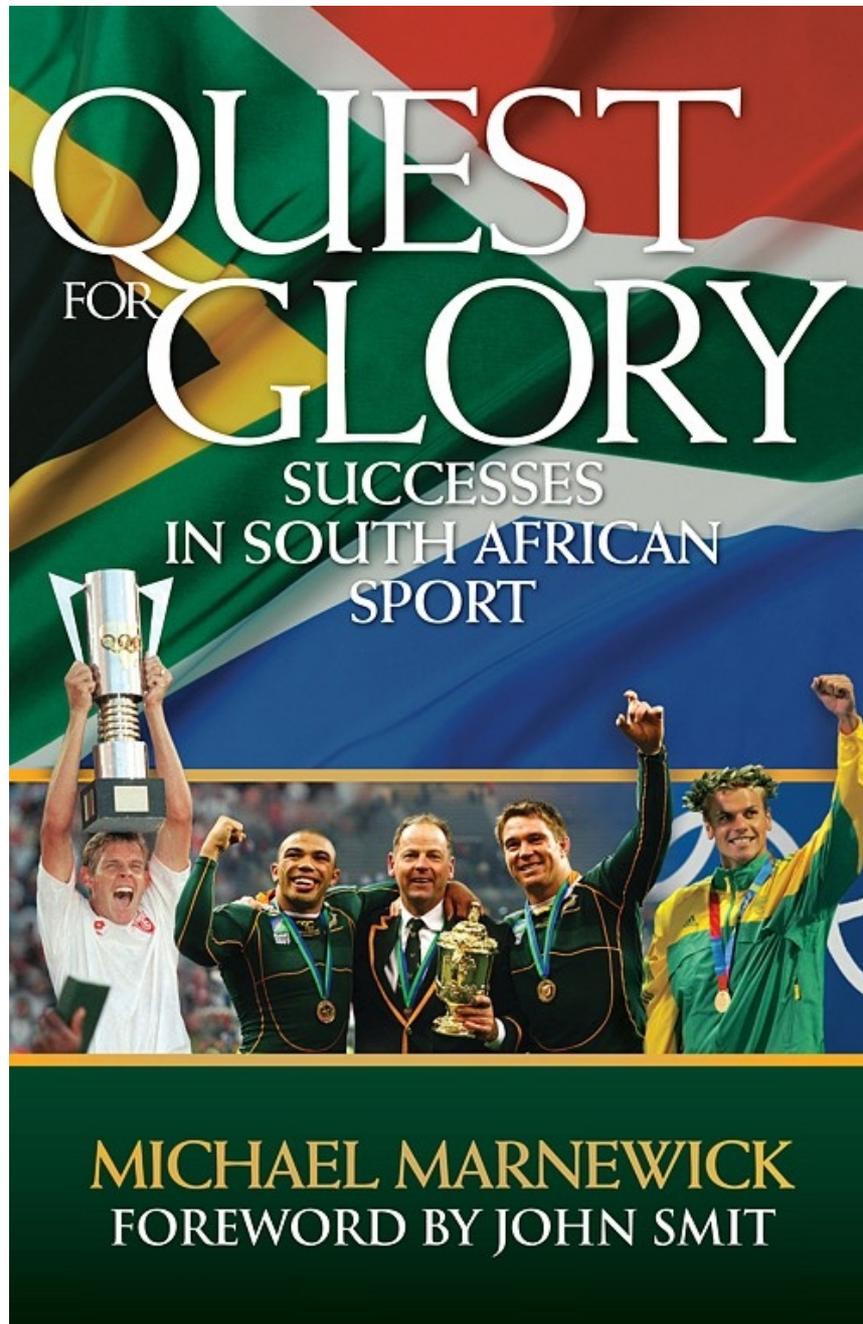


2010 - Book Tour: Michael Marnewick  
(Author of "Quest for Glory: Successes in South African Sport")



## Book Tour - School Visit

**Michael Marnewick**, Durban born, raised and educated has completed his first book: *“Quest For Glory: Successes in South African Sport”*

The book provides interesting, entertaining and informative lessons about successes and failures in sport as recounted by Springbok captains, international athletes, Olympic and World champions and recognised leaders who have made South Africa proud on sporting arenas around the world.

### Synopsis

Embracing sporting success, living vicariously through the actions and conquests of our heroes and learning from their achievements is an integral part of the South African sporting psyche. Indeed, we are a nation of sports fanatics and the book will address the issues surrounding success and failure on fields, swimming pools and golf courses around the world.

What defines success? What makes a good team great? What is Big Match Temperament? What makes a team lose when they are expected to win, or win when they are expected to lose? How do successful teams and individuals plan and prepare to succeed? How much preparation and what happens on match day is mental application? What motivates the individuals, or how do they find motivation or inspiration to succeed? How have they dealt with setbacks or failure? What are some of the sacrifices made in order to achieve success?

These are the kinds of questions that the book addresses with a number of successful South African sporting personalities.

The format of the book runs from one theme to the next with input, anecdotes and sage advice from a number of sports' stars to enlighten, educate and entertain the reader.

John Smit has contributed the foreword and amongst the personalities interviewed are: Tim Goodenough (Mental Coach), Mark Andrews (Rugby World Cup Winner's medal - 1995), Penny Heyns (Olympic swimming champion); John Smit, Gary Teichmann, Naas Botha, Francois Pienaar, Bob Skinstad (Springbok Captains), Herschelle Gibbs (Proteas' batsman), Henning Gericke (Springbok Sports Psychologist - 2007 Rugby World Cup), Paul Treu (SA Sevens' Coach - World Champions 2008/2009), Oscar Pistorius (Paralympic World Champion), Clive Barker (Bafana Bafana Coach - African Cup of Nations Champions); Gary Player (Golfing Legend), Ryk Neethling (Swimming Champion) and Professor Tim Noakes (Leading Sports Authority).

This book will appeal to anyone with a remote interest in sport purely from an entertainment level, while the serious sports person will draw inspiration from the words of famous South African Champions. Anyone contemplating a career in professional sport will find this book invaluable in their own particular Quest for Glory.

A book talk by Michael Marnewick will discuss some of the themes from the book: what it takes to be the best, dealing with success and failure, and why some teams or individual win and others lose.

The talk is then followed by a Question and Answer session and finally a book signing (a stall will be set up to buy the book on the day). One lucky participant in the Q & A session will win a copy of the book autographed by the author.