

Freeskier Magazine 2011 Buyer Guide

An accessible primer on how to create effective graphics from data This book provides students and researchers a hands-on introduction to the principles and practice of data visualization. It explains what makes some graphs succeed while others fail, how to make high-quality figures from data using powerful and reproducible methods, and how to think about data visualization in an honest and effective way. Data Visualization builds the reader’s expertise in ggplot2, a versatile visualization library for the R programming language. Through a series of worked examples, this accessible primer then demonstrates how to create plots piece by piece, beginning with summaries of single variables and moving on to more complex graphics. Topics include plotting continuous and categorical variables; layering information on graphics; producing effective “small multiple” plots; grouping, summarizing, and transforming data for plotting; creating maps; working with the output of statistical models; and refining plots to make them more comprehensible. Effective graphics are essential to communicating ideas and a great way to better understand data. This book provides the practical skills students and practitioners need to visualize quantitative data and get the most out of their research findings. Provides hands-on instruction using R and ggplot2 Shows how the “tidyverse” of data analysis tools makes working with R easier and more consistent Includes a library of data sets, code, and functions Just as pilots and doctors improve by studying crash reports and postmortems, experience designers can improve by learning how customer experience failure causes products to fail in the marketplace. Rather than proselytizing a particular approach to design, Why We Fail holistically explores what teams actually built, why the products failed, and how we can learn from the past to avoid failure ourselves. From statistical databases to story archives, from fan sites to the real-time reactions of Twitter-empowered athletes, the digital communication revolution has changed the way fans relate to LeBron's latest triple double or Tom Brady's last second touchdown pass. In this volume, contributors from Australia, Ireland, New Zealand, the United Kingdom, and the United States analyze the parallel transformation in the field of sport history, showing the ways powerful digital tools raise vital philosophical, epistemological, ontological, methodological, and ethical questions for scholars and students alike. Chapters consider how philosophical and theoretical understandings of the meaning of history influence engagement with digital history, and conceptualize the relationship between history making and the digital era. As the writers show, digital media's mostly untapped potential for studying the recent past via media like blogs, chat rooms, and gambling sites forge a symbiosis between sports and the internet while offering historians new vistas to explore and utilize. In this new era, digital history becomes a dynamic site of enquiry and discussion where scholars enter into a give-and-take with individuals and invite their audience to grapple with, rather than passively absorb, evidence. Timely and provocative, Sport History in the Digital Era affirms how the information revolution has transformed sport and sport history—and shows the road ahead. Contributors include Douglas Booth, Mike Cronin, Martin Johnes, Matthew Klugman, Geoffery Z. Kohe, Tara Magdalinski, Fiona McLachlan, Bob Nicholson, Rebecca Olive, Gary Osmond, Murray G. Phillips, Stephen Robertson, Synthia Sydnor, Holly Thorpe, and Wayne Wilson. A collection of poems and stories inspired by wild spaces and endurance running. Shifting the narrative from the tired trope centering around the white man conquering a gritty race or mountain, Run Wild & Be explores the female experience embracing freedom and self love through her time spent running long outside. Drawing inspiration from a 4000 mile run across the United States, this book weaves readers through tiny mountain towns, into the desert, and sprawling metropolises, while noting gender inequities, power imbalances, changing goals, and morphing identities.

Train Your Mind to Bounce Back Stronger from Sports Injuries

Dream Season

Overexposure

Automate This

A Mad Dash through Modern Global Ski Culture

The Socialite Who Killed a Nazi with Her Bare Hands and 143 Other Fascinating People Who Died This Past Year

A Practical Introduction

Many observers have pointed out what is wrong with youth sport: an emphasis on winning at all costs; parental over-involvement; high participation costs that exclude many families; lack of vigorous physical activity; lack of player engagement; and no focus on development. Currently, most attempts at righting the wrongs of youth sport have focused on coach education and curriculum, but in this book, the authors offer a different approach—one that involves changing the game itself. Re-Designing Youth Sport combines vivid examples and case studies of innovative sport programs who are re-designing their sport with a comprehensive toolkit for practitioners on how to change their game for bigger and better outcomes. It offers a fresh and exciting perspective on the seemingly intractable issues in sport. It presents a practical and empowering pathway for readers to apply the examples and tools to the outcomes that they aspire to achieve in their sport, such as increased fun and excitement, life-skills building, gender inclusion, increased sportspersonship, greater parity and avoidance of one-sided competition, and positive parental roles. The book also reveals how community leagues as well as national and international sport governing bodies are using re-design to accelerate player skill development, tactical awareness, and physical fitness.

