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This Is Me: The Autobiography (English Edition)



Par Ian Thorpe
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Description :

Prsentation de l'diteurIan Thorpe's achievements in the water are nothing short of phenomenal. He has won a record-holding eleven World Championship titles and ten Commonwealth Games gold medals. He has broken twenty-two world records and won five gold, three silver and one bronze Olympic medals. Having been under the spotlight since a young teenager, Ian retired from competitive swimming in 2006 due waning interest, but six years later he is mounting a comeback for London 2012 and intense media attention has followed. Ian is one of the world's most prolific sportsmen, but it is the way he has managed his success and

his commitment to helping others that has earned him respect and admiration internationally. Thorpe's autobiography follows him all the way from his childhood in Sydney right back up to the pinnacle of London 2012. This is a man who has had highs and lows away from the pool, who has led an extraordinary life of an elite athlete that most of us will never know, and who has the courage to come back and stake his claim for the ultimate goal once more.

Revue de presse 'Austrian swimming great Ian Thorpe has revealed he battled with "crippling depression" throughout his career. In his autobiography, the five-time Olympic gold medallist says the illness was so bad at times he thought of suicide' BBC Sport, 13/10 'Australian swimming legend Ian Thorpe has revealed that he has suffered with "crippling depression" throughout his career. In excerpts from a forthcoming autobiography, the five-time Olympic gold medal winner has revealed that he turned to alcohol in an attempt to deal with the thoughts in his head. "It was the only way I could get to sleep," he writes in This Is Me: The Autobiography' Sunday Times 14/10 'Ian Thorpe, the Australian swimmer, has spent much of his life fighting crippling depression and has, at times, considered suicide he admits in his new book. The five-times Olympic gold medal-winner confesses in This is Me: The Autobiography' The Times 13/10 'In an extract from Thorpe's forthcoming book, This Is Me: The Autobiography, published in Australian media on Saturday he said he had never spoken openly about his mental condition to friends or family' Guardian, 13/10 'In excerpts from an upcoming biography, the five-time Olympic champion has revealed that the illness was so bad at times he thought of suicide the worst times he turned to alcohol "It was the only way I could get to sleep," revealed Thorpe in an extract from his upcoming book This Is Me: The Autobiography' Telegraph 13/10 'Présentation de l'auteur Ian Thorpe's achievements in the water are nothing short of phenomenal. He has won a record-holding eleven World Championship titles and ten Commonwealth Games gold medals. He has broken twenty-two world records and won five gold, three silver and one bronze Olympic medals. Having been under the spotlight since a young teenager, Ian retired from competitive swimming in 2006 due to waning interest, but six years later he is mounting a comeback for London 2012 and intense media attention has followed. Ian is one of the world's most prolific sportsmen, but it is the way he has managed his success and his commitment to helping others that has earned him respect and admiration internationally. Thorpe's autobiography follows him all the way from his childhood in Sydney right back up to the pinnacle of London 2012. This is a man who has had highs and lows away from the pool, who has led an extraordinary life of an elite athlete that most of us will never know, and who has the courage to come back and stake his claim for the ultimate goal once more.