

**How to be Champion** Part autobiography, part self help, part confession, part celebration of being a common-or-garden woman, part collection of synonyms for nunny, Sarah Millican's debut book delves into her super normal life with daft stories, funny tales and proper advice on how to get past life's blips - like being Part autobiography, part self help, part confession, part celebration of being a common-or-garden woman, part collection of synonyms for nunny, Sarah Millican's debut book delves into her super normal life with daft stories, funny tales and proper advice on how to get past life's blips - like being good at school but not good at friends, the excitement of IBS and how to blossom post divorce. If you've ever worn glasses at the age of six, worn an off-the-shoulder gown with no confidence, been contacted by an old school bully, lived in your childhood bedroom in your thirties, been gloriously dumped in a Frankie and Benny's, cried so much you felt great, been for a romantic walk with a dog, worn leggings two days in a row even though they smelt of wee from a distance, then this is Your Book. If you haven't done those things but wish you had, This Is Your Book. If you just want to laugh on a train/sofa/toilet or under your desk at work, This Is Your Book. ...more [How to be Champion PDF ebook](#)

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