

## Health and Well Being

### recommended reads



The **MORE** that you **READ**,  
the more **THINGS** you will **KNOW**.  
The **MORE** you **LEARN**,  
the more **PLACES** you'll **GO!**  
~Dr. Seuss

Author	Title	Brief synopsis*
Jessica Ennis	Unbelievable: From My Childhood Dreams To Winning Olympic Gold	<p>n 4 August 2012 Jessica Ennis kicked off what some described as the greatest night in British sporting history. For her it was the end of a long, winding, and sometimes harrowing road.</p> <p>Hers is an inspiring tale of following your dreams no matter what life throws at you.</p>
Paula Radcliffe	My Story So Far	Paula Radcliffe has been hailed as one of the finest female distance runners of all time. With record-breaking victories in 2002 and 2003, a gold medal at the 2004 Olympic Games in Athens seemed inevitable. But the race ended for her on a dusty kerbside instead of the podium. Paula reveals what drives this 'girl next door' and what really happened that hot afternoon in Athens.
Ant Middleton	First Man in. Leading from the Front	No one is born a leader. But through sheer determination and by confronting life's challenges, Ant Middleton has come to know the meaning of true leadership. In First Man In, he shares the core lessons he's learned over the course of his fascinating, exhilarating life
Rachel Iqnotofsky	Women in Sports	A richly illustrated and inspiring book, <i>Women in Sports</i> highlights the achievements and stories of fifty notable women athletes from the 1800s to today, including trailblazers, Olympians, and record-breakers in more than forty sports
John Wooden	A Lifetime of Observations and Reflections On and Off the Court	John Wooden is the multi-award winning legendary coach of the UCLA Bruins men's basketball team. As the title implies, he has an abundance of wisdom to offer young leaders from the stories in his life—both on and off the court.
Nick Hornby	Fever Pitch	This charming memoir is a must-read for anyone who has been a lifelong devotee of one particular team
Paul O'Connell	The Battle	<p><b>Shortlisted for:</b> International Autobiography of the Year and Rugby Book of the Year</p> <p>One of the standout members of Irish <a href="#">rugby's</a> golden era, O'Connell captained Ireland to the first back to back Six Nations titles in their history and was capped over 100 times. However, a glittering career was as punctuated by serious injury as it was success.</p>
Greg Rutherford	Unexpected	<p><b>Shortlisted for:</b> Autobiography of the Year</p> <p>Greg Rutherford finds himself in exclusive company as one of only five British athletes, Sally Gunnell, Daley Thompson, Linford Christie, and Jonathan Edwards, to win gold at European, Commonwealth, World, and <a href="#">Olympic</a> levels. However Unexpected tells the a story of troubled teenage years, sleeping rough, and dropping out of school before athletics put him on the right track while revealing a character with forthright views on the issues blighting today's track and field and what it takes to overcome adversity.</p>

\*brief synopsis taken from a range of sources including google books, Amazon, Wikipedia, Goodreads.com, Bookriot.com, GQ magazine

