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MOURNING, MEDALS AND MEN BY  
GEMMA SPOFFORTH**



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## About the Author

Gemma Spofforth swam for Great Britain at the 2008 and 2012 Olympic Games. In 2009, she won the 100m backstroke World Title in World Record time. At the time of publication, she remains the World Record holder. On the way to her first Olympic Games, Gemma lost her mother to cancer. The sorrow and experience that resulted is central to who Gemma is and the journey she travelled. Co-author Craig Lord is the Swimming Correspondent of The Times and Sunday Times newspapers in Britain. He is also editor of SwimVortex.com

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# DEALING WITH IT: SIX YEARS OF MOURNING, MEDALS AND MEN BY GEMMA SPOFFORTH PDF

This is not a book about me, Gemma Spofforth, Olympic swimmer, World Champion and World Record Holder. Rather, it is a long essay of experience, a journey through desperate sorrow and soaring joy to maturity, healing, understanding and acceptance. A tiny embryo swimming in the vastness of a mother's uterus, growing vicariously, hidden beneath a protective barrier, a protective cocoon of relentless love and affection from a woman full of life and vitality, fiercely defensive of her tiny swimmer. In writing this book I, that tiny embryo, want to take you on my journey. I want to take you through my reality and share a roller-coaster of a life. I will share my utmost highs and my deepest lows, the experience as I felt it, the experience as I lived it for the past six years of my life. The individuality of one's life, the experiences and struggles become intrinsic to growth and being. Frederick Perls once said: I do my thing and you do your thing I am not in this world to live up to your expectations, and you are not in this world to live up to mine. You are you and I am I and if by chance we find each other, it's beautiful. I write to you and for you, I write to explain my growth, my maturity, my tragedy and my healing. If you can relate to the story, I write to offer solace, empathy or clarity. I write with the knowledge that your journey, your demons, however big or small, are as central to your character, to your personality, as mine were and are to me.

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