

# Index

---

- Adams, Leutenant Jameson 75  
adaptation syndrome 161  
Ali, Muhammad 235, 238  
Amundsen, Roald 76  
artificial limbs  
    fitting 38, 278  
    learning to use 32, 103, 160  
    need for compassion 33  
assertiveness 166, 168  
    body language 135, 137, 144,  
    168  
    communication 25, 49, 134,  
    137–140  
Athens Paralympics 114, 151  
Atlanta Paralympics 82, 239
- Bannister, Roger 39  
Barcelona Paralympics 57, 230  
barriers to communication 136  
    keeping secrets 136  
    prejudice 136, 138–139  
    reputation/credibility 136,  
    138–139  
Bauby, Jean-Dominique 63–64  
Baxter, Alain 157–158
- being the best 4, 27, 47, 53, 59,  
189, 214  
    deconstruct and reconstruct  
    your game 48, 58  
    focus on the small things 48  
    hidden depths 41, 281  
    mental strength and  
    determination 47  
    personal sacrifice 54  
    pushing the boundaries 49  
    set specific goals 54, 69  
    setting your own standards  
    47, 123, 204  
    settling for less 176  
    what it takes 13
- Belbin, Meredith 115  
Bishop, Isaac Stringer 260  
Boggs, Wade 242  
Braunschweig 130–131  
Brown, Irene 16–18
- Canada 15–16, 260  
cancer being positive 72, 264  
    diagnosis 10  
    explanation of 120

- cancer being positive (*Cont'd*)  
 going to the toilet 22  
 treatment 5–6, 11, 32, 68,  
 112, 211  
 victim label 211–212
- Capo, Fran 63, 74, 105
- challenges 3, 8, 16, 27, 62, 70,  
 116, 146, 225, 252, 255,  
 258, 266, 268
- Charlesworth, Ric 121
- Clarke, Ron 56
- Coldplay 40
- comfort zone 36–8, 49, 146
- communication 18, 23, 25, 49,  
 118, 123–6, 129, 131–34,  
 143–5, 147–9, 151–3, 169,  
 189, 195, 201, 216–17, 232
- assertive 169
- body language/gestures, 137
- breaking down barriers 138
- ebb and flow 137, 142–3
- eye contact 136, 143–4, 147,  
 169
- feedback 102, 112, 146–51,  
 196–8, 237, 259
- Fritz technique 233–41
- getting the message across  
 132
- listening 25, 65, 137, 144,  
 199, 231
- plain speaking 137, 145
- secrets of good  
 communication 136
- silence 46, 137, 145–6
- tailored 137, 141–2
- Congress of Racial Equality  
 (CORE) 17
- Cundy, Jody 132
- Daltrey, Roger 39
- Dawson, George Mercer 15
- de Klerk, F.W. 20
- Deeley, William 76, 167, 278
- diet 175  
 calories 175  
 everyday 176  
 key principles 221  
 lose weight 175–7, 245–6  
 right proportions 176  
 table of carbohydrate foods  
 176
- Does he take sugar?* (poem)  
 216
- Eberhardt, Jennifer 221
- Edison, Thomas 178
- Einstein, Albert 178, 185,  
 251
- Elliotson, John 41
- Ericson, Lotta 74
- Erikson, Erik 64
- ethics 95, 198
- European Championships 62,  
 110, 130, 239, 280
- Evans, Mr 11
- exercise 46, 50, 52, 70,  
 172–4, 177, 226, 252, 261,  
 273
- FaIola, Ayo 195
- family and friends 96, 180
- fear 37–40, 47, 84–5, 91, 168,  
 192, 234  
 being in the spotlight 37, 40  
 of failure 37–8, 49, 75, 91,  
 270  
 of the unknown 37, 39

