



Lucky Legs: What I've Learned About Winning and Losing

Steve Gurney

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The keys to success in a motivational autobiography by New Zealand's top multisport athlete.Steve

Gurney is an exceptional athlete. He has been in 19 of the epic Coast to Coast races in a row, and he has won nine of them. He has represented New Zealand twice at the World Mountain Bike champs and has spent a lot of time adventure racing in far-flung jungles, caves, mountains and deserts.This motivational, funny and frank autobiography covers Steve's multisport career and his life in general. It's aimed at business/sports people wanting to know the keys to success, people interested in mental health issues, people who want to be inspired and to get motivated and driven people who want to understand themselves better.'Have really enjoyed the read. A number of my training mates are also reading it, and it has created quite a lot of discussion while running/cycling and over coffees/beers. We have definitely picked up some training tips and also probably made us reflect on why we do this type of sport....personally I think his honesty makes it a book well beyond multisport.' - Matt Cowie, Weekend Warrior



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