



## Body Lengths

*Leisel Jones*

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## **Body Lengths** Leisel Jones

*From the moment I am born, I am like no-one else around me. I am a fish out of water. Even in the pool.*

Leisel Jones is rightly regarded as one of the greatest breaststrokes ever. At just fifteen, she won two silver medals at the Sydney Olympic Games in 2000; she went on to win gold at Athens and Beijing, and at London 2012 became the first Australian swimmer to compete at four Olympics.

For the first time, Leisel candidly describes what it's like to be thrust into the limelight so young. She reveals the constant pressure she was under – from coaches, from the media and from herself – to be perfect. Despite the highs of her swimming stardom, she suffered depression, and at one time planned to take her own life. In London, criticised in the media for her weight, and appalled by the bullying and dysfunction in the Australian swim team, Leisel nevertheless handled herself with great composure. She has emerged with maturity and good humour, having finally learnt how to be herself and live with confidence.

*Body Lengths* is the inspiring story of an Australian sporting hero, told with humour, optimism and style.

'There were times when it wasn't easy for Leisel, but she came through as one of the greatest swimmers of all time.' —Ray Warren

'Lethal Leisel was an incredible role model and an inspiration for my generation. She epitomises the Olympic dream!' —Sally Fitzgibbons

'A compelling and thought-provoking story, Leisel's honesty is remarkably heroic and poignant.' —Layne Beachley AO

'Leisel gives a fascinating and candid account of her time as an elite swimmer and what it was like to be thrust into the limelight at such a young age. She writes engagingly of the personal high and low points, the relationships and friendships, and the huge demands of maintaining her fitness and training over the years.' —*The City*

Leisel Jones retired from swimming in 2012 as the winner of three Olympic gold medals, and many Commonwealth and world championship medals. She was a commentator for the Commonwealth Games 2014, and recently appeared on the Australian *I'm a Celebrity, Get Me out of Here*.

Felicity McLean is the author of several books. She has written for the *Daily Telegraph*, the *Courier Mail*, the *Big Issue* and more.

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