- feedback 102–3, 112, 146–51,  
     153, 196–8, 237, 259  
   aggressive 148, 169  
   clarify 149, 169  
   constructive 147, 150, 153,  
     236  
   don't interrupt 148  
   encourage 127, 150–1, 167,  
     190, 221, 228, 259  
   follow up 170  
   giving 147, 149, 197, 200,  
     232, 257, 268, 272  
   listen 137–8, 141, 144, 146,  
     149, 153, 190, 259  
   personal 132, 144–5  
   plan 147, 149, 166–7,  
     169–180, 190, 201, 249,  
     254  
   receiving 145–51  
   responsibility for  
     communication 148  
   too many points 147  
 finance 80  
 Fiske, Susan 221  
  
 Gabriel, Peter 29  
 Garside, Lesley 36, 278  
 gender differences 103, 159  
 Ghandi, Mahatma 31, 95, 229  
 Gill, Ali 196  
 Glennie, Evelyn 219  
 goal-setting 68–9, 78–9, 248  
   achieving 36, 41, 57, 68, 71,  
     74, 77, 91, 126, 214  
   basics 69, 124, 282  
   challenges in all sizes 70  
   changing tack 74  
   choosing appropriate 112  
   evaluating/reevaluating 74  
   importance of 54, 136, 140,  
     169  
   measuring 51, 74  
   motivation 8, 23–4, 37, 41,  
     56, 58, 62, 73, 81–9, 91–3,  
     96, 100–3, 117, 215, 232,  
     240, 246, 272  
   personal 3, 23, 25–6, 31,  
     33–4, 41, 48, 53–4, 58, 68,  
     70, 72–3, 76, 86–7, 90, 94,  
     96–8, 108, 115, 121, 127,  
     132, 144–5, 170, 197–8,  
     201, 214–6, 232, 238, 245,  
     255, 259  
   plans 73, 118, 156  
   rules 72–3, 115, 151, 226  
   serial goal setters 66  
   SMART 58, 221, 251  
   Greer, Germaine 174  
  
 Hadrian, Emperor 85  
 Harris Interactive 189  
 Heinz corporation 15  
 Herzberg, Frederick 86  
 hierarchy of needs  
   esteem 88, 97, 164, 170, 189,  
     220–1, 235–6, 258  
   love, affection, belongingness  
     97  
   physiological 97, 233  
   safety 48, 97, 177, 191, 265  
   self-actualization 97–8  
 homeostasis 161–2  
 Humer, Lars 27, 58, 77, 100,  
   113, 125, 152, 183, 202,  
   225, 248, 269, 279  
 hypnosis 41, 234–5, 245–6, 281

- James, William 237  
Johannesson, Alexander 133, 282  
Johnson, Ben 233  
Jordan, Michael 242
- Kanada, Professor Yasymasa 42  
Kennedy, John F. 111  
King, Martin Luther 142, 194  
knowledge-sharing 140  
Kroc, Ray 66
- labels  
  categories 107, 210–1, 213–4  
  ingroups/outgroups 211, 282  
  list of 42, 57, 62, 126, 211  
  sinister 13, 211  
  sticky 212  
  subconscious 210, 245–6  
  victim 168, 211–2, 214, 220
- Landy, John 39, 56  
Lange, Carl 237  
leadership 110, 118–20  
  authentic 120  
  by default 109  
  charisma 8, 23, 39, 44, 69, 105, 110, 113, 116, 120, 132, 142, 147–8, 152, 160, 190, 192, 220–1, 246, 248, 283  
  charismatic 116, 120  
  distributed 120  
  following 4–5, 20, 51–2, 55, 57, 70, 93, 102, 118, 134, 141, 149–50, 156, 166, 171, 173, 209, 227, 248, 279  
  Great Man 119  
  trait theory 119  
  transaccional 119  
  transformational 119
- Lippert, Al 15  
living life  
  be proactive 28–9  
  dealing with prejudice 216  
  dealing with stress 180  
  extraordinary lives 14, 33, 63, 171, 199, 219, 243, 260  
  feeling bitter 20  
  having role models 23, 25, 188, 191, 196–7, 203  
  luck 19–20  
  not letting it happen to you 23  
  positive/negative attitudes 20, 135, 212, 220  
  seize the day 14  
  taking advantage/being active 28–9  
  thoughts on 11–12, 32, 71, 92, 134  
  time-wasting statistics 21, 209
- Loeffler, Stefan 108  
Long, Giles 108  
Lucas, Mr 45, 47  
luck 19–20, 48, 67
- McDonald's 66  
McGregor, Douglas 70  
Madonna 195, 278  
Mandela, Nelson 20, 95, 251, 283  
Marshall, Dr Eric 74  
Maslow, Abraham 96  
Mehrabian, Albert 135

