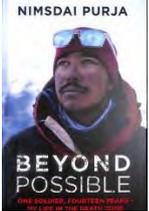
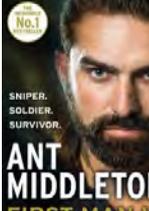
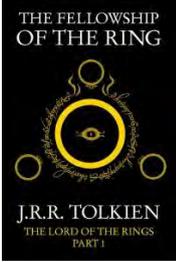
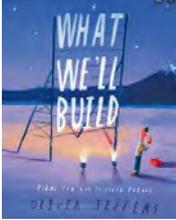
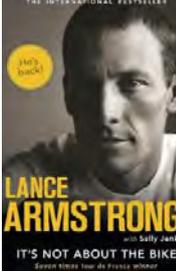
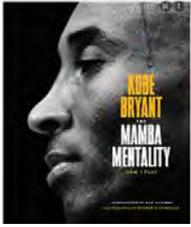


### Mr. Hooker's Desert Island Books

Book cover	Book Title and Author	Blurb	Reason for choice
	Beyond Possible – Nimsdai Purja	In Beyond Possible, 'Nims' tells the story of his life: from time in the UK Special Forces, then the Gurkha's and the risk he took to follow his big dream to support the big fourteen. He reveals strengths and qualities that form a great mountaineer and give him the edge to come alive in the death zone.	Walking and mountaineering is a past time of mine, and this book encapsulates that plus a lot of other characteristics and traits which I take into my life. A truly inspirational read about striving for excellence and what it takes to truly be the best at your trade.
	Shoe Dog – Phil Knight	In this candid and riveting memoir, for the first time ever, Nike founder and board chairman Phil Knight shares the inside story of the company's early days as an intrepid start-up and its evolution into one of the world's most iconic, game-changing, and profitable brands.	Anyone who likes sneakers this is a must read. From the creation of Nike to conflict along the way if you're a true Nike advocate then this is the book for you.
	Firestarter – Ben Stokes	<p>Ben Stokes is not cast in the same mould as the vast majority of English cricketers. Fiery, combative, gladiatorial - he plays the game hard and with great gusto. He is an all-rounder who bats, bowls and fields.</p> <p>His very first book focuses on the pivotal moments in his life and career so far. These episodes are vibrant, emotional, poignant - revealing the man in three dimensions, red in tooth and claw. From being forged as a young boy in New Zealand, to moving to Cumbria at the age of 11, to playing county cricket for Durham and then onto the England team, this book provides a riveting insight into one of the most exhilarating figures in sport today.</p>	<p>I share many traits with Ben, other than being a true great of the game of cricket.</p> <p>Having sat in the same changing rooms as Ben and shared a field with him, this book is a great insight for anyone who loves the game. Plus, it is an all access pass to a man who I believe is one of the greatest all-rounders of his generation.</p>
	First Man In - Ant Middleton	No one is born a leader. But through sheer determination and by confronting life's challenges, Ant Middleton has come to know the meaning of true leadership. In First Man In, he shares the core lessons he's learned over the course of his fascinating, exhilarating life.	In this fascinating, exhilarating and revealing book, Ant speaks about the highs and gut-wrenching lows of his life – from the thrill of passing Special Forces Selection to dealing with the early death of his father and ending up in prison on leaving the military – and draws valuable lessons that we can all use in our daily lives.

	<p>The Fellowship of the Ring - J.R.R.Tolkien</p>	<p>The future of civilization rests in the fate of the One Ring, which has been lost for centuries. Powerful forces are unrelenting in their search for it. But fate has placed it in the hands of a young Hobbit named Frodo Baggins, who inherits the Ring and steps into legend. A daunting task lies ahead for Frodo when he becomes the Ringbearer - to destroy the One Ring in the fires of Mount Doom where it was forged.</p>	<p>I mean who doesn't love Tolkien! These books are an absolute masterpiece (and so are the films). Although not my favourite (two towers is!), this book has lots of hidden messages and life lessons that anyone could use to their advantage.</p>
	<p>Stickman - Julia Donaldson and Axel Scheffler</p>	<p>The story follows the life of Stick Man as he is torn away from his family and depicted dealing with everyday situations for a 'stick' - he gets thrown to a dog, becomes a pooh stick and forms part of a bird's nest to name but a few. Just as it looks as though Stick Man's days are numbered, as he is placed on a fireplace, he is rescued by every child's hero, Santa, who helps him find his way back home.</p>	<p>This book means an awful lot to me as I have spent numerous hours reciting it to my own children Sebastian and Maya. Set at the start of the Christmas period, it truly encapsulates the family spirit that I have been brought up with and instil into my children.</p>
	<p>What we'll build - Oliver Jeffers</p>	<p>A father and daughter set about laying the foundations for their life together. Using their own special tools, they get to work; building memories to cherish, a home to keep them safe and love to keep them warm</p>	<p>Another close to my heart, and one that, once my daughter came into the world, I regularly started reading to her at bed time. I must admit the first time I read it I did cry, but it really does epitomise the father daughter bond that, until Maya was born, I had never before experienced.</p>
	<p>Lord of the Flies - William Golding</p>	<p>In the midst of a nuclear war, a group of British boys find themselves stranded without adult supervision on a tropical island. The group is roughly divided into the "littluns," boys around the age of six, and the "biguns," who are between the ages of ten and twelve. Initially, the boys attempt to form a culture similar to the one they left behind.</p>	<p>This takes me back to school as it was the first book we read and studied in English. A real eye opener to social divides and struggles in the face of danger.</p>
	<p>It's not about the Bike - Lance Armstrong</p>	<p>It is such an all-American story. A lanky kid from Plano, Texas, is raised by a feisty, single parent who sacrifices for her son, who becomes one of our country's greatest athletes. Given that background, it is understandable why Armstrong was able to channel his boundless energy toward athletic endeavours.</p>	<p>Being an avid biker myself, this book (prior to recent information) was a real insight into who I believed at the time was without doubt the greatest rider of his generation. His upbringing, his mentality and his attitude towards training and racing were inspiring.</p>



Mamba  
Mentality -  
Kobe Bryant

Kobe Bryant is a basketball player who has played in the NBA for 20 years, and he's been known as the "Black Mamba" because of his aggressive playing style. He was drafted into the NBA when he was 17, which made him one of the youngest players to be drafted at that time. In 1998, just two years after being drafted, Kobe became an All-Star at age 18.

Not many basketball players make it to the pros at a young age. Even fewer become recognized as stars for two decades. Bryant achieved both of these feats and is considered a legend in the sport.

Widely regarded as the best player of his generation. This is another book that talks about what it takes to become an elite athlete. This book follows the lessons that he learned along the way, and the mistakes he made before becoming one of the best!