



# Unbelievable: From My Childhood Dreams To Winning Olympic Gold

*Jessica Ennis , Rick Broadbent*

Download now

Read Online ➔

# Unbelievable: From My Childhood Dreams To Winning Olympic Gold

*Jessica Ennis , Rick Broadbent*

**Unbelievable: From My Childhood Dreams To Winning Olympic Gold** Jessica Ennis , Rick Broadbent

On 4 August 2012 Jessica Ennis kicked off what some described as the greatest night in British sporting history. For her it was the end of a long, winding, and sometimes harrowing road.

Nobody was under more pressure at the London Olympics than 'the face of the Games'. Yet Jessica delivered the heptathlon gold medal, and the huge outpouring of relief she showed afterwards hinted at the roller-coaster journey she had been on. Behind the smiles and politeness, Jessica has endured much. Bullied at school for being small, she proved to critics and rivals alike that size really didn't matter.

Hers is an inspiring tale of following your dreams no matter what life throws at you. In 2008 Jessica thought her career might be over when she was injured on the eve of the Olympic Games in Beijing. But she overcame this setback to rebuild her career and technique, becoming the world and European champion in successive years. Her biggest test was yet to come, though, when her rivals overhauled her in the build-up to London.

Unbelievable is a refreshingly candid account of her rise to fame in a highly charged world in which body image issues and drug abuses lurk. From the unique pressures facing her, to behind-the-scenes glimpses into the greatest show on earth, and a revealing account of her love-hate relationship with her long-term coach, Jessica reveals the truth behind the smiles for the first time. Unbelievable includes exclusive behind-the-scenes photos.

This is the story of how the girl next door became London's poster girl, and how an ordinary woman used an extraordinary talent to claim the title of the world's greatest all-round female sports star.

## Unbelievable: From My Childhood Dreams To Winning Olympic Gold Details

Date : Published November 2012 by Hodder & Stoughton Ltd

ISBN : 9781444768602

Author : Jessica Ennis , Rick Broadbent

Format : Hardcover 278 pages

Genre : Biography, Sports and Games, Sports, Autobiography, Memoir

 [Download Unbelievable: From My Childhood Dreams To Winning Olymp ...pdf](#)

 [Read Online Unbelievable: From My Childhood Dreams To Winning Oly ...pdf](#)

**Download and Read Free Online Unbelievable: From My Childhood Dreams To Winning Olympic Gold** Jessica Ennis , Rick Broadbent



# **From Reader Review Unbelievable: From My Childhood Dreams To Winning Olympic Gold for online ebook**

## **Wajed says**

This is my 1st book in sports biography. To be honest I wanted "Wilma" by Wilma Rodoulph to be my 1st one because I loved running and other than being an Olympic runner she has what you can call a special charisma.

I chose Jessica's book because I wanted to know Olympian champions long road, way of living and experience the feeling of victory when they finally finish the race. The book is written in a very beautiful language both flowing and easy. In some chapters I really couldn't wait to know what will happen next but some I was forcing myself to finish. I guess it's the same way in sports or maybe life for the matter !

---

## **Angela Ly says**

It was an easy read. I could feel the hard work put in by Jessica Ennis in trying to achieve her goals - inspiring. However, I felt the writing lacked depth and Jessica was not ready to reveal more about her thoughts. For example, even when she wrote about negative thoughts or feelings toward some people, it was usually worded (a little) carefully or there she added some caveats to her opinions. It would have been more powerful if it were more raw.

---

## **Eloix says**

An interesting book about how a really common girl that had been bullied at school became an olympic champion. I admired the way she could do things she was not "meant" to do because of her size.

"I still felt intimidated when I saw the bigger, more muscle-clad girls at the start, but I was measuring myself against myself, previous scores from previous years, and felt happier doing that."

At some times it was a bit annoying to hear about all the different events, and numbers about how far she jumped or how fast she ran. Also, even if she sometimes talked about her feelings, I felt like she was still hiding them to the readers.

---

## **Charlotte says**

I really enjoyed this and it was interesting to see 'behind the scenes' so to speak of this sport.

I didn't realise how much she went through to get to the Olympics, obviously I knew Jess had to pull out of Beijing but I didn't know about all the other incidents along the way before and after.

Just brilliant the sheer determination she showed, just fantastic spirit.

However, I feel that the Olympics bit was kind of glossed over. I didn't really get a feel of the atmosphere and what it was like to be there. I understand that it was probably a bit of a blur for her but I just feel it maybe was rushed. Possibly because the book did come out quite soon after the Olympics, a shame really as it would have been great to find out a bit more about that aspect as it is the bit she is driving towards through most of the book.

Other than that though a great read and makes me want to up my running training.

---

### **Vanessa Deroo says**

This is a short autobiography, but straight to the point. Got to love Jessica Ennis' determination.