- mental needs 88  
   affect 88, 136, 163, 189, 212, 241  
   cognition 88  
   conation 88  
 mentors 194, 198–200, 202–4, 282  
   description of 222  
   finding 172, 250  
   relinquishing 152  
 Messner, Reinhold 244  
 Mother Theresa 14, 95  
 motivation 96–7, 99, 101–3, 232, 272  
   altruism 95  
   body image 95  
   connecting with goals 92  
   embracing the challenge 142  
   ethical/spiritual foundation 130, 213, 218, 249  
   explanation of 120  
   fear 40, 47, 84–5, 91, 168, 192, 234  
   financial gain 96  
   friends and family 88, 93  
   general/specific 27, 47, 54, 85, 90  
   getting out of bed 76, 82–4, 179, 181, 239  
   hierarchy of needs 96–7  
   ‘if only...’ 272  
   more than one reason 89  
   personal development 86, 96, 215  
   positive/negative 235  
   reasons 37, 70–1, 88, 90–1, 100, 148  
   team members 94, 107, 115, 118, 125, 227, 263  
   theories concerning 87, 282  
   third party 84  
 Mount Cotopaxi 76  
 Mount Everest 38, 240, 243, 267, 277  
  
 National Disabled Swimming Championships 5–6, 72  
 New York 14–15, 18, 141  
 Nidetch, Jean 14  
 Nobel Peace Prize 20  
 Noble, Paul 230  
 Nolen-Hoeksema, Susan 159  
 non-verbal communication 134–5, 189  
  
 Oasis 62  
 obsessive compulsive disorder (OCD) 243  
 Olympic Games Melbourne (1956) 56  
 Ownes, Jesse 31, 194  
  
 Parks, Rosa 17  
 personal development 86, 96, 197, 215  
 Pi 42  
 Pistorius, Oscar 33, 34  
 Player, Gary 48  
 pre-performance rituals 235, 241, 243  
 prejudice 26, 136, 139, 210, 212–217, 220, 223, 282  
   communicate and connect 88, 99  
   dealing with 162, 165, 169

