

# Book review



## Tools for the top paddock: Lessons from life on the land

**Category:** Book Reviews

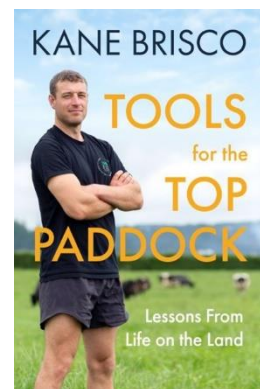
**Author:** Kane Brisco

**Year:** 2022

**Publisher:** HarperCollins Publishers

**ISBN:** 9781775542124

**Audience:** Self-help



Farmer Kane is a Taranaki farmer and podcaster who started his farmer support page, *Farm Fit*, to create awareness of the daily pressures on farmers in New Zealand.

His book *Tools For the Top Paddock* was a read that I found hard to put down. It's honest, relatable and full of practical advice that is not only relevant to farmers, but all of us who most likely will face challenges with our mental fitness during our life.

By allowing himself to be vulnerable, Brisco broke down the stoic Kiwi barriers and asked for help, listened to others, sought out advice, and built meaningful relationships. He came to the realisation that the goals in life that are often expected, or the ones you expect of yourself, may not be the right goals for you after all.

The reader will feel inspired through his service to others, and how it brings true meaning to the author's life.

**Review by P Blake, Health & Safety specialist**

*Disclaimer: Please note these reviews are not intended as endorsements or recommendations from the Mental Health Foundation. This feature introduces resources that may be useful for individuals with an interest in mental health and wellbeing topics.*

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