

NICK GRANTHAM'S

LIBRARY

**LEADERS IN ANY
FIELD HAVE ONE
THING IN COMMON...**

**...AN EXTENSIVE
LIBRARY...**



WHAT BOOKS WOULD YOU RECOMMEND NICK?

This is a question that I'm asked on a weekly basis and I figured that it's about time I sat down and put together a list of all the books in my library. Now I'm a slow reader so it's not huuuuge (Alwyn Cosgrove has a ridiculous library, he's a reading machine!), but these are all the books that I read and refer back to on a regular basis.

Some are better than others, but I can honestly say that every book I've read has provided me with at least one piece of information that I can take away and use in my coaching.

I've attempted to group the books together so that you can find books that relate to a particular area. I've also included books that I read for pleasure. Don't worry, there's no Katie Price books in there and you won't find any Harry Potter books (I don't do fiction, especially children's fiction and if you read something like Freefall, you'll realise that fact is often stranger than fiction).

So here's a list of all the books that have helped to shape and inform my coaching.

I'm going to start with two books that first sparked an interest in the world of physical preparation. These books are still in my library today and were the ones that I would thumb through to pick up training and nutrition tips way back in the mists of time when I was competing in taekwon-do. These books helped me make weight and fuel the machine!

- Sports Nutrition Guidebook - Nancy Clark
- Ultimate Sports Nutrition: A Scientific Approach To Peak Athletic Performance - Frederick Hatfield

Sport Science and Exercise Physiology

These are the books that saw me through university and provided the sport science that underpins everything I now do as a coach.

- Human Biology - J Simpkins and J Williams
- Psychology - John Dworetzky
- Research Methods in Physical Activity - Jerry Thomas and Jack Nelson
- Physiology: Human Bioenergetics and its Applications - George Brooks, Thomas Fahey and Timothy White - John Dworetzky
- Physiological Tests For Elite Athletes - Australian Sports Commission
- Sport and Exercise Physiology Testing Guidelines - BASES (I've got a chapter in this one!)
- The Physiological Basis For Exercise and Sport - Fox, Bowers Foxx
- Basic Biomechanics - Susan Hall
- Research Methods in Physical Activity - Jerry Thomas and Jack Nelson
- Peak Performance - John Hawley and Louise Burke
- Textbook of Work Physiology - Per-Olof Astrand and Kaare Rodahl
- The Oxford Dictionary of Sports Science and Medicine - Michael Kent
- Exercise Physiology: Human Bioenergetics and its Applications - George Brooks, Thomas Fahey and Timothy White
- The Complete Manual of Sports Science - Wilf Paish

Strength and Conditioning

A pretty eclectic collection of books. There are classics from Siff and Zatsiorsky as well as some more unusual and contemporary texts.

- Science and Practice of Strength Training - Zatsiorsky
- Supertraining - Mel Siff
- Athletic Development: The Art and Science of Functional Sports Conditioning - Vern Gambetta
- Real Men Do Yoga - John Capoya
- Complete Conditioning For Basketball - Gregg Popovich
- Anatomy Trains - Thomas Myers
- Stretch To Win - Ann Frederick and Chris Frederick
- Convict Conditioning - Paul Wade
- Advances in Functional Training - Mike Boyle
- The Weightlifting Encyclopedia - Arthur Drechsler
- Functional Training For Sports - Mike Boyle
- Explosive Lifting For Sports - Harvey Newton
- How To Write Strength Training Programs - Ian King
- How To Teach Strength Training Programs - Ian King
- Winning and Losing and Winning - Ian King
- Foundations of Physical Preparation - Ian King
- Get Buffed - Ian King
- Building The Efficient Athlete - Eric Cressey and Mike Robertson
- Secrets of Martial Arts Conditioning - Alwyn Cosgrove
- Female Body Breakthrough - Rachel Cosgrove
- Integrated Kinetic Chain Assessment - Michael Clark
- Theory and Applications of Modern Strength and Power Methods - Christian Thibaudeau
- The Black Book of Training Secrets - Christian Thibaudeau
- Charlie Francis 2002 Forum Review - Charlie Francis

