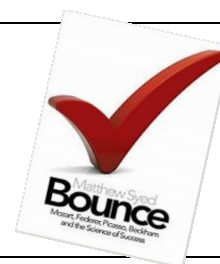


Bounce, by Matthew Syed

Published by Fourth Estate, 2010
Paperback from £6.35



What are the real secrets of sporting success, and what lessons do they offer about life? Two-time Olympian, 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.

Other titles by this author:

- You Are Awesome
- The You Are Awesome Journal