---

### **Virginie says**

The book has a simple chronological structure. It recounts the life of a young and successful athlete. It is narrated in a very humble way, so humble that it is easy to relate to Jessica Ennis.

Reading this book was fast and enjoyable. Unfortunately, I like reading athletes biographies to learn about motivation or understand what makes them so successful. In that case, I found the book missing deep introspection. In that respect, I preferred "A Life Without Limits" by Chrissie Wellington, another extremely successful British athlete.

Still, here are a few sections that I particularly liked:

Jessica Ennis was bullied at school for being small. "- Look at her, she's so small. That definitely fired me up on the inside. I wanted to show them, prove a point and prove myself. " On the eve of the London Olympics, her mum sent her usual text saying: "Don't let those big girls push you around."

During her preparation for the Olympics, Jessica Ennis did not leave the UK to go warm-weather training in the winter. She stayed in her lovely Sheffield and trained six days a week, including Sundays. "I felt good. I had worked like a slave during the winter." She talks about her dreaded hill runs in the cold and on the way back, she explains "We would shiver in the car as we were driven back to the EIS (English Institute of Sports) for a cup of hot chocolate and then a weights session in the gym. That was our Sunday. I would look at the people getting up late and buying the papers for a long, leisurely read and get jealous. The sessions at the EIS were just as bad. The lactic acid filled the muscles and made my legs feel leaden. It was not just my legs either. The acid got into my arms, my bum, my hamstrings. It spread like a black stain until it was constant and then I would feel this crushing pain behind my eyes."

Heptathlon culminates with the dreaded 800m. In August 2009, at the Berlin World Championships, Jessica Ennis started fast and she was leading the race after the first lap. "Then, coming off the last bend, Dobrynska (the Olympic champion from Ukraine) overtook me and I thought: "I am not having that". So I responded. Fight and flight. All those running sessions, all that hurt. I thought: "These few seconds are why you did all that. It's so you can push harder than the rest. if you don't push now, all those sessions are wasted". I came down the inside and won the race and the Gold medal."

At the 2012 London Olympic games, Jessica Ennis failed her first two attempts at 1.83m for the high jump. It was a disappointed performance for somebody who could jump 1.95m. She writes: "Anything less than 1.86m would be a disaster, in my reckoning. Dobrynska bowed out at 1.83m. It was a chance. My last chance. I thought about all the times I had pulled it out on the final attempt. "This is what makes a champion". I told myself"

---

### **Bella Uscila says**

This book is about a woman who was once a child and tried track for the very first time at around 10 years old. After a couple years of track, she wanted to be more involved and compete. Her father, mother, and coaches push her and motivate her to keep going further. After competing in the Junior Olympics, she finally wins the gold medal. This book inspired me so much. Reading this makes me want to succeed in my future dreams. I've started Junior Olympics because of her. I've made it very far being at this age because I've taken her advice. I wrote a book report on her in 8th grade after reading her book because I loved it. Jessica has taught me to work harder than ever. Faster, higher and longer. Don't let people bring you down. Focus hard and push myself. I can be the next Bella in Junior Olympics.

---

### **Ina M. says**

"I believe we all have a journey. It may be in sport or something completely different. I receive so many letters from young people that I hope are inspired by what I have done. I do not mean that they have to become Olympians, but just to find what they want to do and then not let the setbacks along the way grind them down and make them give up. I was once a small girl from Sheffield, dealing with bullies and normal teenage insecurities, but I always believed. And when you do that, life can get unbelievable."

That quote pretty much sums up the book for me. It was so inspiring to read about Jess' journey to the fulfillment of her dreams. It certainly inspired me to persist in reaching mine. My only complaint is that it did feel a little rushed, and a little too short. I would have liked it if it had been longer, but it's still a great read, and my rating is actually 3.5 stars.

---

### **John says**

Standard fair, brought out in 2012 after her Olympic win. Ennis was of course the 2012 GB Golden Girl of the London Olympics and thankfully she didn't have any baggage or scandal to disclaim or deny with the pages, in fact she comes across as rather ordinary. Do we want our sporting legends to be ordinary? Well in truth we do as we'd like to feel they are human like us but they don't make for exciting biographies.

---

### **Khurram says**

I did like this book, but straight from the double margins I knew it was going to be quite short. By the end of

the book I did feel I got to know Jessica Ennis. She come across as a humble, dedicated, hardworking, and most of all relatable and likeable. This book is written for the general public in mind you do not have to be interested in sports to read and enjoy this book. This book is a great insight not only to Jessica but coping from acceptance to fame. Becoming an icon but staying grounded.