In That’s Gotta Hurt, the orthopaedist David Geier shows how sports medicine has had a greater impact on the sports we watch and play than any technique or concept in coaching or training. Injuries among professional and college athletes have forced orthopaedic surgeons and other healthcare providers to develop new surgeries, treatments, rehabilitation techniques, and prevention strategies. In response to these injuries, sports themselves have radically changed their rules, mandated new equipment, and adopted new procedures to protect their players. Parents now openly question the safety of these sports for their children and look for ways to prevent the injuries they see among the pros. The influence that sports medicine has had in effecting those changes and improving both the performance and the health of the athletes has been remarkable. Through the stories of a dozen athletes whose injuries and recovery advanced the field (including Joan Benoit, Michael Jordan, Brandi Chastain, and Tommy John), Dr. Geier explains how sports medicine makes sports safer for the pros, amateurs, student-athletes, and weekend warriors alike. That’s Gotta Hurt is a fascinating and important book for all athletes, coaches, and sports fans.

"Stitch Mountain is a beautiful collection of cozy, cold-weather knitwear inspired by snowy mountain landscapes and the skiers and snowboarders who have conquered their slopes. The 30 warm, stylish garments and accessories--hats, headbands, cowls, mittens, scarves, and sweaters--are inspired by the treasured winter knits of renowned U.S. Ski and Snowboard team athletes"--

An Outside Magazine Book Club Pick
"A sparkling account."—Wall Street Journal
An electrifying adventure into the rich history of skiing and the modern heart of ski-bum culture, from one of America's most preeminent ski journalists
The story of skiing is, in many ways, the story of America itself. Blossoming from the Tenth Mountain Division in World War II, the sport took hold across the country, driven by adventurers seeking the rush of freedom that only cold mountain air could provide. As skiing gained in popularity, mom-and-pop backcountry hills gave way to groomed trails and eventually the megaresorts of today. Along the way, the pioneers and diehards—the ski bums—remained the beating heart of the scene. Veteran ski journalist and former ski bum Heather Hansman takes readers on an exhilarating journey into the hidden history of American skiing, offering a glimpse into an underexplored subculture from the perspective of a true insider. Hopping from Vermont to Colorado, Montana to West Virginia, Hansman profiles the people who have built their lives around a cold-weather obsession. Along the way she reckons with skiing's problematic elements and investigates how the sport is evolving in the face of the existential threat of climate change.

Data Visualization

A Guide to Squaw Valley's Most Exposed Lines

Sewing & Quilting for Women's Heart Health

Rebel in a Dress: Adventurers

Becoming Criminal

Sport History in the Digital Era

AMC's Comprehensive Guide to the Hiking Trails of Maine, Featuring Baxter State Park and Acadia National Park

He maps the effects of the public theater's transformative force of transversality, such as through the criminality represented by Shakespeare, Jonson, Middleton, and Dekker, on both Elizabethan and Jacobean society and the scholarship of the period. The Routledge Handbook of Youth Sport is a comprehensive survey of the latest research into young people's involvement in sport. Drawing on a wide diversity of disciplines, including sociology, psychology, policy studies, coaching, physical education, and physiology, the book examines the importance of sport during a key transitional period of our lives, from the later teenage years into the early twenties, and therefore helps us develop a better understanding of the social construction of youth sport. It covers youth sport in all its forms, from competitive game-contests and conventional sport to recreational activities, exercise and lifestyle sport, and at all levels, from elite competition to leisure time activities and school physical education. It also covers youth sport across the world, in developing and developed countries, and touches on some of the most significant themes and issues in contemporary sport studies, including physical activity and health, lifelong participation, talent identification and development, and safeguarding and abuse. No other book brings together in one place such a breadth and depth of material on youth sport or the engagement of young people in physical activity. The Routledge Handbook of Youth Sport is therefore important reading for students, researchers, practitioners and policy-makers with an interest in youth sport, youth culture, sport studies or physical education.