- prejudice (*Cont'd*)  
 disability 99, 107, 203, 208,  
 215–217, 224, 269  
 empathize 198, 214, 272  
 experiencing 212  
 gender 103, 133, 159  
 help yourself 220  
 learn to love yourself 220  
 looking at the world  
 differently 65  
 personal 3, 34, 70, 90, 121,  
 145, 158, 198, 214, 255, 259  
 without 2, 34, 42, 69, 93, 123,  
 134, 199, 215, 237, 273  
 Professional Golfers' Association  
 (PGA) 55
- Ralston, Aron 171  
 reasons 22, 36, 54, 70, 85, 90,  
 100, 148, 194, 210  
 multiple 69, 90, 107, 255, 282  
 relaxation 164, 235  
 retirement 21, 32, 65, 66  
 Roberts, David 132  
 role models 25, 188, 189,  
 194–197, 202, 258  
 choosing/finding 90, 202  
 description of 222  
 measuring up 74  
 multiple 69, 90, 107, 255, 280  
 parents 7, 10, 71, 109, 167,  
 171, 188, 189, 194, 202,  
 204, 213, 244, 267  
 Royal Albert Hall 40, 62  
 rumination 159
- Schmidt, Detlef 108  
 Scott Robert Falcon 75
- self-talk 164, 235, 237, 247, 258  
 Selye, Hans 161  
 Seoul Paralympics 6  
 setbacks 25, 26, 68, 74, 158–  
 160, 259  
 consequences 157, 159, 161,  
 167, 267  
 dealing with 162, 165, 169  
 major 38, 55, 65, 68, 69, 88,  
 101, 134, 158, 160, 183,  
 198, 249, 253, 255, 256  
 seven stage life model 64  
 Shackleton, Ernest 74  
 Shakespeare, William 155  
 Singapore 99, 222  
 sleep 21, 36, 77, 83, 164,  
 177–179, 230, 239, 282  
 Sleep Research Centre 178, 179  
 (Loughborough) 178  
 SMART 58, 221  
 smiling 95  
 spiritual beliefs 79–80  
 stereotypes 212, 215–216, 283  
 Storey, Stuart 7  
 Street–Porter, Janer 89  
 Streeter, Tanya 173  
 stress 25, 57, 92, 160–167, 170,  
 175, 179–180, 183–184, 190  
 behavioural/emotional 282  
 dealing with 162, 165, 169  
 description of 222  
 destressing 159  
 family/social life 179  
 hormones 161, 163–164  
 nervous system 162–163  
 physical 16, 36, 38, 72, 86,  
 99, 123, 170, 280  
 prolonged 159, 162

- protecting against 170  
 psychological 39, 119, 162,  
     166, 170, 233, 281  
 science of 70, 85  
 signs 97, 160, 164, 201, 237  
 taking control 167
- success**  
   fiction into fact technique  
     234–5  
   hypnosis 41, 234–5, 245–6,  
     281  
   overcoming resistance 246–7  
   practice 244–5  
   pre-performance rituals 235,  
     241, 243  
   relaxation techniques 179,  
     235  
   self-talk and affirmation  
     235–7, 247, 258  
   something extra 232–4  
   suggestions 100  
   visualization 179, 233, 235,  
     238–40
- Sumerians** 133
- swimming**  
   awards and achievements 14,  
     16, 20  
   categories 107, 210–11,  
     213–14  
   disability prejudice 215  
   early training sessions 83,  
     184  
   first win after amputation 5,  
     11, 44, 107  
   goal-setting 68–9, 78–9  
   last competitive race 65  
   order/position of swimmers  
     130
- personal 108  
   team 108–11  
   team mates 126, 262  
   Sydney Paralympics (2000) 50,  
     130
- Taylor, Frederick** 86
- team members** 94, 107  
   co-ordinator 116  
   completer 116  
   monitor evaluator 116  
   plant 116  
   resource investigator 116  
   shaper 116  
   specialist 113  
   teamworker 117
- teamwork** 24  
   communication 132–3  
   define clear objectives  
     121–2  
   effective/efficient 110, 116,  
     130  
   execute 118  
   follow 118  
   get involved 122–3  
   going it alone 123  
   identify team roles 122  
   inclusion 102  
   lead 107, 109  
   motivation 101–2  
   roles 115, 118, 120  
   setting standards 123  
   successful 125  
   support 125  
   team talk 130–2  
   teambuilding 130  
   trust 123  
   winning/losing 113

- Teenage Cancer Trust 8, 40,  
62–3, 71, 76, 136, 186, 196,  
278
- Theory X and Theory Y 119
- Thomas, Dave 42
- Tuckman, Bruce W. 114
- visualization techniques 179,  
233
- Walker, Matt 130–2
- Waters, John 186–8
- Watkins, Dr 10–11
- Weightwatchers 15
- Wild, Frank 74
- Wilkinson, Jonny 242
- Willis, Dr 242
- Winfrey, Oprah 67–8
- Wiseman, Richard 19
- Woods, Maurice  
death of 6, 156–7  
phones doctor 16  
as role model 188–91  
takes son swimming  
44–5
- Woods, Tiger 54–6
- World Championships 131
- World Toilet Organization 21