



## It Is What It Is

By David Coulthard

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**It Is What It Is** By David Coulthard

**The stunningly honest and revealing autobiography of the most successful British Grand Prix driver of all time**

From his quiet beginnings in rural Scotland to his multi-millionaire lifestyle in Monte Carlo, where he owns one of the most luxurious hotels in the principality, David Coulthard's life story is an extraordinary one. He got his breakthrough into Formula One in the tragic circumstances of Ayrton Senna's death in 1994, and quickly established himself as one of the best drivers on the circuit. From 1996-2004, he drove for McLaren, one of the leading teams throughout the entire period, before moving to Red Bull for 2005-07.

Taking the reader from his early days when he first became hooked on racing karts at the age of eleven to the high-speed world of Formula One, Coulthard has written one of the most honest and powerful sports autobiographies of recent years. He talks frankly about his ups and downs at McLaren and also about the reputation he gained for his playboy lifestyle. Throughout it all he seeks to answer the questions about himself that anyone might ask, and so to reveal what it is that really drives him on. His struggle to understand himself makes for a remarkable memoir.

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### Editorial Review

#### Review

David will be doing a day of press interviews on Monday 30th July at the Covent Garden Hotel to include:  
FHM 'Formula 1 Fitness Regime' DAILY TELEGRAPH NATIONAL PRESS: MY HEALTH column in the FINANCIAL TIMES (04/08/07) TV: THIS MORNING (31/08/07) EVENTS: Signing at WATERSTONES LEADENHALL MARKET (31/08/07) Signing at WATERSTONES BLUEWATER (01/09/07)

#### About the Author

David Coulthard is now the most successful British Grand Prix driver in history, in terms of points scored (517), and has driven in more races than any other British driver. He made his F1 debut in 1994 following the death of Ayrton Senna, and has three times been in the top three of the drivers' championship. He has won 13 Grands Prix.

### Users Review

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##### **Heather Jones:**

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##### **Frankie Evans:**

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**Roxie Jenkins:**

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