The book contains the proceedings of the Seventh International Congress on Science and Skiing, which was held at St. Christoph am Arlberg, Tyrol, Austria, in December 2016. The conference was organized and hosted by the Department of Physical Education and Sport Science at the University of Salzburg, Austria. This book offers a broad interdisciplinary spectrum of current high quality research in Alpine and Nordic skiing and in snowboarding. Four keynote speakers and ninety-seven oral presenters have been invited to present their research. This volume. The entire scope of relevant topics in skiing is covered by these presentations. In order to maintain a high scientific standard required of this book, a peer review process was utilized in the selection of the papers. In the process, all keynotes as well as the oral presentations are published. The manuscripts were subject to peer review and editorial judgment prior to acceptance.

Performing Transversally expands on Bryan Reynolds' controversial transversal theory in exciting ways while offering groundbreaking analyses of Shakespeare's plays - Hamlet , Othello , Macbeth , Taming of the Shrew , Titus Andronicus , Henry VIII , and Coriolanus - and textual, filmic, and theatrical adaptations of them. With his collaborators, Reynolds challenges traditional readings of Shakespeare, re-evaluating the critical methodologies that characterize them, in regard to issues of authorship, representation, agency, and iconography. Reynolds demonstrates the value of his 'investigative-expansive mode,' outlining a 'transversal poetics' that points toward a critical future that is more aware of its subjective interconnections with its audiences it seeks to engage than is reflected in most Shakespeare criticism and literary-cultural scholarship.

Crochet Red

Critical Responses to Kiran Desai

Pretty Much Everything

The Gluten-Free Edge

Why We Fail

Draplin Design Co.

Tarrying with the Subjunctive

This study expands on Reynolds' 'transversal poetics' - the theory, methodology, and aesthetics developed in response to the need for an approach that fosters agency, creativity and conscientious scholarship and pedagogy. It offers new readings of plays by, amongst others, Shakespeare, Marlowe, Middleton, Webster and Greene.

A revolutionary guide to acknowledging fear and developing the tools we need to build a healthy relationship with this confusing emotion—and use it as a positive force in our lives. We all feel fear. Yet we are often taught to ignore it, overcome it, push past it. But to what benefit? This is the essential question that guides Kristen Ulmer's remarkable exploration of our most misunderstood emotion in The Art of Fear. Once recognized as the best extreme skier in the world (an honor she held for twelve years), Ulmer knows fear well. In this conversation-changing book, she argues that fear is not here to cause us problems—and that in fact, the only true issue we face with fear is our misguided reaction to it (not the fear itself). Rebuilding our experience with fear from the ground up, Ulmer starts by exploring why we've come to view it as a negative. From here, she unpacks fear and shows it to be just one of 10,000 voices that make up our reality, here to help us come alive alongside joy, love, and gratitude. Introducing a mindfulness tool called “Shift,” Ulmer teaches readers how to experience fear in a simpler, more authentic way, transforming our relationship with this emotion from that of a draining battle into one that’s in line with our true nature. Influenced by Ulmer's own complicated relationship with fear and her over 15 years as a mindset facilitator, The Art of Fear will reconstruct the way we react to and experience fear—empowering us to easily and permanently address the underlying cause of our fear-based problems, and setting us on course to live a happier, more expansive future.

Transversal Subjects, now in paperback, proposes a combined theory of consciousness, subjectivity and agency stemming from analyses of junctures in Western philosophical and critical discourses that have greatly influenced the development of present-day understandings of perception, identity, desire, mimesis, aesthetics, education and human rights.

