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Jumbo to Jockey: One Midlife Crisis, a Horse, and the Diet of a Lifetime

By Dominic Prince

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Jumbo to Jockey: One Midlife Crisis, a Horse, and the Diet of a Lifetime, Dominic Prince, One midlife crisis, a horse and the diet of a lifetime Dominic Prince, journalist, documentary-maker, racing enthusiast and bon viveur hit the scales at nearly 16 stone on his 47th birthday. It was not always so. His first love was and still is horses. As a child he would bunk off school to ride his first horse, Conker, and it was only after an horrific accident that left him and his horse wound up in barbed wire that he stepped down off his mount and gave in to the lure of Fleet Street and the three hour lunch. But the smell of oats and the mist of early morning canters were never far away, even if he was living it from the other side of the paddock. In the 20 years since he last rode a horse he has made a film on Lester Piggott, bought and sold one race horse and won and lost thousands on 'the occasional flutter'. Through the drastic changes to his overindulgent lifestyle that he has had to go through to...



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