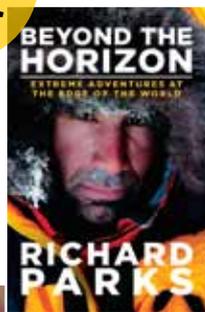


WIN  
THE  
BOOK

## BOOK OF THE MONTH

# Beyond the Horizon

Buy this book at [amazon.co.uk](http://amazon.co.uk) RRP £18.99 Publisher Little Brown



**Old world:** Parks in Dragons colours before injury ended his career



## BOOK REVIEWS



### The Test

Penguin, £20

Buy at: [amazon.co.uk](http://amazon.co.uk)

DURING a record-breaking Test career, Brian O'Driscoll was rarely out of the public eye but there is a surprising amount to be learnt about him in the 400 pages of his much anticipated autobiography.

From his childhood to the present day, the player, the family man and the friend are all laid bare in this lively memoir. The amiable Irishman doesn't stick the knife into anyone, but relives the highs and lows of his journey for the reader's benefit.

For a full review of *The Test*, log onto [rugbyworld.com](http://rugbyworld.com), where you can also enter a competition to win one of six copies of this book, signed by O'Driscoll himself. For details, see [rugbyworld.com/competitions](http://rugbyworld.com/competitions). Please remember to fill in all your details.



### The Gloucester Miscellany

History Press, £7.99

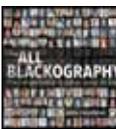
Buy at: [whsmith.co.uk](http://whsmith.co.uk)

THE anecdotes and titbits of information packed into this book make this a good present for Gloucester fans.

Among the facts readers will learn is the news that Mike Teague was advised to drink Guinness and eat fish and chips in order to bulk up a bit!

On the down side, the book jumps erratically from era to era and the statistics don't go beyond 2011.

**RW RATING** ★★★★★



### The All Blackography

Upstart, £9.99

Buy at: [amazon.co.uk](http://amazon.co.uk)

WRITTEN by great New

Zealand rugby expert Ron Palenski, this is an alphabetical record of everyone who has played for the All Blacks, up to February 2014.

There are photographs of all 1,128 players, plus statistics. Despite being constantly overtaken by events, it is still a useful reference book.

**RW RATING** ★★★★★

**R**ICHARD PARKS takes us on a journey to hell and back in this

gripping account of his post-retirement life.

He has become an "extreme environment athlete", taking

**"Now rugby was gone, with no chance of coming back. I went to some dark places"**

on mountains and polar treks, enduring immense physical hardship along the way.

But the story starts in Wales in 2009, when the 31-year-old Parks spent 21 days curled up in a bedroom in his parents' house, trying to come to

terms with retirement. "Rugby had determined when I ate and slept – 90% of my social life was in rugby," the former flanker says.

"And now it was gone, with no chance of coming back. I was petrified. I went to some

dark places, contemplated the very worst. And my self-hatred went to another level again for doing so."

Parks and writer Michael Aylwin then tell how he set out on a new adventure in which he became the first person to

climb the highest mountain on all seven continents and stand on the North and South Poles and the summit of Everest, all within seven months in 2011.

He then took on yet more challenges, finally becoming the fastest Briton (and only Welshman) to ski from the coast of Antarctica to the South Pole, unsupported.

Parks's brutal honesty about his fears and pain, make this a compelling read.

For a chance to win one of six copies of this book, go to [rugbyworld.com/competitions](http://rugbyworld.com/competitions) and enter the relevant competition. Please fill in all your details.

**RW RATING** ★★★★★

## WHAT ELSE IS IN THE SHOPS?

1. **Proud - Gareth Thomas** (Ebury Press, £20)
2. **Call it Like it is** (Zebra Press, £12.50)
3. **The Bluffers Guide to Rugby** (Bluffers.com, £6.99)
4. **The Secret Life of Twickenham** (Aurum Press, £20)
5. **The Joy of Rugby** (Summersdale, £9.99)
6. **Tag Rugby** (Bloomsbury, £16.99)
7. **Into Touch** (Pen-and-Sword, £25)
8. **The All Whites - Newton Abbott** (Halsgrove, £24.99)
9. **Rugby Drills** (Crowood Press, £12.99)
10. **Coaching Youth Rugby** (Crowood Press, £12.99). For the latest rugby books, see [amazon.co.uk](http://amazon.co.uk)

## NEW PRODUCTS

### WHAT'S FOR BREKKIE?

NOW you can make yourself a delicious, protein-packed breakfast. Priced from £8.99 at [bodybuildingwarehouse.co.uk](http://bodybuildingwarehouse.co.uk)



### PACK UP

THE Endurance 9.0 sports bag from Ogio is designed to carry kit that's wet or dry. Get yours for £129.99 from [ogio.co.uk](http://ogio.co.uk)



### RHINO HIDE

THE Lightning sleeveless hoodie from Rhino (£39.99) is perfect for autumnal days. Get yours at [rugbystore.co.uk](http://rugbystore.co.uk)



### KIWI DELIGHT

MANUKA honey is made in NZ and has health benefits. Steens version is priced from £14.99, available in supermarkets



### BRONZED MOMENTS

WANT a rugby sculpture at home? These are priced from £2,580 at Twickenham's Marriott Hotel or [francesgoddard.com](http://francesgoddard.com)



### SWEET SWEATS

THE Raglan crew sweat is part of Canterbury's new range. Get yours from [www.prodirectrugby.com](http://www.prodirectrugby.com), priced £45



## 4 OF THE BEST: TEST SHIRTS

### ENGLAND

CURRENTLY on offer at £45.99 (down from £55.99) just in time for the All Blacks!



1

### AUSTRALIA

WHO'S supporting the Wallabies this autumn? Their jersey costs £64.99



2

### IRELAND

FOR Aviva Stadium goers, Canterbury's new Ireland jersey is priced £54.99



3

### SOUTH AFRICA

IT'LL set you back £54.99 to don Springbok colours. All Test jerseys available from [lovell-rugby.co.uk](http://lovell-rugby.co.uk)



4

Got a rugby book or DVD you'd like us to review? Email [kathryn.field@timeinc.com](mailto:kathryn.field@timeinc.com)  
Or if you've got a product you'd like to see featured, email [beatrice.asprey@timeinc.com](mailto:beatrice.asprey@timeinc.com)