Writer and adventurer Leslie Anthony has spent his life on two planks, racing down hills, searching for the next perfect ride. His real baptism, however, began in the early nineties when Alaska emerged as the ski world’s Next Big Thing. Steep faces and vast tracks of powder snow, were captured on film and beamed to audiences around the world. The result was a freeskiing revolution. With insight and humor, White Planet, traces an arc through the new ski culture, in a rock ‘n’ roll adventure that follows a diaspora to far-flung corners of the globe. Along the way, Anthony introduces many of the daredevils, visionaries and entrepreneurs who are bringing the sport to such unexpected places as Mexico, China, Lebanon and India.

Reaching New Heights

Why Conquering Fear Won't Work and What to Do Instead

From Montaigne to Deleuze after Derrida

Learning from Experience Design Failures

A Story about a Skier

Stitch Mountain

Ski Bums, Ski Towns and the Future of Chasing Snow

Your Travel Destination. Your Home. Your Home-To-Be. Yellowstone & Grand Teton—including Jackson, West Yellowstone, Bozeman, Big Sky, Livingston, Gardiner, Cooke City, Red Lodge, and Cody Geothermal pools and rugged peaks. Warm, dry summers and cold, snowy winters. A land of stunning contrasts and natural beauty.

- A personal, practical perspective for travelers and residents alike
- Comprehensive listings of attractions, restaurants, and accommodations
- How to live & thrive in the area—from recreation to relocation
- Countless details on shopping, arts & entertainment, and children’s activities

Offers a collection of crochet projects created by thirty celebrity designers, along with profiles in which they discuss their experiences with heart disease and provide tips for staying healthy.

Contributed articles on the works of Kiran Desai, b. 1971, Booker Prize 2006 winner.

This book explores relationships between intermedial theater, consciousness, memory, objects, subjectivity, and affect through productive engagement with the performance aesthetics, socio-cognitive theory, and critical methodology of transversal poetics alongside other leading philosophical approaches to performance. It offers the first sustained analysis of the work of Gilles Deleuze, Félix Guattari, Jean Baudrillard, and Friedrich Nietzsche in relation to the contemporary European theater of Jan Lauwers and Needcompany, Romeo Castellucci and Societas Raffaello Sanzio, Thomas Ostermeier, Rodrigo García and La Carnicería Teatro, and the Transversal Theater Company. It connects contemporary uses of objects, simulacra, and technologies in both posthumanist discourse and postdramatic theater to the transhistorically and culturally mediating power of Shakespeare as a means by which to discuss the affective impact of intermedial theater on today’s audiences.

Feminist Collections

Science and Skiing VII

Run Wild and Be: A Collection of Poems & Stories Inspired by Wild Spaces & Endurance Running.

Crocheting for Women's Heart Health

Transnational Mobilities in Action Sport Cultures

Reimagining Shakespeare and the Critical Future

Wild Snow

Reaching New Heights Snowboarder and Olympic Gold Medalist Kelly Clark had accomplished her life’s goals by the age of 18. Yet, success didn’t leave her feeling fulfilled. Two years later, at an event in Salt Lake City, Kelly stood at the bottom of the pipe, listening to one snowboarder console another who had just crashed: “It’s alright. God still loves you.” These words led Kelly on a new journey from an Olympian snowboarder into an awesome relationship with Jesus. This story of one of the world’s greatest snowboarders will encourage readers young and old to reach for the next level, knowing that God will be with them, win or lose.

Presents over thirty sewing projects designed by sewing and quilting celebrities that feature the color red to highlight women's heart health, and features personal stories as well as facts, resources, and heart-healthy recipes.

For the rebel in every girl’s heart, this series presents the achievements of extraordinary, relevant, and inspiring women throughout history. Through quotes, narratives, photographs, illustrations, and fact-filled side-bars, each book tells the story of twelve bold and courageous women. When the world told them to stay put, these twelve adventurers took to the skies, slopes, and seas. From the daring aviator Amelia Earhart to the relentless photojournalist Margaret Bourke-White, these brave women will dare you to follow your dreams. Featured adventurers include Gudridur Thorbjarnarsdottir (Viking traveler), Susan Butcher (dog sled racer), Kit DesLauriers (skier), Valentina Tereshkova (astronaut), Bessie Coleman (pilot), Janet Guthrie (racecar driver), Sophie Blanchard (balloonist), Nellie Bly (journalist), Gertrude Ederle (English Channel swimmer), and Dr. Diana Hoff (Atlantic Ocean rower).

