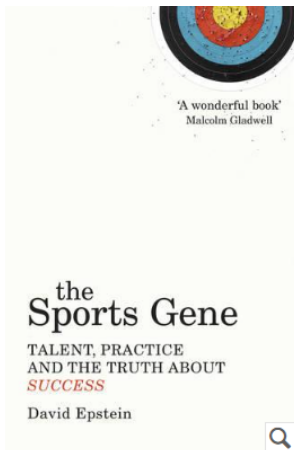


## Wider Reading Examples

### PE and Sports Science

#### Legacy by James Kerr

*Champions do extra. They sweep the sheds. They follow the spearhead. They keep a blue head. They are good ancestors. In Legacy, best-selling author James Kerr goes deep into the heart of the world's most successful sporting team, the legendary All Blacks of New Zealand, to reveal 15 powerful and practical lessons for leadership and business. Legacy is a unique, inspiring handbook for leaders in all fields, and asks: What are the secrets of success - sustained success? How do you achieve world-class standards, day after day, week after week, year after year? How do you handle pressure? How do you train to win at the highest level? What do you leave behind you after you're gone? What will be your legacy?*



#### The Sports Gene by David Epstein

*Do you believe some people are born athletes?*

*Is sporting talent innate or something that can be achieved through endurance and practise?*

*In this ground-breaking and entertaining exploration of athletic success, award-winning writer David Epstein gets to the heart of the great nature vs. nurture debate, and explodes myths about how and why humans excel.*

*Along the way, Epstein:*

- Exposes the flaws in the so-called 10,000-hour rule that states that rigorous practice from a young age is the only route to success.
- Shows why some skills that we imagine are innate are not - like the bullet-fast reactions of a baseball player.
- Uncovers why other characteristics that we assume are entirely voluntary, like the motivation to practice, might in fact have important genetic components.

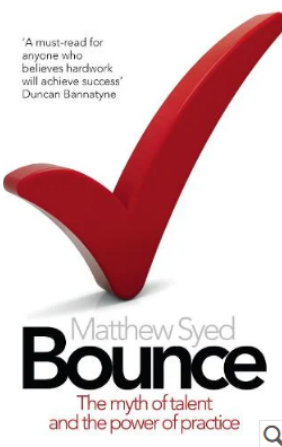
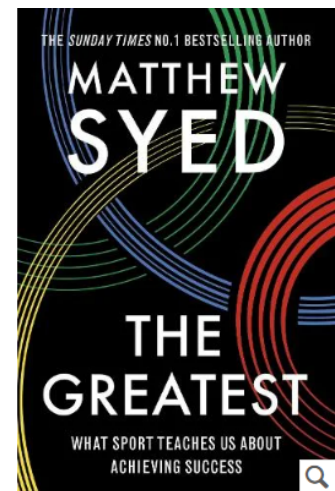
#### The Greatest by Matthew Syed

*What can Roger Federer teach us about the secret of longevity? What do the All Blacks have in common with improvised jazz musicians? What can cognitive neuroscientists tell us about what happens to the brains of sportspeople when they perform? And why did Johan Cruyff believe that beauty was more important than winning?*

*Matthew Syed, the 'Sports Journalist of the Year 2016', answers these questions and more in a fascinating, wide-ranging and provocative book about the mental game of sport.*

*How do we become the best that we can be, as individuals, teams and as organisations?*

*Sport, with its innate sense of drama, its competitive edge, its psychological pressures, its sense of morality and its illusive quest for perfection, provides the answers.*



#### Bounce: The Myth of Talent and the Power of Practice by Matthew Syed

*Essential reading for an astounding summer of sport; If you've ever wondered what makes a champion, Bounce has the answer. What are the real secrets of sporting success, and what lessons do they offer about life? Why doesn't Tiger Woods "choke"? Why are the best figure skaters those that have fallen over the most and why has one small street in Reading produced more top table tennis players than the rest of the country put together.*

*Two-time Olympian and sports writer and broadcaster Matthew Syed draws on the latest in neuroscience and psychology to uncover the secrets of our top athletes and introduces us to an extraordinary cast of characters, including the East German athlete who became a man, and her husband - and the three Hungarian sisters who are all chess grandmasters. Bounce is crammed with fascinating stories and statistics.*

*Looking at controversial questions such as whether talent is more important than practice, drugs in sport (and life) and whether black people really are faster runners, the mind-bending Bounce is a must-read for the hardened sports nut or brand new convert.*

## High Performance: Lessons from the Best on Becoming Your Best by Jake Humphrey and Professor Damian Hughes

Unlock the secrets of high performance. As one of Britain's best-respected sports presenters, Jake Humphrey has witnessed first-hand the highs and lows of some of the most remarkable athletes on earth. And in his multi-million download podcast, High Performance, he teams up with Professor Damian Hughes to examine the secrets of the world's highest-performing people - in sport, in business and in life.

