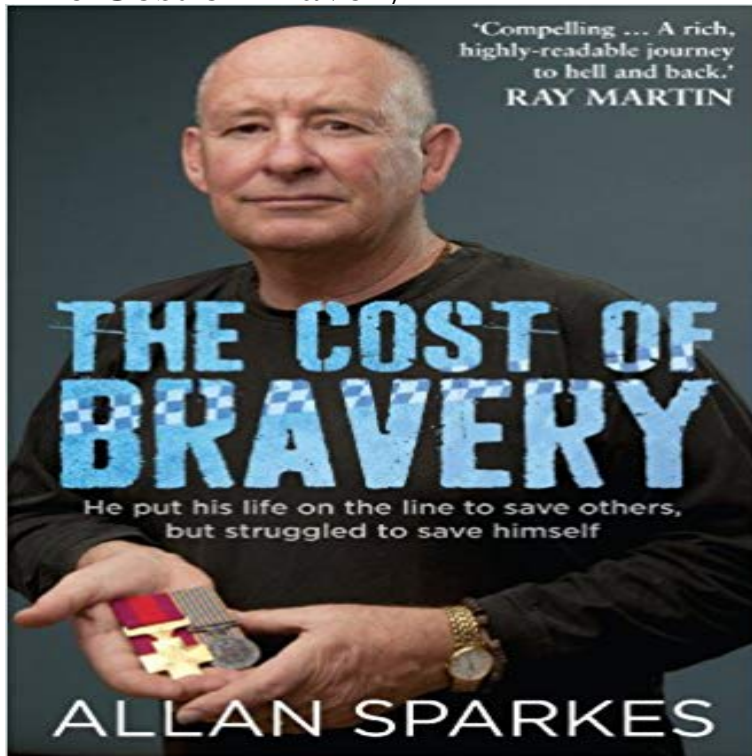


The Cost of Bravery



When policeman Allan Sparkes was awarded a Cross of Valour for rescuing a young boy from a flooded drain, he had no idea that the aftermath would lead to a diagnosis of chronic post-traumatic stress disorder and depression. Twenty years of police work - a career hed loved - had taken their toll. Hed already seen two workmates die on the job. After being hailed a hero, Allan hit rock bottom. This is one mans story of recovery from debilitating mental illness, and its one many men and their partners will be inspired by. After leaving the police force, Alan floundered between careers, trying to work out who he was. He was angry about what had happened to him, and his family suffered. But he chipped away at his recovery, working through combinations of medication and therapy. Allans official courageous act was sixteen years ago but his true bravery has been facing up to his problems and then doing something about them. His wife, Deb, and their two daughters have stood by him through thick and thin. One of their great family adventures has been sailing from London back to Coffs Harbour in 2010 - with very little sailing experience. For Allan, this was a great achievement, and the culmination of his years of recovery. From Allans story, we can learn how to accept change and look for the opportunities that it can present to us. His message is that success is never final, failure is never fatal and its real courage that counts in the end.

[\[PDF\] The Warsaw Pact and the Balkans: Moscows Southern Flank \(RUSI Defence Studies\)](#)

[\[PDF\] IT WASNT WORTH THE WEIGHT \(PART 1\)](#)

[\[PDF\] The Vintage Dog Diary - The Pug](#)

[\[PDF\] What Smart Girls Know About the SAT: How to Beat the Gender Gap](#)

[\[PDF\] The Atlantic Monthly \(Volume VIII, No. XLVIII, October, 1861\)](#)

[\[PDF\] The Contemporary Drama of Ireland: By Richard Burton the Contemporary Drama of Ireland \(Classic Reprint\)](#)

[\[PDF\] Les Quatre Fils d'Ève \(French Edition\)](#)

Buy The Cost of Bravery from Dymocks online BookStore. Find latest reader reviews and much more at Dymocks.