There are two main reason I could not give this book 5 stars is I though the book was a little too PC for me. An example would be Bradley Wiggins book In Pursuit of Glory in here you feel the raw emotion Bradley does in the heat of the moment. Swearing aside, (though Jessica does admit she is as susceptible to the occasional F-bomb as the rest of us), you feel his passion for his sport coming off the page. Jessica I have no doubt is just as passionate about her sport, people, and doping issues, but because her conscientious nature you do not get the same feel in her writing. She does also take the high road on issues of her bullying she talks about how bad and awkward it made her feel, but she does not name and shame them. She is just a better person then me, this would have been me taking revenge saying look at me now.

The other reason is I also would have liked to know some of the specific exercises that Jessica does. She goes into more detail of this when talking about running the 800 metres, e.g. running shorter distances at great speed with shorter recovery times. She does not really say how she trained for the other events she gives a broad over view but no specifics. She does say how she tweaked her techniques but being interested in sports I would like to know a bit more of the exercises.

The book is about the 2012 London Olympics, her hard fought journey to it and eventually winning. She mentions all the people how helped her along the way, some of her competitors who fall by the way side as life moves on for many of them but because of her dedication, sacrifice and focus she manages to carry on to achieve her dream. Appendix at the back contain and explanation of the points systems and all Jessica's career stats to the 2012 London Olympics. A good read, and by the end off it Jessica's honestly will make the reader feel more like a friend then a fan.

---

## **Lucinda says**

This poignant, candid biography from 'rags to riches' sporting success, has to be one of the most noteworthy books this year!

This wonderful book is such a personal, insightful and deeply thought-provoking account of how Jessica Ennis climbed her way to the top from nothing. This is the story of how the girl next door, who had dreams and big aspirations, ended up as an Olympic star and competing in the London 2012 Olympic Games for her country. Heartwarming, honest and powerful Jessica's story is one of hardship, blood, sweat and tears thus proving that to achieve great things one has to work hard. Her commitment and dedication to her sport, and her focus on reaching higher goals whilst always pushing herself to her limits, is a testimony to all sports professionals who dedicate their life to their art. This astonishing and utterly remarkable read also includes never seen before photographs from behind the scenes, as you explore Jessica Ennis' world from her perspective and viewpoint.

On the 4th August 2012 Jessica Ennis kicked off what some described as the greatest night in British sporting history, and for her it was the end of a long, winding and sometimes harrowing road...

Nobody was under more pressure at the London Olympics than 'the face of the Games'. Yet Jessica delivered the heptathlon gold medal, and the huge outpouring of relief she showed afterwards hinted at the roller-

coaster journey she had been on. Behind the smiles and politeness, Jessica has endured much. Bullied at school for being small, she proved to critics and rivals alike that size really didn't matter.

\*Hers is an inspiring tale of following your dreams no matter what life throws at you.\*

In 2008 Jessica thought her career might be over when she was injured on the eve of the Olympic Games in Beijing. But she overcame this setback to rebuild her career and technique, becoming the world and European champion in successive years. Her biggest test was yet to come, though, when her rivals overhauled her in the build-up to London. Unbelievable is a refreshingly candid account of her rise to fame in a highly charged world in which body image issues and drug abuses lurk. From the unique pressures facing her, to behind-the-scenes glimpses into the greatest show on earth, and a revealing account of her love-hate relationship with her long-term coach, Jessica reveals the truth behind the smiles for the first time. Unbelievable includes exclusive behind-the-scenes photos.

This is the story of how an ordinary woman used an extraordinary talent to claim the title of the world's greatest all-round female sports star.

Emotive, touching and truth-drawing this is a book that affects one profoundly, as the powerful message within speak to the heart and touch the soul. Empowering, inspiring and rousing after reading Jessica's account you will instantly feel energized and rejuvenated to go and seek out the best in life. I must say that this has to be the most memorable, inspirational sports biography I have read in a long time and which I highly recommend as something to get you motivated in a morning! Just brilliant and intensely gripping you will find it hard pressed not to be touched by Jessica Ennis' tale, which speaks of such truth and realistic outlook on life in general.

---

### **Amy says**

Easy to read, a good book for the bath or beach but felt it lacked depth and detail.

---

### **Ellie says**

A must read for anyone into Athletics or interested about Jess Ennis-Hill. I've read this book 3 times now and each time I can't help but love it more and more each time! This book is a chronological account of Jess in her own words starting from being a small kid running around the garden to becoming Olympic heptathlon and one of the most well known and loved athletes of all time! This really gives an insight to a champions life and the dedication and passion you have to put in the be successful. Definety recommend it to anyone really!

---

### **Jay Kenobi says**

Sadly I found this unbelievably dull. There is very little in the way of personal background or emotions, and once it hits Jess' main competing career the book degenerates into little more than statistics "I made 1.86 in



the high jump, so and so was 3rd and so and so 6th, and then in the 200m I finished in x with y in 4th" etc, ad infinitum.

---

### **Jennifer Ritchie says**

As a biography, it isn't particularly person and I feel it's more like she's telling you about the events of her life instead of letting you know how she felt at those times.

---