A beautiful collection of photographs and personal reflections on the life of professional ski mountaineer, surfer, climber, and all around adventurer, Chad Sayers. At the age of 18, Chad Sayers chooses to pursue a perilous existence in the world of professional freeskiing. Immediately successful, he rides high on a train of celebrity, sponsorship, travel, and freedom. But "living the dream" is, in reality, a tiring treadmill of daily risk that eventually sets him adrift from family, friends, lovers -- even himself. As injuries and emotional traumas pile up, his identity fractures into a hall of mirrors -- the flickering images of athlete, son, brother, traveller, and seeker veiling the reality of a man running blindly from heartbreak and physical debilitation. Then one day, in the mountains of France, hanging by a finger above certain death, he sees the one reflection that finally scares him straight: a man who doesn't care. To heal this severed connection to reality and the constant pain he lives with, Sayers quits skiing and turns to his other passions of travel, surfing, and photography. In Overexposure, some of the world's greatest outdoor photographers contribute to this engaging story in order to parse not only the high-stakes gambits required for a pro skier to stay in the spotlight, but also the grandeur of the stage on which these play out.

The Injuries That Changed Sports Forever

A Nutrition and Training Guide for Peak Athletic Performance and an Active Gluten-Free Life

30 Warm Knits for Conquering the Cold

Transversal Performance and Cultural Dissidence in Early Modern England

Performance Studies

Snowboarding Bodies in Theory and Practice

Insiders' Guide® to Yellowstone & Grand Teton

Since the advent of sport, athletes have worked to gain an edge on their competition—to look, feel, and perform their best—through both training and nutrition. Today, science is increasingly showing the negative impact that gluten, a protein in wheat, barley, and rye, can have on health. For the estimated 30 million Americans with forms of gluten intolerance, such as celiac disease, this all-too-common protein can cause gastrointestinal trouble, inflammation, muscle fatigue, and mental fog that hinder an active lifestyle and negatively impact athletic performance. The solution: a whole-foods, nutrient-dense gluten-free diet. Others who voluntarily eat gluten-free can also discover an edge they never knew was missing: faster recovery, reduced inflammation, improved digestion, and increased athletic performance. The Gluten-Free Edge is the first comprehensive resource that includes:

- What gluten is and how it negatively impacts health and athletic performance
- The myriad benefits of adopting a gluten-free nutrition plan
- What to eat during training, competition, and recovery
- How to deal with group meals, eating on the road, and getting “glutened”
- Insights from prominent athletes already living the gluten-free edge
- And 50 simple, high-octane recipes to fuel your performance Whether you’ve been diagnosed with gluten intolerance or simply want to get ahead of the competition, this book is for you. Your own gluten-free edge is waiting.

Esquire. Ford Motors. Burton Snowboards. The Obama Administration. While all of these brands are vastly different, they share at least one thing in common: a teeny, little bit of Aaron James Draplin. Draplin is one of the new school of influential graphic designers who combine the power of design, social media, entrepreneurship, and DIY aesthetic to create a successful business and way of life. Pretty Much Everything is a mid-career survey of work, case studies, inspiration, road stories, lists, maps, how-tos, and advice. It includes examples of his work—posters, record covers, logos—and presents the process behind his design with projects like Field Notes

and the “Things We Love” State Posters. Draplin also offers valuable advice and hilarious commentary that illustrates how much more goes into design than just what appears on the page. With Draplin’s humor and pointed observations on the contemporary design scene, Draplin Design Co. is the complete package for the new generation of designers.