Strength and Conditioning

- The German Body Comp Program - Charles Poliquin
- Strength Training and Conditioning For Speed Development: A Coaches Guide - NSCA
- Plyometric and Medicine Ball Training - NSCA
- Physically Incorrect: Charles Staley's Approach To The Training Sciences - Charles Staley
- Essentials of Spots Performance - Michael Clark and Scott Lucett
- Periodization - Tudor Bompa
- The Charlie Francis Training System - Charlie Francis
- The Professional Fitness Coach - Program Design Bible - Alwyn Cosgrove
- Functional Strength Coach 3.0 - Mike Boyle
- The Functional Movement Screen and Exercise Progressions Manual - Gray Cook, Lee Burton and Keith Fields
- The Fitness Professionals Guide to The Female Body Breakthrough - Rachel Cosgrove
- Results Fitness Program Design Manual - Rachel Cosgrove and Alwyn Cosgrove
- Dynamic Medicine Ball Training - Paul Chek
- Lifting For Abs - Lou Schuler and Alwyn Cosgrove
- Football Raise Your Mental Game - Richard Nugent and Steve Brown
- Sports Training Principles - Frank Dick
- Conditioning With Physical Disabilities - Kevin Lockette and Ann Keyes
- Strength Training Anatomy - Frederic Delavier
- The Science of Martial Arts Training - Charles Staley
- Fit For Golf - Boris Kuzmic and John Gorant
- Golf Instruction Manual - Steve Newell
- Strength and Power in Sport - Paavo Komi
- Explosive Power and Strength - Donald Chu
- Training For Speed Agility and Quickness - Lee Brown, Vance Ferrigno and Juan Carlos Santana
- Speed Trap - Charlie Francis
- Achilles Tendon Rupture - Nick van Dijk
- Sports Medicine: Health and Medication - Bengt Eriksson
- Precision Heart Rate Training - Edmund Burke
- Beyond Training - Melvin Williams
- Physiology of Fitness - Brian Sharkey
- Developing Powerful Athletes - Dave Reddin and Elliot Noble
- Skillful Weightlifting - John Lear
- Keep On Running: The Science f Training and Performance - Eric Newsholme, Tony Leech and Glenda Duester
- Physical Training For Badminton - Bo Omosegaard
- Sports Speed - Greg Dintiman, Bod Ward and Tom Tellez
- Clinical Sports Medicine - Peter Brukner and Karim Khan
- Core Performance Golf - Mark Verstegan
- Fitness: The Complete Guide - Frederick Hatfield
- Rehabilitation Techniques in Sports Medicine - William Prentice
- Ultimate Sports Nutrition: A Scientific Approach To Peak Athletic Performance - Frederick Hatfield
- Functional Training: Breaking The Bonds of Traditionalism - Juan Carlos Santana
- The Essence of Band and Pulley Training - Juan Carlos Santana
- Atlas of Skeletal Muscles - Robert Stone and Judith Stone
- Jumping Into Plyometrics - Donald Chu
- The Golf Biomechanics Manual - Paul Chek
- Resistance Training Instruction - Everett Aaberg

Strength and Conditioning

- The Child and Adolescent Athlete - Oded Bar-Or
- Skeletal Muscle In Health and Disease - David Jones and Joan Round
- The Athletes Guide To sports Medicine - Ellington Darden
- The Complete Waterpower Workout Book - Lynda Huey and Robert Forster
- Athletic Ability and The Anatomy of Motion - Rolf Wirhed
- Sprints and Hurdles - Gerard Mach
- The Complete Waterpower Workout Book - Lynda Huey and Robert Forster
- Movement Dynamics: Physical Competence Assessment Manual For Schools and Clubs - Kelvin Giles, Mark Fox and Philip Elcock
- Smart Sport: The Ultimate Reference Manual For Sports Players - Robert de Castella and Wayde Clews
- Essentials of Strength Training and Conditioning - Thomas Baechle and Roger Earle
- Science of Flexibility - Michael Alter
- Perception Cognition and Decision Training - Joan Vickers
- Trigger Point Therapy for Myofascial Pain
- Kinetic Anatomy - Robert Behnke
- Power Training - Robert dos Remedios
- Cardio Strength Training - Robert dos Remedios
- Explosive Running -Michael Yessis
- Tapering and Peaking for Optimal Performance - Inigo Mujika
- Coaching Wheelchair Athletes - Scott Goodman, Kathy Lee and Fred Heidt
- Coaching Athletes With Disabilities General Principles - Scott Goodman
- Scientific Core Conditioning - Paul Chek
- The Talent Code - Daniel Coyle
- Talent Is Overrated - Geoff Colvin
- Athletic Body In Balance - Gray Cook