Now, Jake and Damian reveal how we can all become high performers. Drawing on interviews with leading sportspeople and entrepreneurs, they uncover the nine hidden principles that drive high performers to success: from taking absolute responsibility for their situation, to working out their non-negotiable 'trademark behaviours', to getting the very best out of their teammates. And they draw on cutting-edge psychology to explain why these methods have such a transformative impact.

Above all, Jake and Damian reveal how to build the principles of high performance into our own lives, whether on the pitch, in our careers, or at home.



The New York Times Bestseller  
'This book is AMAZING!' Malcolm Gladwell

## ENDURE

Mind, Body and the Curiously Elastic Limits of Human Performance



ALEX HUTCHINSON

### Endure by Alex Hutchinson

From running a two-hour marathon to summiting Mount Everest, we're fascinated by the extremes of human endurance, constantly testing both our physical and psychological limits.

In *Endure* Alex Hutchinson, Ph.D., reveals why our individual limits may be determined as much by our head and heart, as by our muscles. He presents an overview of science's search for understanding human fatigue, from crude experiments with electricity and frogs' legs to sophisticated brain imaging technology. Going beyond the traditional mechanical view of human limits, he instead argues that a key element in endurance is how the brain responds to distress signals-whether heat, or cold, or muscles screaming with lactic acid-and reveals that we can train to improve brain response.

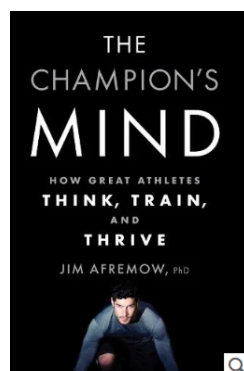
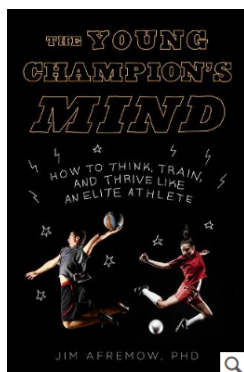
An elite distance runner himself, Hutchinson takes us to the forefront of the new sports psychology - brain electrode jolts, computer-based training, subliminal messaging - and presents startling new discoveries enhancing the performance of athletes today, showing us how anyone can utilize these tactics to bolster their own performance - and get the most out of their bodies.

## PEAK: The New Science of Athletic Performance That is Revolutionizing Sports by Dr. Marc Bubbs

A groundbreaking book exploring the fundamentals of high performance (not the fads), the importance of consistency (not extreme effort) and the value of patience (not rapid transformation).

The game-changing combination of health, nutrition, training, recovery and mindset in sports nutrition, followed by athletes at the top of their game, is now at your fingertips!

Dr. Marc Bubbs harnesses his experience as a performance nutrition consultant for professional and Olympic athletes to deliver a book that makes nutrition science accessible, actionable and achievable for everyone. Synthesising information from leading experts and analysing top performers in sports, such as Grand Slam tennis champion Roger Federer, Dr. Bubbs lays out the record-breaking feats of athleticism and strategies that are rooted in this personalised, holistic approach to fitness.



The Young Champion's Mind by Jim Afremow

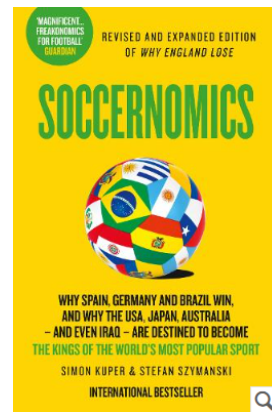
How to Think, Train and Thrive Like an Elite Athlete

Can also read The Champion's Mind by Jim Afremow

## Soccernomics by Simon Kuper and Stefan Szymanski

- "Why do England lose?"
- "Why do Germany & Brazil Win?"
- "How have Spain conquered the World?"
- "Penalties - what are they good for?"
- "What is the price of achieving success and the true cost of failure?"

