

## Unfair Fight: Give your small business the winning advantage

Sam Hazledine

Reviewed by **Katharine Wallis** MBChB, MBHL, Dip Obst, PhD, FRNZCGP

This is a successful entrepreneur's recipe for success in business and life—a book for people thinking of starting a business and small business owners wishing to grow their business. *Unfair fight* outlines Hazledine's personal philosophy for success and includes practical tips for small business owners. *Unfair fight* is, in part, a 'coming of age' story. Hazledine was a medical student, with a penchant for high-risk and sometimes self-destructive activities, when late one night he back-flipped off a high building and landed on his head, suffering a serious head injury. He shares this personal experience in *Unfair fight* and tells how it provided him with an opportunity to take stock and to turn his life around.

In the introduction, *Unfair fight* claims that the 'path to creating success is similar to a boxing

match', with the ultimate aim being the knock-out punch, akin to that of David against Goliath. The fight analogy might not be everyone's idea of success. It is probably not Hazledine's, as by the end of the book he has realised that: 'this book isn't about a fight at all—it's about creating excellence in your business and excellence in your life'.

Hazledine clearly believes, and wants to share, his message, but the self-improvement tips and the 'born-again' enthusiasm can be a bit overwhelming.

If you are looking for a motivational book, advice on how to build success in business and in life, and some practical tips for growing your business, this could be the book for you.

Senior Lecturer, Department of General Practice and Primary Health Care, The University of Auckland, Auckland, New Zealand

Publisher: Random House, New Zealand  
Publication date: 2014  
No. of pages: 342  
ISBN: 9781775535638

## Dealing Daily with Dementia: 2000+ practical hints and strategies for carers

Angela Caughey

Reviewed by **Moirá Camilleri** MD, FACHPM (RACP), MSc (Pal Med Cardiff)

The book has been written by carers of individuals with dementia who have, through informal social gatherings and over endless cups of coffee, brought together their experiences in a space of debriefing wherein emotional and practical support can be sought and found. These experiences hope to reach a wider audience of carers in similar situations. They offer not only support but also ideas about choices of care, reassurance, guidance and even hope. This book has been written for carers of those with dementia,

but will be beneficial to professional caregivers, medical professionals, clinical managers of care facilities, nurses, specialists, social workers, and allied health teams. To these professionals, it offers a perspective, not only of the lay carer, but more importantly of the loved one; an eye opener to the paid carer who dutifully and responsibly 'flits in and out' of the person's care, as opposed to the 24-hour care given by those whose responsibility may also be driven by duty. It is built on a private, age-old, closer, more intimate relationship.

Faculty of Medicine and Health Sciences, The University of Auckland, Auckland, New Zealand

Publisher: Calico Publishing, Auckland, New Zealand  
Publication date: 2013  
No. of pages: 336.  
ISBN: 9781877429071