

Read Free Gold Medal Bodies

Gold Medal Bodies

An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.

“As far as I’m concerned, Richard S. Prather was the King of the

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paperback P.I writers of the 60s. Shell Scott should be in the Top Ten of any readers list of favorite private eyes.” --Robert J. Randisi For four decades, Richard S. Prather published over 40 works of detective fiction, most featuring his clever, cad-about-

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town hero, Shell Scott. Known for their arched humor, punchy dialogue, and sunny Southern California locale, the Shell Scott books represent one of the greatest private eye collections ever produced. BODIES IN BEDLAM A Shell Scott Mystery

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Shell Scott. He's a guy with a pistol in his pocket and murder on his mind. The crime world's public enemy number one, this Casanova is a sucker for a damsel in distress. When a pair of lovely legs saunters into his office, he can't help but take the job, even

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*when the case is a killer.
Constanza Carmocha is like a cat
in heat; she innocently purrs
while scratching your eyes out
with her razor-sharp claws. She is
a dame skilled in the age-old act
of bending men to her will, using
no other weapon than her lips*

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and the sensuous curve of her hips. But she had already left behind a trail of dead bodies, and this gal's blaze burns everyone who touches her. Shell's seen his fair share of women, and this one can't have a deeper bag of tricks than he? Or can she? Bodies in

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Bedlam is the 2nd book in the Shell Scott Mysteries, but you may enjoy reading the series in any order.

The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily

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when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States (1789-1824), the Register of Debates in

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***Congress (1824-1837), and the
Congressional Globe (1833-1873)***

Raw and Real

Lessons in Practical Wisdom -

Leons De Sagesse Pratique

Bodies of War

The World's Fittest Book

A Cultural History of Mortal

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Remains

The World Book Encyclopedia

Well after slavery was abolished, its legacy of violence left deep wounds on African Americans' bodies, minds, and lives. For many victims and witnesses of the assaults, rapes, murders, nightrides, lynchings, and other bloody acts that

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followed, the suffering this violence engendered was at once too painful to put into words yet too horrible to suppress. In this evocative and deeply moving history Kidada Williams examines African Americans' testimonies about racial violence. By using both oral and print culture to testify about violence, victims

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and witnesses hoped they would be able to graphically disseminate enough knowledge about its occurrence and inspire Americans to take action to end it. In the process of testifying, these people created a vernacular history of the violence they endured and witnessed, as well as the identities that grew from the

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experience of violence. This history fostered an oppositional consciousness to racial violence that inspired African Americans to form and support campaigns to end violence. The resulting crusades against racial violence became one of the political training grounds for the civil rights movement.

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Gold Medal FitnessA Revolutionary
5-Week ProgramHarmony

Japan and the United States became close political allies so quickly after the end of World War II, that it seemed as though the two countries had easily forgotten the war they had fought. Here Yoshikuni Igarashi offers a provocative look at how Japanese

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postwar society struggled to understand its war loss and the resulting national trauma, even as forces within the society sought to suppress these memories. Igarashi argues that Japan's nationhood survived the war's destruction in part through a popular culture that expressed memories of loss and devastation more

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readily than political discourse ever could. He shows how the desire to represent the past motivated Japan's cultural productions in the first twenty-five years of the postwar period. Japanese war experiences were often described through narrative devices that downplayed the war's disruptive effects on Japan's history.

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Rather than treat these narratives as obstacles to historical inquiry, Igarashi reads them along with counter-narratives that attempted to register the original impact of the war. He traces the tensions between remembering and forgetting by focusing on the body as the central site for Japan's production of the past. This

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approach leads to fascinating discussions of such diverse topics as the use of the atomic bomb, hygiene policies under the U.S. occupation, the monstrous body of Godzilla, the first Western professional wrestling matches in Japan, the transformation of Tokyo and the athletic body for the 1964 Tokyo Olympics, and

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the writer Yukio Mishima's dramatic suicide, while providing a fresh critical perspective on the war legacy of Japan.