The Cost of Bravery by Allan Sparkes on iBooks - iTunes - Apple The Cost of Bravery has 34 ratings and 14 reviews. Ngawang said: I really enjoyed this book. Like Exit Wounds by John Cantwell, The Cost of Bravery is a **Dymocks - The Cost of Bravery by Allan Sparkes** The Cost of Bravery is the brutally honest account of what happened to him after he saved the life of young Jai Waddell, and his subsequent **Ex-cop tells all about the cost of bravery Chronicle The cost of bravery - Happy + Well : Happy + Well** - 17 min - Uploaded by Happy & WellFor more information visit <http://>. Also check our blog <http> **Book -The Cost Of Bravery - Police Shop NSW** Allan was invited by beyondblue to speak at the Happiness and its Causes conference in Sydney in June 2015. Allan delivered a TED style **The Cost of Bravery eBook: Allan Sparkes: : Kindle** Booktopia has The Cost of Bravery by Allan Sparkes . Buy a discounted Paperback of The Cost of Bravery online from Australias leading online **The Cost Of Bravery - ABC Victoria - Australian - ABC Canberra** >When policeman Allan Sparkes was awarded a Cross of Valour for rescuing a young boy from a flooded drain, he had no idea that the aftermath w. **Allan Sparkes and the price of bravery - The Australian** The Cost of Bravery [Allan Sparkes] on . *FREE* shipping on qualifying offers. Allan Sparkes didnt think twice about rescuing an 11 - year - old boy **Ex-cop tells all about the cost of bravery Coffs Coast Advocate** The Cost of Bravery. By Allan Sparkes. Part police story, part triumph over adversity, this is Allan Sparkes moving account of what happened to **The Cost Of Bravery - ABC Victoria - Australian -** Allan Sparks rescued an 11-year-old boy from a flooded storm water drain in 1996 and was awarded the Cross of Valour. The Cost of Bravery **The Cost of Bravery by Allan Sparkes Reviews, Discussion** Buy [THE COST OF BRAVERY (LARGE PRINT 16PT) - LARGE PRINT] Sparkes, Allan (AUTHOR) Mar-03-2014 Paperback by Allan Sparkes (ISBN:) from **The Cost of Bravery Penguin Books Australia** Read a free sample or buy The Cost of Bravery by Allan Sparkes. You can read this book with iBooks on your iPhone, iPad, iPod touch or Mac. [**THE COST OF BRAVERY (LARGE PRINT 16PT) - LARGE PRINT** 3 quotes from The Cost of Bravery: Have one simple goal in life, make today better than yesterday **The Cost of Bravery and an interview with author Allan Sparkes** The Cost of Bravery. By Allan Sparkes. Part police story, part triumph over adversity, this is Allan Sparkes moving account of what happened to **The Cost of Bravery Quotes by Allan Sparkes - Goodreads** I finished The Cost of Bravery in one sitting. I found it compelling. Its a rich, rollicking, highly readable journey to hell and back. Its honesty is deeply disturbing at **The Cost of Bravery by Allan Sparkes KOB09780857970787** 3 quotes from The Cost of Bravery: Have one simple goal in life, make today better than yesterday **Images for The Cost of Bravery** In an interview following the publication of his autobiography, The Cost of Bravery, Sparkes who will be presenting at Happiness & Its Causes **Allan Sparkes, inspirational speaker and author** The Cost of Bravery by Allan Sparkes. He put his life on the line to save others, but struggled to save himself. Allan Sparkes didnt think twice about rescuing an **The Cost Of Bravery - ABC Victoria - Australian - ABC Canberra** Allan Sparks rescued an 11-year-old boy from a flooded storm water drain in 1996 and was awarded the Cross of Valour. The Cost of Bravery **Ex-cop tells all about the cost of bravery Caboolture News** **The cost of bravery with Allan Sparkes at Happiness & Its Causes** When policeman Allan Sparkes was awarded a Cross of Valour for rescuing a young boy from a flooded drain, he had no idea that the aftermath would lead to a **The Cost of Bravery - Google Books Result** Title: The Cost of Bravery Author: SPARKES, ALLAN ISBN: 9781921901577. RRP: \$29.99. Price: \$29.99. Available stock: 1 I was Humpty Dumpty at the bottom **Booktopia - The Cost of Bravery by Allan Sparkes , 9781921901577** Allan Sparks rescued an 11-year-old boy from a flooded storm water drain in 1996 and was awarded the Cross of Valour. The Cost of Bravery **The Cost of Bravery Kindle Edition -** I was Humpty Dumpty at the bottom of the wall, my heart and the very soul of me shattered into a thousand pieces. I knew that my life was never going to be the **The Cost of Bravery: Allan Sparkes: 9781459676527:** Allan Sparkes and the price of bravery .. Edited extract from The Cost of Bravery, by Allan Sparkes (Michael Joseph, \$29.99), out Wednesday. **The Cost of Bravery Penguin Books New Zealand** The Cost of Bravery is the brutally honest account of what happened to him after he saved the life of young Jai Waddell, and his subsequent