Nutrition

I'm not a nutritionist but you can't ignore the impact a good nutrition strategy has on performance. These books have helped me develop a sound understanding so that I don't look completely dumbfounded when I'm talking to people like Matt Lovell!

- Sports Nutrition: A Scientific Approach To Peak Athletic Performance - Frederick Hatfield
- Performance Nutrition - Krista Austin and Bob Seebohar
- Clinical Sports Nutrition - Louise Burke and Vicki Deakin
- The Fat Loss Edge - Mike Roussell
- Your Naked Nutrition Guide - Mike Roussell
- Real World Fat Loss - Mike Roussell
- Warp Speed Fat Loss - Alwyn Cosgove ad Mike Roussell
- Four Week Fat Loss - Matt Lovell
- Teen Nutrition Blueprint - Jeff Cavaliere
- Cook and Train Without The Strain: REcipes For Active People - Jeanette Crosland
- Fueling Fitness For Sports Performance - Samantha Stear
- Sports Nutrition Guidebook - Nancy Clark

Self Development

If you only read books about strength and conditioning you're going to be a very dull coach! It's vital that you read around the area and look at different sectors that could influence your effectiveness as a coach.

- From Trainer To Business Owner: From Counting Reps to Counting Revenue - Rachel Cosgrove and Alwyn Cosgrove
- How To Win Friends and Influence People - Dale Carnegie
- So You Want To Become a Strength and Conditioning Coach - Ian King
- How To Save an Hour Every Day - Michael Heppell
- In Praise of Slow - Carl Honore
- Delivering Happiness - Tony Hsieh
- No B.S. Business Success in The New Economy - Dan Kennedy
- No B.S. Wealth Attraction For Entrepreneurs - Dan Kennedy
- Shift Happens - Nick Nanton
- The Power Of Full Engagement Jim Loehr and Tony Schwartz
- The Millionaire Next Door - Thomas Stanley and William Danko
- The Starbucks Experience - Joseph Michelli
- Staying At The Top - Ric Charlesworth
- It's Not How Good You Are, It's How Good You Want To Be - Paul Arden
- Paycheck To Passive - Ian King
- Who Moved My Cheese - Spencer Johnson
- Think and Grow Rich - Napoleon Hill
- Built To Last - Jim Collins and Jerry Porras
- Good To Great - Jim Collins
- Money For Life - Alvin Hall
- Winning - Michael Lynberg
- The Treasury of Quotes - Brian Tracey
- The Treasury of Quotes - Jim Rohn
- Take Action - Stephen Joynes
- Shackletons Way - Margot Morrell and Stephanie Capparell
- Rich Dads Guide To Investing - Robert Kyosaki
- Never Eat Alone - Keith Ferrazzi
- The Five Major Pieces of the Life Puzzle - Jim Rohn
- Portrait of An Athlete - Bruce Durbin
- How To Have Kick-Ass Ideas - Chris Berez-Brown
- Rich Dad Poor Dad - Robert Kyosaki
- The One Minute Manager - Kenneth Blanchard and Spencer Johnson
- The Dash: Making A Difference With Your Life - Linda Ellis and Mac Anderson
- Million Dollar Consulting Toolkit - Alan Weiss
- Brand Simple - Allen Adamson
- From Acorns: How To Build A Brilliant Business From Scratch - Caspian Woods
- 55 Business Strategies For Success - Rachel Cosgrove and Alwyn Cosgrove
- Business Stripped Bare - Richard Branson
- How To Be Smart With Your Time - Duncan Bannatyne

