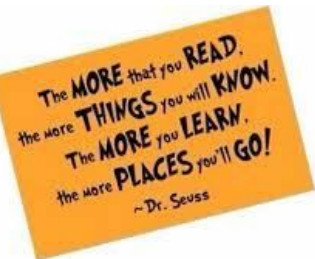


Health and Well Being

recommended reads



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 Ignotofsky	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.
Malorie Blackman	Pig Heart Boy	<i>Pig-Heart Boy</i> picks up another topical issue, that of xenografts or animal organ transplants. Cameron Kelsey has only a few months to live, and is no longer able to play sport, swim or live a normal life in any way. With no suitable human heart donor available, he agrees to try the revolutionary new process and is given a new heart, from a pig.
Jojo Moyes	Me before you	A heartbreaking yet ultimately uplifting tale about the relationship between an embittered quadriplegic man and the carer who is trying to give him a reason to live.
Jodi Picoult	My Sister's Keeper	Anna Fitzgerald doesn't want her sister to die. But she's sick of helping her to live. Anna was born to be a perfect genetic match for Kate, who at just two years old was diagnosed with a rare form of leukaemia. For thirteen years, she has acted as donor to her sister. Now, Kate needs a kidney, and nobody is asking Anna how she feels about it, they're just assuming she will donate. Until the Sheriff serves the papers that will rock their family's world: Anna is suing her parents for the rights to her own body ...
Yann Martel	Life of Pi	The plot concerns the oceanic wanderings of a lost boy, the young and eager Piscine Patel of the title (Pi). After a colourful and loving upbringing in gorgeously-hued India, the Muslim-Christian-animistic Pi sets off for a fresh start in Canada. His blissful voyage is rudely interrupted when his boat is scuppered halfway across the Pacific, and he is forced to rough it in a lifeboat with a hyena, a monkey, a whingeing zebra and a tiger called Richard. That would be bad enough, but from here on things get weirder: the animals start slaughtering each other in a veritable frenzy of allegorical bloodlust, until Richard the tiger

		and Pi are left alone to wander the wastes of ocean, with plenty of time to ponder their fate, the cruelty of the gods, the best way to handle storms and the various different recipes for oothappam, scrapple and coconut yam kootu.
Jostein Gaarder	Sophie's World	When 14-year-old Sophie encounters a mysterious mentor who introduces her to philosophy, mysteries deepen in her own life. Why does she keep getting postcards addressed to another girl? Who is the other girl? And who, for that matter, is Sophie herself? To solve the riddle, she uses her new knowledge of philosophy, but the truth is far stranger than she could have imagined

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