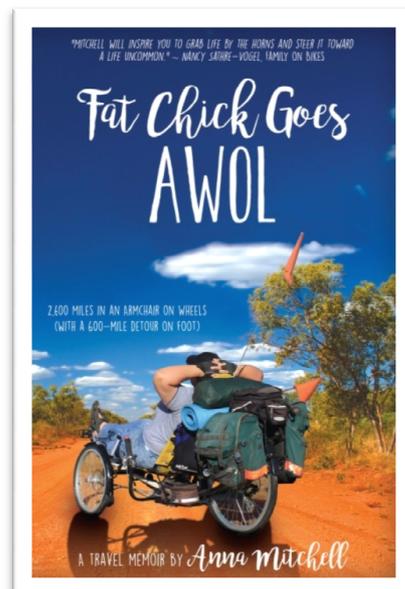
Mitchell now resides in the Central region of Victoria and has given up her accounting career in favour of more meaningful work. She is now enjoying a blossoming career as a writer, speaker and entrepreneur.

**MITCHELL IS AVAILABLE FOR INTERVIEWS AND CAN BE CONTACTED AT THE ABOVE EMAIL.**

**ABOUT THE BOOK: [www.fatchickgoesawol.com/aboutthebook](http://www.fatchickgoesawol.com/aboutthebook)**

**ABOUT THE AUTHOR: <http://www.fatchickgoesawol.com/about-the-author/>**

**A REVIEW COPY OF THE BOOK IS AVAILABLE ON REQUEST.**



**BEST FIRST BOOK - NON-FICTION**