Christian Science Sentinel

Testosterone

An Athlete's Guide to Inner Excellence

An Unauthorized Biography

The Lancet

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Gold Medal Physics

In California, a team of talented young men begin pursuing the most elusive dream in sports, the Olympic Games. The pressure steadily increases as two best friends (a mentor and his

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protégé) reach the top of the world rankings and unexpectedly find themselves direct competitors. Their teammates include an emerging star methodically plotting to retrace his father's path to Olympic

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glory, as well as a super-extraordinary athlete desperate to walk away from it all. Led by one of the most passionate coaches in sports, a brilliant and explosive strategist on a personal quest for

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redemption, this team of dark horses and Olympic favorites works through escalating rivalries, joyous triumphs, and heartbreaking setbacks. Author P. H. Mullen chronicles their journey to the 2000 Olympic

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Games and presents one of the most powerful and moving sports books ever written. Boldly sweeping in literary power and pace, this startling book will permanently change how you view the Olympic athlete. It

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is a fascinating world of suspense and emotion where human desire for excellence rules over all, and where there are no second chances for glory. But above all, Gold in the Water is a triumph of the human spirit.

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THE SUNDAY TIMES BESTSELLER
How to train for anything
and everything, anywhere and
everywhere The World's
Fittest Book is set to
become every fitness
enthusiast's bible. Dubbed
the body's complete user

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guide, it will become the go-to resource for learning all you need to know about building muscle, losing fat, eating (healthy) cake and unlocking your superhuman physical potential. Packed with workouts the author

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*tried and tested in the
pursuit of multiple world
records, it's more than a
book, it's the greatest
training tool ever written!
Designed for anyone who
wants to make permanent and
lasting changes to their*

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food and fitness, it's the first book to combine the teachings, tips and tricks of Olympic and World Champions into one, easy to follow resource. This book will show you how it's possible to: Live below 10%

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*body fat with the aid of
chocolate and Mayan secrets
Add 27% more muscle mass,
courtesy of tips from world
heavyweight champions
Increase speed by 10%,
thanks to gold medal winning
Olympic sprinters Squat,*

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*deadlift and bench weights
you never dreamed of
lifting, with the guidance
of the world's strongest men
Improve endurance capacity
by 60%, thanks to the
knowledge of world champions
in multi endurance-based*

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sports ...all of which the author has achieved during the 10-year 'Fitness Pilgrimage' that has taken him around the globe. Aiming to be the most eclectic and comprehensive fitness guide ever created, The World's

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Fittest Book is the sum and substance of over a decade of research and the collective wisdom of some of the greatest minds and athletic bodies in history. By learning the lessons within it, readers will

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understand 'fitness' better than the vast majority of the population. Every chapter will have an easy to digest workout within it and can be read individually. But if you want to read the stories and the science

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behind the routines, that's there too. Until now, there hasn't been a book covering such an ambitious range of areas, catering for the casual fitness enthusiast seeking clarity and guidance in their own gym routine and

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kitchen habits as well as the seasoned sportsperson who's hit a plateau and is searching for tips, tricks and tweaks they can make to their training and diet. This book changes that, and will take you on a journey

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*to whatever level of fitness
you want to find.*

**BILINGUAL EDITION (FRENCH
DESCRIPTION FOLLOWS) PARKOUR
& ART DU DÉPLACEMENT Lessons
in practical wisdom Foreword
by Ryan C. Hurst, program
director, GMB Fitness**

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***Postscript by Yann Hnautra,
Yamakasi founder 90 lessons
from the author of "Parkour
and the Art du déplacement:
Strength, Dignity,
Community". No need for
special gear. Just put your
shoes on, put this book in***

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your backpack, and you are ready to explore the city, with its many rails and walls and obstacles. Vault, run, do your load of squats and push-ups and traverses, then take a more contemplative break. These

