

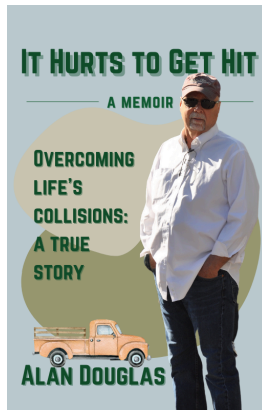


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FORMER BUSINESS MOGUL PUBLISHES GRIPPING MEMOIR

Alan Douglas, a Modern Renaissance Man, Debuts True Story “It Hurts to Get Hit”



NEW YORK, NY: Alan Douglas was first hit when he was five years old. It was 1957, and the hard strike of his World War II veteran father’s belt was the obvious punishment for talking back. When he was twelve, Douglas was hit again, this time by a car. Labeled dead by the paramedics on the scene, it took that same veteran to scare the doctors into saving his life. Hit by life over and over, Alan Douglas’ debut memoir *It Hurts to Get Hit* (Tidal Publishing, April 18, 2023) tells the triumphant true story of resilience, smart-assery, and always getting back up again, even when the next punch is already on its way.

Alan Douglas, former attorney, CFO of Chiquita Banana, salesman, and pilot breaks down his harrowing path to success in his memoir, *It Hurts to Get Hit*. Born in small-town West Virginia, Douglas grew up extremely impoverished with a veteran father, an unreliable mother, and three siblings. Back then, misbehaving meant getting whipped, school was a 45 minute bus ride away, and free time was spent exploring the backwoods. It was the height of the Cold War, of Vietnam, and Douglas had his life mapped out: graduate high school, join the army, and work at the family laundromat. But when Douglas was twelve years old, he was hit by a car, leaving him comatose for two months. While this tragedy should have permanently disabled him, getting hit set Douglas on a trajectory for success, allowing him to graduate high school early, apply for college with a perfect SAT score, and be the first in his family to graduate with a higher degree. As Douglas worked his way up in the world, he was hit countless more times—he divorced twice, lost jobs, and was even wrongfully blamed for crimes he didn’t commit. Yet at the same time, Douglas fell in love, had four children, explored the world, and moved far, far away from his small farm town. It may hurt to get hit, but for Douglas, getting hit was the motivation for getting out.

It Hurts to Get Hit is the perfect story for fans of *Educated* by Tara Westover. Set in rural Appalachia, Douglas’ memoir wholly captures what it means to grow up in the ‘Baby Boomer’ era, and, paired with his brazen inner-dialogue, exposes the intelligence of a young, beaten boy dreaming of a bigger and better life for himself and his family. While currently in his seventies, Douglas’ memoir appeals to all generations, as he covers his life from childhood to his great “third act:” his fourth child being born when he was fifty. A tale of adventure and sorrow, resilience and mistakes, love and loss, *It Hurts to Get Hit* is the inspirational story of the year.



ALAN DOUGLAS has been an attorney, CFO, salesman, and pilot. Born in rural West Virginia, Douglas made his way out of Appalachia by earning degrees in business, accounting, and law from the University of Cincinnati. A modern Renaissance man, Douglas has excelled in a variety of fields, most notably as CFO of Chiquita Banana, but found his true love in flying, where he worked as a pilot and plane salesman for two decades. Now retired, Douglas lives in Cincinnati with his wife and their dog, and his four grown children only a phone call away. In his many hours of free time, Douglas enjoys reading thrillers, making angel

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flights, and volunteering as a court-appointed special advocate for foster children. To connect, visit www.alandouglas.com.

It Hurts to Get Hit

Alan Douglas | April 18, 2023 | Tidal Publishing
Hardcover ISBN: 9781234567890 | \$22.00
Biography & Autobiography/Personal Memoir

In an Interview, ALAN DOUGLAS Can Discuss:

- Growing up in an impoverished, uneducated family, and the expectations his parents had for him to remain in Appalachia.
- Getting run over by a car at a young age, and how spending his formative years in the hospital affected his trajectory for success.
- How his isolation from his peers while in the hospital affected his ability to fit in.
- His various roles and jobs he's held, and how those different opportunities took him around the world; for example, living in South America for nearly a decade as CFO of Chiquita.
- Parenting in a blended-family, and how his divorces affected his relationships with his sons.
- The idea of a "third-act," and finding his dream job, soulmate, and fulfillment at fifty years old.