These are questions every football fan has asked. *Soccernomics* (previously published as *England Lose*) answers them. Written with an economist's brain and a football writer's skill, high-powered analytical tools to everyday football topics.



Why it applies

*Soccernomics* isn't in the first place about money. It's about looking at data in new ways. It's about revealing counterintuitive truths about football. It explains all manner of things about the game which newspapers just can't see. It all adds up to a new way of looking at football, beyond clichés about "The Magic of the FA Cup", "England's Shock Defeat" and "Newcastle's New South American Star".

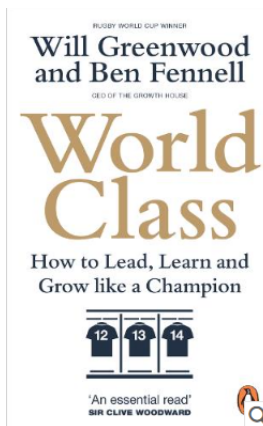
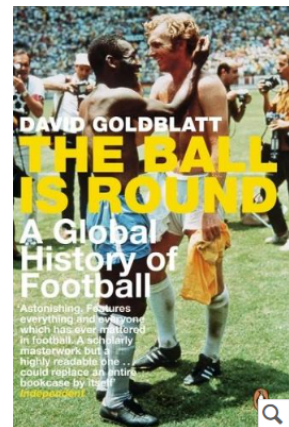
No training in economics is needed to read *Soccernomics* but the reader will come out of it with a better understanding not just of football, but of how economists think and what they know.

## The Ball is Round by David Goldblatt

There may be no cultural practice more global than soccer. Rites of birth and marriage are infinitely diverse, but the rules of soccer are universal. No world religion can match its geographical scope. The single greatest simultaneous human collective experience is the World Cup final.

In this extraordinary tour de force, David Goldblatt tells the full story of football's rise from chaotic folk ritual to the world's most popular sport.

*The Ball Is Round* illuminates football's role in the political and social histories of modern societies, but never loses sight of the beauty, joy, and excitement of the game.



## World Class by Will Greenwood and Ben Fennell

*What gives the world's best leaders the edge?*

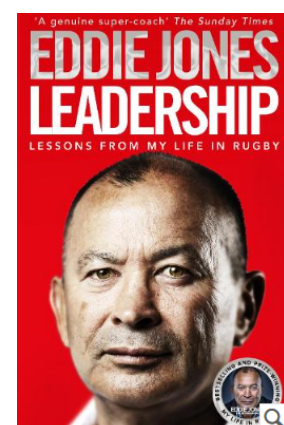
Will Greenwood is best known for being an integral part of the 2003 Rugby World Cup-winning team. Ben Fennell has spent over 16 years helping the world's biggest businesses and brands grow. Together, they have established that world-class performance - in both business and sport - requires a fresh approach, and a new set of behaviours.

Having spoken to inspirational leaders across all areas of business and sport, including Michael Johnson, Tanni Grey-Thompson, Rio Ferdinand, Dame Carolyn McCall, Dave Lewis and Sir Clive Woodward, the authors have identified the key characteristics of world-class performance. These guiding principles of celebrating difference, forging togetherness and accelerating growth constitute a new framework for modern leadership.

## Leadership by Eddie Jones

Eddie Jones is one of the most successful sports coaches of all time. From coaching three different nations to Rugby World Cup finals and enjoying a winning record with England of nearly 80 per cent, he knows what's needed to lead and manage high performance teams. For the first time, Eddie reveals what it takes to operate in high pressure environments, the successes and setbacks, and how these lessons can be applied to every walk of life, from coaching a children's sports team to leading a multinational organisation to simply doing your job better.

Forthright and unflinchingly honest, Eddie Jones reveals what he has learnt from Sir Alex Ferguson, Arsene Wenger and Pep Guardiola, as well as from the founder of Uniqlo and Ron Adams of the NBA. Drawing on stories from nearly thirty years of coaching, Eddie explains how you need humour, humility and relentless curiosity to lead an eclectic mix of superstars - from Maro Itoje to James Haskell, George



*Smith to Kyle Sinckler - and create teams that are relentlessly hungry to win. Leadership is the ultimate rugby book about what it takes to be the best*