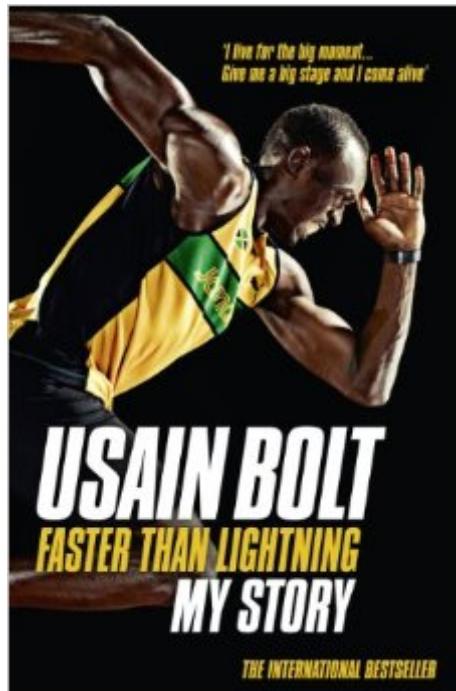


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# Faster Than Lightning: My Autobiography



## Synopsis

The autobiography of the fastest man of all time and a superstar whose talent and charisma have made him one of the most famous people on the planet. Whether you know Athletics or not, and even whether you know sport or not, chances are you know Usain Bolt. The fastest man on the planet, not just now but ever, Usain has won the hearts of people everywhere with his mind-blowing performances and his infectious charisma – uniting supporters around the world. In this, his full autobiography, Usain tells his story in his own words: from humble beginnings in Jamaica, to international stardom at Beijing and on to the new heights of superstardom he has reached since lighting up London 2012. Full of the charm and charisma that has made him the most popular sporting figure of our time and a universal celebrity, this is a book that Usainâ™s millions of fans will love.

## Book Information

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## Customer Reviews

A "Note" for Reviewers: This book is a pretty straight down run of his thoughts. Sure, he is boastful, pretty high on the ego side of things, but the guy has set records, if you are reading this for how to increase your sprinting or improving your technique - DO NOT bother. Matter of fact, if you want some fitness tips at all from this book - definitely avoid the book. The book is a train of thought of his life, sure, it has some video games, its parties and ladies too - but in essence, that's his life. He admits these flaws, he is also YOUNG and he knows his title can be taken away from him, and let's admit it, sprinters don't have a huge 'life span' on the track before a young gun will take over. That's the point though, it's interesting to read how he can face some adversity and try to step up when he

needs to.- Don't read if you are looking for exercise/sprinting technique.- Be wary, he's currently the fastest man in history - of course he can be boastful.- He's still young at times in his biography - he's not 'old' like most biographies written and that in itself is a reflection of what you can expect.- Where will he go after 2016? we may never know. Let's just see where he is now. So let's get down to the awesome part....Before the Beijing Olympics. Before his Olympic record, there was a record time set by Usain Bolt which shocked everyone in Kingston, Jamaica - running 9.76 seconds for the 100m. Everyone began to criticise him, saying it was 'unofficial'. Critics were saying he didn't do it, the wind was in his favor (making times not count), the timer must have been wrong, or it wasn't possible. Who is this new guy think he is?

I don't expect all that much from a ghost written book by an athlete - but this book is so shallow and superficial that one has to be a real fan to get through it. Most of the 300-odd pages read like this: "Yo, I was feeling seriously awesome and powerful. My body was ripped and chiseled. I was bad, bro. The crowd was cheering me, lifting me up. They only came to see me anyway. I saw my opponent in the next lane but I was chillin' and relaxed. 'No chance bro, this race is mine,' I thought. "I'm going to run outrageously fast and nobody on this earth can beat me cause I'm a legend." Usain believes he was put on earth by God to win Olympic medals. How this advances God's ultimate plan, only God can know. His arrogance and lighthearted attitude is rather charming and disarming - up to a point. When you see him run and make his famous lightening bolt gesture after victory, it's entertaining. One feels his inner joy. But when you read about one 9.56 second 100 meters, followed by another of 9.72 and another of 9.84 and another of 9.45 etc etc - it gets tedious. Usain, we learn, had never even heard of Carl Lewis until Lewis suggested that drugs might have played a part in Bolt's success. After all, Lewis was a champion in the Neolithic Era - also known as the 1980s. "I heard he won a few medals," Usain says. For the record, Lewis won 10 Olympic medals including 9 gold, and 10 World Championships medals, including 8 gold. Some of his records still stand. Usain so far has won six gold medals - which is wonderful, but still some perspective is called for. Usain loves junk food and beautiful girls and hates training. He suffers, how he suffers. The book begins with him driving too fast in a car with two girls (unnamed) and totaling his car.

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