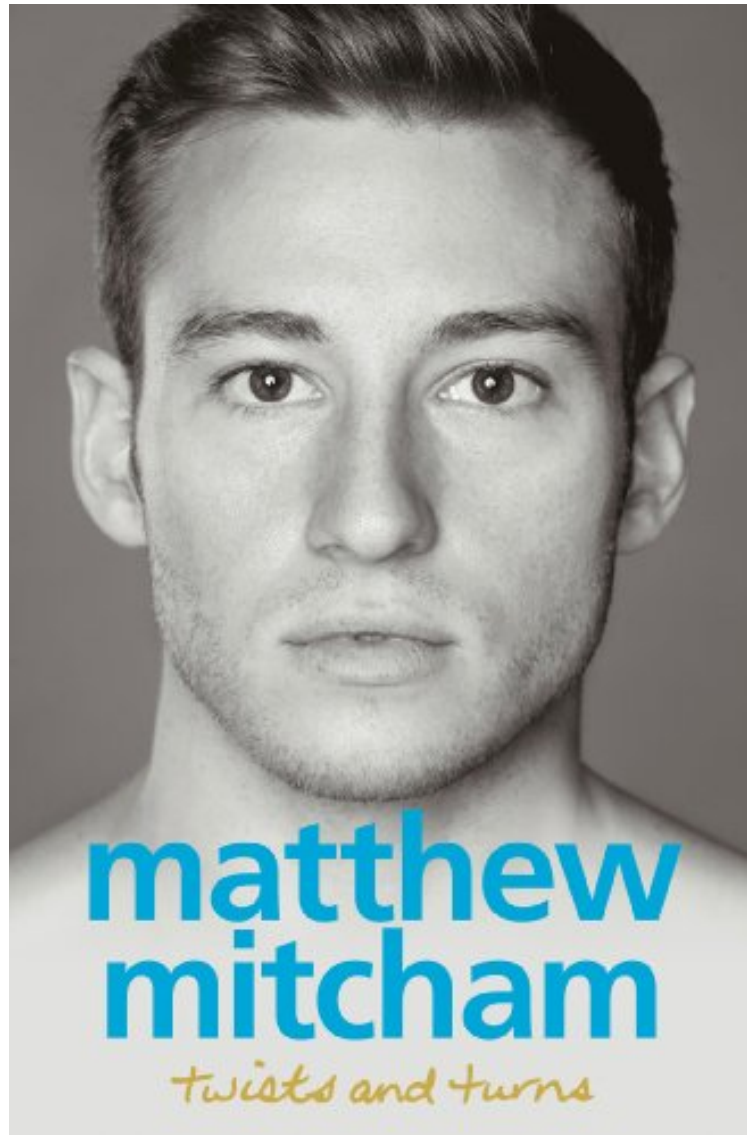


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Twists and Turns

Von M Mitcham

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Von M Mitcham : Twists and Turns before purchasing it in order to gage whether or not it would be worth my time, and all praised Twists and Turns:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Ein tief beruehrendes BuchVon Gerald StratowaLeider ist mein Englisch nicht sehr gut, weshalb ich relativ wenig englischsprachige Buecher kaufe. Das Lesen ist fuer mich leider eher anstrengend als erholsam. Doch dieses Buch habe ich verschlungen. Es hat mich tief beruehrt. Mitcham hat etwas zu erzaehlen und er kann auch erzaehlen. Ich

hoffe, dass er noch viele weitere Buecher schreibt, damit ich sie lesen kann.0 von 0 Kunden fanden die folgende Rezension hilfreich. An incredible story against the oddsVon Mattie JThis is a truly inspirational story. Reading about Matthew's experiences made me realise that no matter what life throws at you, things can always get better. His struggles and personal battles made that victory in Beijing all that more special. A great read, once I started I couldn't put it down. Highly recommended.0 von 0 Kunden fanden die folgende Rezension hilfreich. True to heartVon Mateo VZDiver Matthew Mitcham story about his struggles growing up and and his road towards and after his gold medal wins. You can't not love him, there's always another side to the medal.

KurzbeschreibungNo one who has ever seen Matthew Mitcham perform one of his heartstopping dives or make Olympic history would ever guess the obstacles he had to overcome just to be a contender. 'People kept remarking on how they were surprised that a gold medal and fame hadn't changed me. I always responded, "Why would I change? Being me is the easiest person to be." I was lying. It wasn't.' At the Beijing Olympic Games, Matthew Mitcham made history with an unforgettable dive, scoring perfect tens, and winning gold for Australia. there was no hint of the harrowing battle this talented young dynamo had fought with clinical depression, self-harm, and his addiction to alcohol and drugs including crystal meth (also known as Ice). Joyously out and proud, Matthew was a role model for his courage both in and out of the pool. Yet even after Beijing and ranking No 1 in the world, beneath that cheeky, fun-loving exterior he was painfully aware of how easily it could unravel. Unbeknownst to everyone, even those closest to him, Matthew turned to crystal meth as a way of dealing with his personal demons some of which stemmed from his childhood. When injury further threatened his London Olympic hopes, he struggled to overcome his addictions, and balance his perfectionism with the old fear of self-doubt. He may not have won gold but he triumphed over his physical and emotional pain - and showed us the true meaning of sportsmanship. twists and turns is an inspiring story of a true champion, in and out of the pool. "A searingly frank memoir" - Deborah Snow, the Sydney Morning HeraldKurzbeschreibungNo one who has ever seen Matthew Mitcham perform one of his heartstopping dives or make Olympic history would ever guess the obstacles he had to overcome just to be a contender. 'People kept remarking on how they were surprised that a gold medal and fame hadn't changed me. I always responded, "Why would I change? Being me is the easiest person to be." I was lying. It wasn't.' At the Beijing Olympic Games, Matthew Mitcham made history with an unforgettable dive, scoring perfect tens, and winning gold for Australia. there was no hint of the harrowing battle this talented young dynamo had fought with clinical depression, self-harm, and his addiction to alcohol and drugs including crystal meth (also known as Ice). Joyously out and proud, Matthew was a role model for his courage both in and out of the pool. Yet even after Beijing and ranking No 1 in the world, beneath that cheeky, fun-loving exterior he was painfully aware of how easily it could unravel. Unbeknownst to everyone, even those closest to him, Matthew turned to crystal meth as a way of dealing with his personal demons some of which stemmed from his childhood. When injury further threatened his London Olympic hopes, he struggled to overcome his addictions, and balance his perfectionism with the old fear of self-doubt. He may not have won gold but he triumphed over his physical and emotional pain - and showed us the true meaning of sportsmanship. twists and turns is an inspiring story of a true champion, in and out of the pool. "A searingly frank memoir" - Deborah Snow, the Sydney Morning Herald