Self Development

- Taming Tigers - Jim Lawless
- The Concise 48 Laws of Power - Robert Greene
- Persuasion: The Art of Influencing People - James Borg
- 59 Seconds: Think a Little Change a Lot - Richard Wiseman
- The Invisible Touch: The Four Keys To Modern Marketing
- The 4-Hour Work Week - Timothy Ferriss
- Flip It - Michael Heppell
- The Lombardi Rules - Vince Lombardi
- Cash Flow Quadrant - Rich Dads Guide To Financial Freedom - Robert Kyosaki
- The ultimate Fitness Professionals Business Success Systems - Rachel Cosgrove and Alwyn Cosgrove
- How Successful People Think - John Maxwell

DVD's

If a picture is worth a thousand words then a DVD must be worth millions. There are some great resources out on the market that allow you to watch seminars and conferences from the comfort of your sofa, and at a fraction of the cost.

- Flexibility Specialization Series - Ian King
- Speed Specialization Series - Ian King
- Foam Roll Techniques - Mike Boyle
- Magnificent Mobility - Eric Cressey and Mike Robertson
- CHAOS SPort Speed Training - Robert Dos Remedios
- Metabolic Acceleration Training - Alwyn Cosgrove
- Ultimate Core: 21st Century Torso Training - Alwyn Cosgrove
- Freak OF Training : The Adam Archuleta Workout
- Sleds and Ladders Training Drills - Robert Dos Remedios
- Evolution of a Strength Coach - Mike Boyle
- Interval Training For Athletes and Clients - Mike Boyle
- Gray Cooks Advanced Functional Movement Screening and Progressions Package - Gray Cook
- Olympic Lifting Hands-On Workshop - Robert Dos Remedios
- Utilizing Combination Lifts - Robert Dos Remedios and Alwyn Cosgrove
- Long Term Athlete Development - Istvan Bayli
- Functional Strength Coach 1
- Functional Strength Coach 2
- Functional Strength Coach 3
- The Fat Loss Edge - Mike Roussell
- Real World Fat Loss - Alwyn Cosgrove
- Building The Efficient Athlete - Eric Cressey and Mike Robertson
- Inside Out: The Ultimate Upper Body Warm-Up Bill Hartman and Mike Robertson

General Interest

If I'm away on holiday or just want to escape for half an hour then I'll pick up one of these books. There's no Katie Price or Harry Potter titles - fact really is more interesting than fiction. Some of the stories are so bizarre you couldn't make them up.

- Bad Medicine - Ben Goldacre
- Trick or Treatment: Alternative Medicine On Trial - Simon Singh & Edzard Ernst Science - Ben Goldacre
- Time on The Loo Vol 1
- Why don't Penguins Feet Freeze?
- Does Anything Eat Wasps?
- Geordie Words and Phrases (I've lived in the NE for 4 years and I still can't understand what they are saying!)
- How To Be Rich: Collected Wisdom From The Worlds Greatest Thinkers - Patricia Horan
- The Death of Marco Pantani - Matt Rendell
- Humble Pie - Gordon Ramsey
- Winning - Clive Woodward
- Boy Racer - Mark Cavendish
- Blink - Malcolm Gladwell
- The Tipping Point - Malcolm Gladwell
- Outliers - Malcolm Gladwell
- Frank - Frank Bruno
- The Flying Scotsman: The Graeme Obree Story - Graeme Obree
- Touching The Void - Joe Simpson
- This Game of Ghosts - Joe Simpson
- The Beckoning Silence - Joe Simpson
- Freefall - Tom Read
- It's Not About The Bike - Lance Armstrong
- Between A Rock and A Hard Place - Aron Ralston
- Lazarus and The Hurricane - Sam Chaiton and Terry Swinton
- Little Girls in Pretty Boxes - Joan Ryan
- Into The Wild - Jon Krakauer
- Bravo Two Zero - Andy McNab
- Immediate Action - Andy McNab