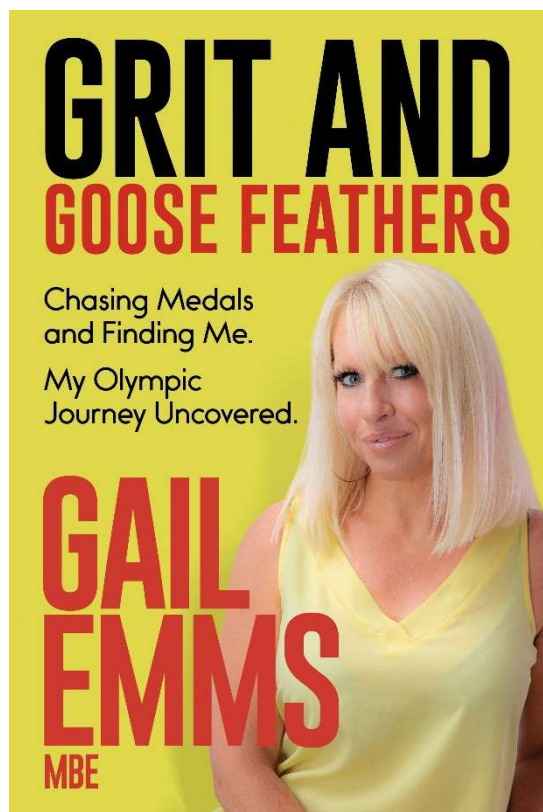




Title information



Grit and Goose Feathers

Chasing Medals and Finding Me.
My Olympic Journey Uncovered

By Gail Emms

Key features

- Written by Gail Emms herself with input from life coach and trauma specialist Stephanie Burge
- Unfiltered and chaotic, yet vulnerable account of life after elite sport
- A sports autobiography with a comedy twist
- Honest account of how childhood behaviours influence adult decisions
- Gail has a following of 40,000 on Instagram
- Perfect for women and sports fans, but Gail's life and identity struggles will resonate with anyone
- Publicity campaign planned including radio, newspapers, websites, podcasts and magazines

Description

From Olympic podium to parent-teacher meetings, *Grit and Goose Feathers* is the raw, witty and brutally honest autobiography of badminton star Gail Emms. A former world champion and Olympic silver medallist, Gail takes readers on a whirlwind journey through the highs and lows of elite sport – gruelling training, euphoric victories and the crushing realities of retirement. But life after competition is its own adventure. From rediscovering her love of raving to the chaos of juggling work, life and parenting and the awkward hilarity of dating in her 40s, Gail holds nothing back. With sharp humour and refreshing candour, she shares the struggles of identity beyond sport, the mental battles athletes face and the joy of embracing life's unpredictability. *Grit and Goose Feathers* isn't just a sports memoir – it's a celebration of resilience, reinvention and learning to thrive, no matter what life 'smashes' your way.

Details

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