Dream Season is the ultimate guide for anyone interested in heli-skiing, cat-skiing, or heli-boarding. This book allows you to relive the adventure of trips to Alaska, British Columbia, Colorado, New Zealand, and Russia. With extensive operator listings, Dream Season is the perfect tool to help plan your heliskiing, catskiing, or heliboarding vacation. When planning to ski deep powder with the luxury of a helicopter or snowcat, Dream Season will serve as your guide. In-depth reviews of the following destinations are included: Alaska, Argentina, British Columbia, California, Chile, Colorado, France, Georgia, Greenland, Idaho, India, Italy, Montana, Nepal, Nevada, New Zealand, Oregon, Russia, Sweden, Switzerland, Turkey, Utah, Washington, and Wyoming. Make this the year that you plan your Dream Season!

The rousing story of the last gasp of human agency and how today’s best and brightest minds are endeavoring to put an end to it. It used to be that to diagnose an illness, interpret legal documents, analyze foreign policy, or write a newspaper article you needed a human being with specific skills—and maybe an advanced degree or two. These days, high-level tasks are increasingly being handled by algorithms that can do precise work not only with speed but also with nuance. These “bots” started with human programming and logic, but now their reach extends beyond what their creators ever expected. In this fascinating, frightening book, Christopher Steiner tells the story of how algorithms took over—and shows why the “bot revolution” is about to spill into every aspect of our lives, often silently, without our knowledge. The May 2010 “Flash Crash” exposed Wall Street’s reliance on trading bots to the tune of a 998-point market drop and \$1 trillion in vanished market value. But that was just the beginning. In Automate This, we meet bots that are driving cars, penning haiku, and writing music mistaken for Bach’s. They listen in on our customer service calls and figure out what Iran would do in the event of a nuclear standoff. There are algorithms that can pick out the most cohesive crew of astronauts for a space mission or identify the next Jeremy Lin. Some can even ingest statistics from baseball games and spit out pitch-perfect sports journalism indistinguishable from that produced by humans. The interaction of man and machine can make our lives easier. But what will the world look like when algorithms control our hospitals, our roads, our culture, and our national security? What happens to businesses when we automate judgment and eliminate human instinct? And what role will be left for doctors, lawyers, writers, truck drivers, and many others? Who knows—maybe there’s a bot learning to do your job this minute.

Strength From the Top of the Mountain

Worldwide Guide to Heli & Cat Skiing/Boarding

A Historical Guide to North American Ski Mountaineering

Fugitive Explorations

Rebound

The Kelly Clark Story

For more than half a century, the Appalachian Mountain Club’s Maine Mountain Guide has been hikers’ and backpackers’ quintessential resource for trails in Maine’s spectacular mountains. This new edition has been thoroughly revised and updated, featuring 175 new trails, 50 new mountains, and 13 additional in-text maps, capturing Maine’s booming trail building and expansion during the past five years. Fresh coverage of classics such as Baxter State Park and Acadia National Park now sits alongside more detailed descriptions of regions including the 100-Mile Wilderness and Moosehead Lake, Downeast, and Midcoast. More than 450 trails have been revised. Thorough trip-planning and safety information—along with full-color, GPS-rendered, pull-out maps featuring trail segment mileage—make this the trusted, comprehensive hiking guide to Maine.

Focus On: 100 Most Popular English Emigrants to the United States

The Gluten-Free Edge: A Nutrition and Training Guide for Peak Athletic Performance and an Active Gluten-Free Life

The Experiment

Presents historical background on ski mountaineering, which is climbing a mountain on skis and then skiing down the slopes, and offers tips on climbing and skiing specific mountains.

Returning for its second year but reimagined in a new impulse format, with a new title, new cover, new mission, and new sensibility, here is *The Socialite Who Killed a Nazi with Her Bare Hands*, a pithier, quirrier collection of the 164 best page-turning obituaries from *The New York Times*. Written by top journalists, each story is a gem of a bio, a full life in miniature. There’s the famous: Steve Jobs, including the story of how he was reunited with a sister he never knew, the novelist Mona Simpson. And the almost famous: Ruth Stone, a poet who worked in relative obscurity until she won the National Book Award at the age of 87. The behind-the-scenes, like Arch West, inventor of the Dorito, who pulled America’s snacks out of the 1950s doldrums and created a \$5-billion-a-year product, and the out-there, like self-styled anarchist and maverick artist (and real estate mogul and museum director) Bob Cassilly, who died at the controls of his bulldozer while building “Cementland” in St. Louis. And because of the chronological organization of the book, the stories, one next to the other, make for an addictive-as-salted-peanuts book: Mark O. Hatfield, the celebrated antiwar Republican senator from Oregon, next to Nancy Wake of the title, the impoverished New Zealander who grew up to become a high-society hostess and heroine of the French Resistance—the socialite who did, indeed, kill a Nazi with her bare hands.

