

# MARTY WILSON THE BOOKS THAT CHANGED ME

## Doctor Who and the Day of the Daleks

**Terrance Dicks**

Stop! Don't throw the paper at the wall and seethe at my pathetic, juvenile, nerdy first choice until I've told you about a conversation I overheard when I was 10. Mum: "He reads one of those pathetic, juvenile, nerdy Doctor Who books every day. He's got hundreds of them." Dad: "A 10-year-old reading any book every day is a fantastic habit he'll keep for life. Let's buy him more." I've cut back to one a fortnight but I can't



laugh-out-loud, incredibly English book about a Thames boat ride where absolutely nothing happens, read exquisitely by "Neil" from *The Young Ones*, got me hooked for life on audiobooks.

## When Things Fall Apart

**Pema Chodron**

If I could only embrace the bitter pills in this gem, I'm sure the levels of calm in my life would triple. In poetic yet simple language, the Buddhist nun describes how your greatest tragedies are your most wonderful teachers. She implores you, when it



imagine how much poorer my life would be without my addiction to the written word.

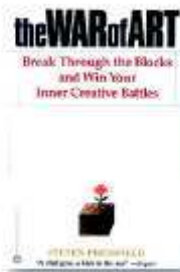
## The War of Art

**Steven Pressfield**

"Writer's block" is a myth. This book taught me that it's not hard to write, it's just hard to discipline yourself to sit down and start writing. Then your muse will come and reward your toil. Does it sound too touchy-feely? Forget it.

Pressfield is best known for historical military novels, so this book is a grizzled marine sergeant barking, "Drop and give me 20 pages, son!" Want

to write a novel, get back to painting, lose some kilos, do anything that involves delaying gratification? Read this book. I said read it, soldier!

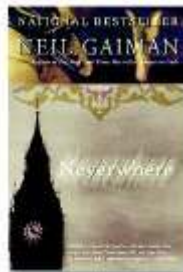


feels like the hurt is going to rise up through your chest and suffocate you, to turn towards the pain, embrace it gently and ask it to help you evolve. It's gritty yet beautiful stuff that I've read four times and haven't come close to absorbing yet.

## Neverwhere

**Neil Gaiman**

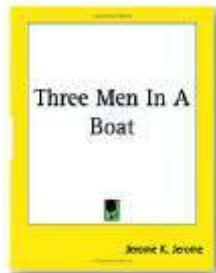
When you're a stand-up watching others on stage, you often hear this snotty, unworthy, egotistical voice inside your head saying, "I could do that." But reading Neil Gaiman's prose I just fall on my sword in awe. He has this delicate, quintessential English tone of voice, almost Douglas Adams meets Monty Python, that makes my head spin with reverence. I just wish he could write more, faster. I have to string them out and stop myself getting back to that "one a day" habit.



## Three Men in a Boat

**Jerome K. Jerome**  
(audiobook read by Nigel Planer)

For the seven years I was a full-time stand-up comedian in the UK, I spent huge slabs of time trapped in the three-hour traffic jam also known as the M1 motorway. And I loved every minute of it. This



*Former ad man and stand-up comedian Marty Wilson is a columnist and author of the What I Wish I Knew series of books. His latest book, What I Wish I Knew about Love, is published by Allen & Unwin, \$17.99.*

