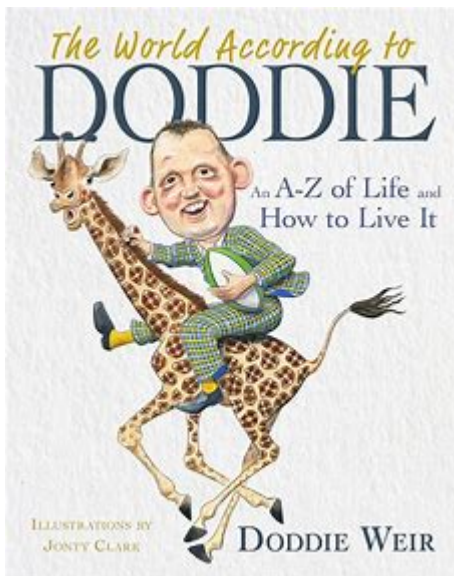


# The world according to Doddie Weir



A new book from Scottish rugby legend Doddie Weir is due to be published later this month.

In 'The World According to Doddie' he shares his mantras, mottos and one-liners, showcasing his refreshing perspective and uniquely positive outlook on life and how to live it.

At the age of 46, Doddie was diagnosed with Motor Neuron Disease and now campaigns and promotes awareness of the condition through his charity, the My Name's Doddie Foundation.

Doddie's larger than life character, his exceptional, upbeat view of life, and the inspiration he gives to others has created a lasting impact on a huge number of people.

An award-winning after-dinner speaker and tireless MND campaigner, Doddie has a wealth of experience, many life lessons and much valuable advice to share.



[Image by Edinburgh photographer Jonathon Fowler](#)

More than once, Doddie has been told 'he should write those down,' or, 'put them in a book' – so now he has!

From Ambition, Ageing & Anatomy, to Zoos, the Zodiac and Zlatan Ibrahimovic, and everything in between, *The World According to Doddie* offers up the big man's take on life from every angle, to inspire, inform and entertain.

Each chapter also includes Doddie's positive thought for the day – a piece of simple practical advice on how to improve your day, and the days of others.

Rugby commentator Bill McLaren once famously said of Doddie: "When he goes like that he's like a mad giraffe"

Doddie said: "The moments that make you think often leave a lasting impression and shape your life or career; learning by your mistakes, trying things once, and sticking to your opinions and beliefs.

"However, sharing the good times with friends, family and team-mates, and the spontaneity which comes when you are having a good time, often with complete strangers, is something we've all enjoyed, and it's some of these wee moments I've tried to capture in this book. I hope you enjoy them as much as I have!"

'*The World According to Doddie* is published by Black and White Publishing and will be available from 22 October.