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Olympic champion Veronica Campbell Brown publishes inspirational book - IAAF Online Diaries



Veronica Campbell-Brown defends her Olympic 200m title (Getty Images)

World and Olympic Champion Veronica Campbell Brown is back in training for the upcoming outdoor track and field season after a fun filled off season. She has also published her first book- "A Better You, Inspirations for Life's Journey."

"The off-season treated me well, many fun things had happened during my small break. However, I was able to get sufficient rest in the process. Towards the latter part of my break, my husband (Commonwealth 200m champion Omar Brown) and I took a week and just relaxed on the beautiful island of the Bahamas and enjoyed various fun activities before returning to training for the 2009 season, this was indeed a memorable part of the off-season.

"I resumed training in early November of last year and thankfully training is going well. Coach Lance Brauman has been placing more emphasis on my weak areas.

"The decision has not been made as yet as to when I will open my outdoor season, however, if I should guess, I think it may be some time towards the end of March or early April. I haven't competed indoor since 2006 and will not in 2009.

"My primary goals for the 2009 season is to maintain good health, and run my personal best in my events, especially in the 100m, if I can do these two things then everything else will be excellent at the World Championships this summer.

"My first book, "A Better You, Inspirations for Life's Journey," is written from my own experiences in my career as well as in my personal life. Its sole purpose is to motivate and inspire its readers. It is filled with encouragements, it influences positivity, it reminds readers of the power of our biggest assets, "the mind". "A Better You" is a great self-help book for anyone who wants that exact push to reach for the sky. I am extremely proud to have published my first book and I hope that many lives will be touched by it.

"So far things are going well, I had my first book signing several days ago in New York at the Jamaica Consulate and the event was a success. I was pleased with the number of people that attended despite the

poor weather.

“See you soon”

Veronica

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