An Interview with ALAN DOUGLAS:

- 1. Growing up in rural Appalachia, you and your siblings had many expectations set upon you by your parents. How does your life now look different from what it was supposed to be had you stayed in West Virginia?**

My father was a World War II veteran who valued patriotism and hard labor. My mother was young, and had dreams well beyond West Virginia, but was shackled to our town. Whether it was a sense of responsibility or the possibility of resentment, my parents expected my siblings and I to take over the family laundromat or join the military. My brothers were soldiers, and my sister did stay in West Virginia, but like my mother, I had bigger dreams. Now I live comfortably in the suburbs of Ohio with my loving wife and the memories of my illustrious former careers. I volunteer with angel flights and as a court-appointed advocate, donate to children's hospitals, and participate in the lives of my four grown children as often as I can. I helped my mother move out of West Virginia, and have seen my siblings move across the country. It's not the life I expected, or the one I dreamed of—it's better.

- 2. After you were hit by a car at twelve, you were isolated from your peers and permanently scarred. How did these developments affect you during such formative years?**

Because of the accident, both my legs and arms were broken, my skull had to be cut open to reduce swelling, and skin grafts had to be taken from my shins to repair my nose and ears. When I was finally able to return to school after a year in the hospital, I was covered in gory scars, and once the novelty of my accident wore off, my peers relentlessly bullied me, even calling me Frankenstein. I didn't have many friends, but the bullying motivated me to focus on school and prove them wrong—I wasn't the monster, I was Dr. Frankenstein.

- 3. In your memoir you mention how the fourteen months you spent in the hospital set you up for your later success—how is this true?**

Once I woke up from my coma my family thought I would be able to go home in a couple weeks, but the damage from the accident was extensive, and I required many additional surgeries and recovery periods. I spent a little over a year in my hospital room, filling my days with reading comics and books (mostly *The Hardy Boys*), school, and physical therapy. I had nothing better to do than study, so when it came time for me to go back to school, I was a grade ahead. Already young for my class, I was able to graduate high school at sixteen, start my undergrad at seventeen, and eventually graduate law school by 25. So many years of dedicated work ethic set me up for early



success in companies like Arthur Anderson, which led to Chiquita, and eventually, working for Columbia, Lancair, and Cessna.

- 4. One of the ways you get hit in your memoir is through the metaphor of getting hit with divorce papers—twice. Yet despite the heartbreak and custody battles, you managed to find love a third time, in Guatemala of all places. How did those first two “hits” prepare you for your current wife, and how does she factor into your message of getting back up?**

When my divorce with Michelle was finalized, I was living in Guatemala, seeing my boys on the weekends. I didn't plan on dating, let alone falling in love, but the minute I met Lauren I knew she was the one. Not only was she much younger than me, but she was also my complete opposite in every way, and wasn't afraid to show it. Lauren helped me find my “third act;” I began my career as an airplane salesman and pilot with her, was a present and active father in my daughter's life because of her, and have spent the last ten years blissfully retired with her in Cincinnati. I thought I would never get back up after Michelle cheated on me, or when I could only see my kids on the weekends, but Lauren helped me become a better father and partner, and find fulfillment in the life I had written off.

- 5. A common theme in your memoir is making mistakes, but always getting back up afterwards. You discuss how you made your biggest mistakes when parenting your three boys—how did your successes and failures affect your relationships with your sons?**

I had my first son when I was quite young, and when his mother and I divorced, I was at the prime of my career, leading to one of my first failures: choosing success over my son. I followed this success to Guatemala, where I repeated my failures and left my second wife and our two sons alone for weeks at a time while I traveled South America for work. Despite regretting the mistakes I made with my eldest, which I was still paying for in infrequent visits and understandable animosity, I failed yet again with my second and third sons, who spent more of their childhoods with my wife's paramour than myself. It took the birth of my daughter to force me to reevaluate my relationships with my sons, and while it has been an uphill battle since then, we're finally in a better place.