



When Lauren Burns won a gold medal in taekwondo at the Sydney 2000 Olympic Games, she became an instant Australian hero and the proverbial 'overnight sensation'. But her journey was a difficult and demanding one, involving years of preparation. Here for the first time is the full story behind Lauren's outstanding achievement.

With characteristic warmth and sincerity, she shares stories of her unconventional family life – including growing up as the daughter of famous pop singer Ronnie Burns – and how she began her love affair with taekwondo. Seven years of national and international success in the sport finally led to Olympic gold, but along the way she was beaten with a bamboo stick during a training camp in Korea, suffered numerous injuries and almost had to starve herself to make the under 49kg class in her event.

In *Fighting Spirit* you will read the intimate details of Lauren's road to success – the sacrifices required, what it was like to be part of the Australian team at the Olympic village and, finally, the fight that resulted in the gold medal – and how she has dealt with her post-Games celebrity.

Compelling and provocative, Lauren Burns's autobiography reveals a young woman who continues to inspire with her courage and fighting spirit.

www.laurenburns.com