

Clyde Brolin

Writer

Clyde Brolin began his career working in Formula 1 before moving on to the wider world of sport. His first book *Overdrive* made the *Daily Telegraph's* top ten sports books of the year and saw him shortlisted for Best New Writer at the 2011 British Sports Book Awards.



His second book *In The Zone: How Champions Think and Win Big* was published by Blink in 2017. It features 100 interviews with the greats of world sport, revealing how they live the dream and find peak performance when it counts.

Publications

Non-Fiction

Publication Details	Notes
IN THE ZONE 2017 Blink	Elite performance starts with a dream. By nurturing it, crafting it and – crucially – believing in it, sport's champions reveal the untapped power of the human mind. What psychological traits link Novak Djokovic and Jessica Ennis-Hill? Or Sebastian Vettel and Nadia Comaneci? What goes through an athlete's head when their life's work is at stake? What separates those who can stay at the top from those who can't? How do daredevils suppress the fear of death? What exactly is that near-mystical state known as 'the zone'? Drawing on over a hundred exclusive interviews with elite athletes from sports ranging from F1 to swimming, base jumping and cycling, IN THE ZONE investigates with intelligence and clarity the mental processes by which champions are made.