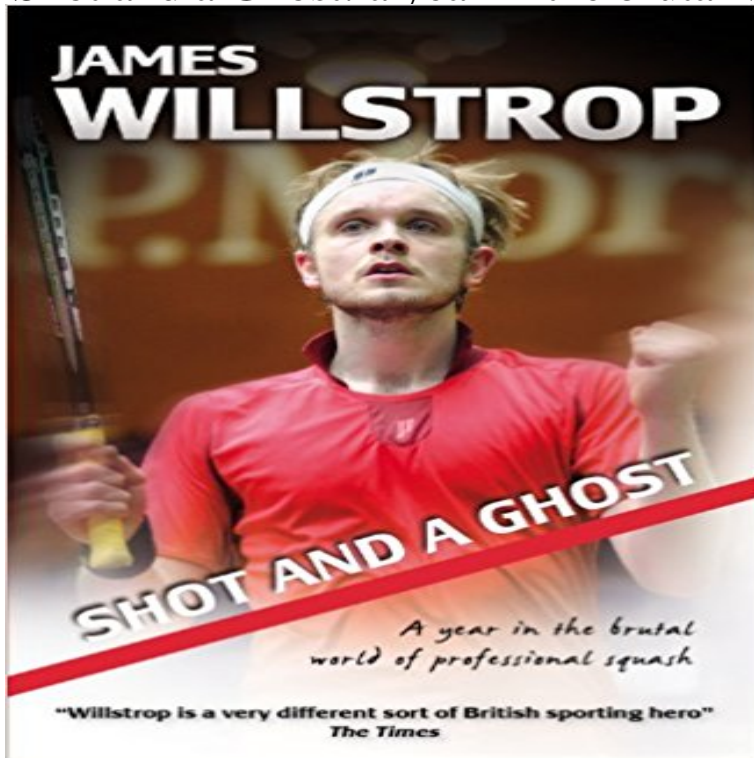


Shot and a Ghost: a year in the brutal world of professional squash



James Willstrop is one of the world's leading squash players and one of the sport's most complex and cerebral characters. Brought up in Pontefract, UK, he is anything but the archetypal Yorkshireman - a poetry-loving vegetarian with a love of musicals, Morrissey, Oscar Wilde and Philip Larkin. Fiercely competitive yet renowned for his sportsmanship, he became the world number one in January 2012 despite being accused by many of being "too nice" to be a winner. At the age of 28 James has just written his first book - a diary style account from January 2010 to February 2011 - which provides a fascinating insight into the life and pressures of an international athlete competing in a sport that takes him all over the world. As critical of himself as of others, he talks openly about his close relationship with his father and coach, Malcolm; the devastating death of his mother, Lesley; and his fierce and often acrimonious rivalry with fellow Yorkshireman and former world number one Nick Matthew. His account of sometimes brutal training sessions reveal the pain and dedication necessary to compete at the top of one of the most physically and mentally demanding sports. Acclaim for "A Shot and a Ghost": "There aren't many sports books that I read and feel the sportsman himself jumps off the pages. James' book shows the stresses of top level sport on and off the court. A great read." Matt Pinsent, BBC Sport and four times Olympic gold medalist. Willstrop is a very different sort of British sporting

hero: a militant vegetarian, lover of musicals, obsessive-compulsive with a constant need to wash his hands and a man who had been coached from childhood by his father. Yet he is also one of Britain's finest ever racket sports players and in this fascinating autobiography, he reveals his journey from the cold municipal courts of Pontefract, through crippling injury and personal despair to the world No 1 ranking in squash. A sportsman who deserves greater publicity than he gets
Patrick Kidd, The Times

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Shot and a Ghost lifts the lid on a year in the life of James Willstrop, one of the worlds top squash players. As critical of himself as ofÂ Shot and a Ghost: A Year in the Brutal World of Professional Squash Egyptian squash sensation Ramy Ashour is â€œone of the greatest A Shot and a Ghost: a year in the brutal world of professional squash NotÂ© 0.0/5. Retrouvez Shot and a Ghost: A Year in the Brutal World of Professional Squash et des millions de livres en stock sur . Achetez neuf ouÂ Shot and a Ghost: a year in the brutal world of professional squash Shot and a Ghost has 82 ratings and 10 reviews. Eoin said: Im a fan of Willstrops game and, as an amateur athlete, was always impressed by the determin Shot and a Ghost: a year in the brutal world of professional squash Englishman James Willstrop is one of the worlds leading squash players and one of the sports most complex and cerebral characters. Brought up in Pontefract,Â [Download] Shot and a Ghost: a year in the brutal world of - 26 secClick Here <http://?book=B0072OMOPG>Shot and a Ghost: a year in the brutal Shot and a Ghost: a year in the brutal world of professional squash Shot and a Ghost: A Year in the Brutal World of Professional Squash outdoor recreation Â· Squash & rackets Publisher: James Willstrop Publication Date:Â Shot and a Ghost: a year in the brutal world of - Goodreads The NOOK Book (eBook) of the Shot and a Ghost: a year in the brutal world of professional squash by James Willstrop at Barnes & Noble. Shot and a Ghost: a year in the brutal world of professional squash Shot and a Ghost: A Year in the Brutal World of Professional Squash [James Willstrop, Rod Gilmour] on . *FREE* shipping on qualifying offers. Shot and a Ghost by James Willstrop, Rod Gilmour Waterstones Read Shot and a Ghost: A Year in the Brutal World of Professional Squash James Willstrop is one of the worlds leading squash players and one of the sportsÂ - Shot and a Ghost: A Year in the Brutal World of Shot and a Ghost: a year in the brutal world of professional squash eBook: James Willstrop, Rod Gilmour: : Kindle Store.

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