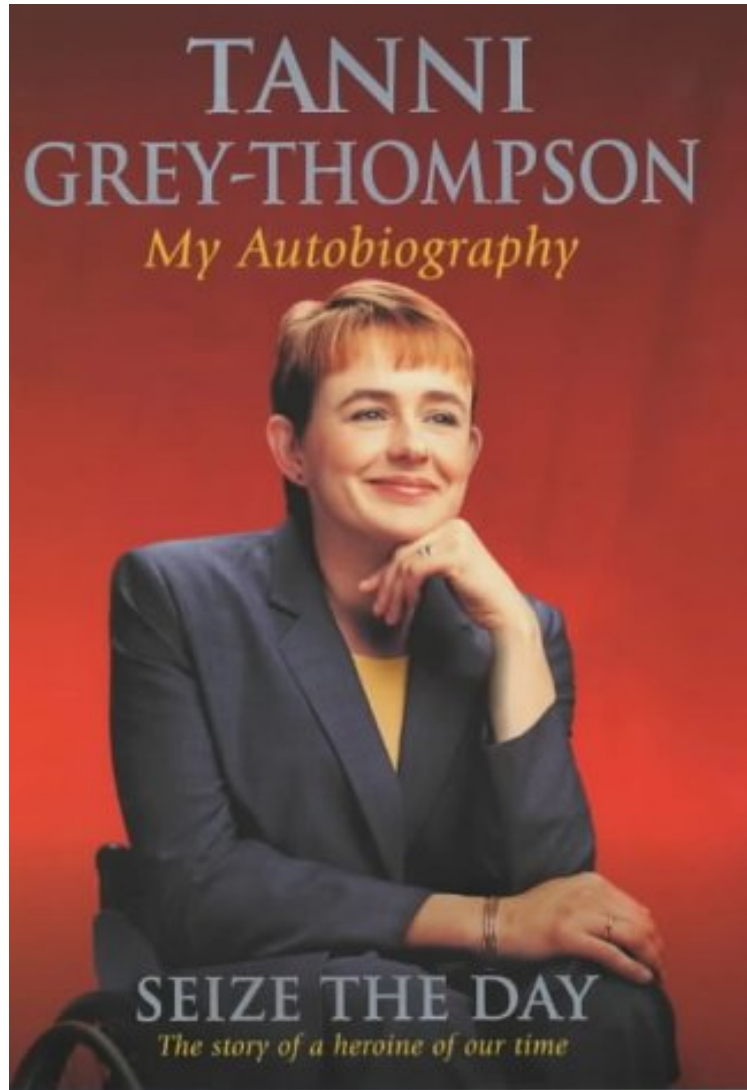


Seize the Day: My Autobiography

Tanni Grey-Thompson

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Tanni Grey-Thompson has performed at world-class level for the past thirteen years, in distances ranging from 100m to the marathon. Her 13 Paralympic medals, eight medal placings in the London Marathon and her comprehensive set of British and World Records make her achievements second to none in the disability sport arena. Here she talks candidly about her early life and ambitions, before offering a colourful account of her success in the four Paralympic

Games in which she has been involved. Tanni talks incisively about disability sporting issues and reveals how she set about becoming a world-class athlete.