Sew Red

How Algorithms Took Over Our Markets, Our Jobs, and the World

Maine Mountain Guide

The Best of the New York Times Obituaries, 2013

Transversal Subjects

The Art of Fear

Performance Philosophy, Transversal Poetics, and the Future of Affect

This book provides the first in-depth analysis of the global phenomenon of snowboarding culture. Adopting an interdisciplinary approach, it offers key insights into the sport, lifestyle, industry, media, gender relations, travel, and physical experience of snowboarding, in both historical and contemporary contexts.

This book contributes to recent debates in transnationalism, mobilities and migration studies by offering the first in-depth sociological examination of the global phenomenon of action sports and the transnational networks and connections being established within and across local contexts around the world.

The field of performance studies analyses the production and impact of on-stage performance, such as in a theatre or circus, and off-stage performance, such as cultural rituals and political protests. *Performance Studies: Key Words, Concepts and Theories* introduces students to 34 key topics seen as paramount to the future of performance studies in a series of short, engaging essays by an international team of distinguished scholars. Each essay contributes to the wide-ranging, adventurous and conscientious nature that makes performance studies such an innovative, valuable and exciting field.

Written by a leading mental skills coach and contributing editor to *Runner’s World* (US), this is a practical guide to building the psychological resilience that athletes need to recover from injury and rebound stronger. Injuries affect every athlete, from the elite Olympian to the weekend racer. In the moment, a traumatic crash, a torn muscle, or a stress fracture can feel like the most devastating event possible. While some athletes are destroyed by the experience, others emerge from their recovery better, stronger, and more confident than ever. The key to a swifter, stronger comeback is the use of mental skills: psychological tools that enable an athlete to take control of their recovery and ultimately use the experience to their advantage. Injury and other setbacks are inevitable – but with training, overcoming them skillfully and confidently is possible. This book will provide a clear, compelling explanation of psychological recovery from injury and a practical guide to building mental resilience. Weaving together personal narratives from star athletes, scientific research, and the specialized clinical expertise of mental skills coach Carrie Jackson Cheadle, it will contain more than 45 Mental Skills and Drills that athletes can use at every phase of their recovery process. These same strategies can help athletes who aren’t currently injured reduce their vulnerability to injury, and enable any individual to reach new heights within their sport and beyond.

Intermedial Theater

Key Words, Concepts and Theories

Transversal Enterprises in the Drama of Shakespeare and his Contemporaries

White Planet

Powder Days

That’s Gotta Hurt

The Next 15 Minutes

Kim Kircher’s husband’s illness wasn’t something she could blow up as she had done countless times on the ski slopes during avalanche control. Instead, Kim faced the biggest double black diamond ski run of her life as she listened to the doctors put her husband on the transplant list while he fought bile duct cancer. *The Next 15 Minutes* is Kim’s high octane story of how she drew strength from her life among the ski slopes and of the daring world that showed her how to survive and fight back. Kim Kircher has been an EMT with avalanche control at Crystal Mountain, Washington, for twenty years.

This collection looks at the growing rapprochement between contemporary theory and early modern English literary-cultural studies. With sections on posthumanism and cognitive science, political theology, and rematerialism and performance, the essays incorporate recent theoretical inquiries into new readings of early modern texts.

Re-Designing Youth Sport

The Return of Theory in Early Modern English Studies

Routledge Handbook of Youth Sport

Focus On: 100 Most Popular English Emigrants to the United States

Change the Game

Squallywood

Performing Transversally