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ninety very short chapters, with just one clear idea or exercise per chapter, are meant to inspire you and help you deepen your practice. This is not a how-to manual in which you will learn specific movement

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techniques, but a unique and precious handbook on the philosophical, psychological and spiritual aspects of parkour / ADD / freerunning, that will also hearten people who have a background in dance, martial arts,

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yoga, CrossFit and so forth.
** How can you know if you
are ready for a jump? * When
should you test and when
should you trust? * What are
great, natural sources of
energy? * How can you find
your Growth Zone? * Use*

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*constraints to kindle
creativity? * How can you
"find your voice"? * What
are "dynamic tension" and
"intrinsic motivation"? *
Should you focus more on
conditioning or on
techniques? ... These and*

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many other subjects are addressed in this groundbreaking book. "A modern day Book of Five Rings." - Ryan C. Hurst, GMB Fitness "I had a serious spinal injury and I truly believe that without my ADD

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training and "Body Armor" conditioning, I would be in a wheelchair today. This is why when Vincent asked me to write a few words for his new book, I felt it was a responsibility, as well as an honor, to share my

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thoughts on what you're about to read. Being a martial arts instructor and ADD practitioner, Vincent's "Buddhist" approach is very similar to my personal philosophy and this book will allow you a deeper

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understanding of the art of the Yamakasi. Not only the physical aspect of parkour and ADD, but its philosophical, emotional and spiritual elements, too - and what Vincent calls the mental posture. Vincent has

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this rare talent to understand, digest, and put into written word a philosophy that is mostly oral. I enjoyed this book very much, and recommend it to anyone practicing Movement. Read, Learn,

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***Apply." - Fred Evrard,
Founder of Kali Majapahit
Martial Arts ***** PARKOUR &
ART DU DÉPLACEMENT Leçons de
sagesse pratique Édition
100% bilingue Préface de
Ryan C. Hurst, directeur de
Gold Medal Bodies / GMB***

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Fitness Postface de Yann Hnautra, fondateur du groupe Yamakasi 90 leçons par l'auteur de « L'Art du déplacement : Force, dignité, partage ». « Un Traité des cinq roues des temps modernes. » - Ryan C.

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Hurst, GMB Fitness « J'ai récemment eu une grave blessure à la colonne vertébrale et je crois sincèrement que sans mon entraînement en ADD et les exercices "d'armure corporelle", je me

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*déplacerais aujourd'hui en
fauteuil. C'est pourquoi,
lorsque Vincent m'a demandé
d'écrire quelques mots à
propos de son nouveau livre,
il m'a semblé que c'était à
la fois un honneur et une
responsabilité. En tant*

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*qu'instructeur d'arts
martiaux et pratiquant
d'ADD, ma philosophie
personnelle ressemble
beaucoup à celle de
l'approche "bouddhiste" de
Vincent. En outre, ce livre
vous permettra de comprendre*

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plus en profondeur l'art des Yamakasi. Non seulement l'aspect physique du parkour ou de l'ADD, mais aussi ses composantes philosophiques, émotionnelles et spirituelles - et ce que Vincent nomme parfois la

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posture mentale. Cet auteur a un rare talent pour comprendre, digérer et mettre à l'écrit une philosophie qui a principalement été transmise oralement. J'ai adoré ce livre et le recommande à

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***toute personne qui
s'intéresse au mouvement.
Lisez, apprenez, et mettez
en application. » - Fred
Evrard, fondateur de Kali
Majapahit
Public Opinion
Imaging Japanese America***

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***Bodies Built for Game
A Revolutionary 5-Week
Program***

***The Work of the Dead
World War I and the Politics
of Commemoration in America,
1919-1933***

Moonbeam Children's Book Awards Gold

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Medal Winner This is an illustrated children's book for ages 7-11 that makes gender identity, sexual orientation and family diversity easy to explain to children. Throughout the book kids learn that there are many kinds of people in the world and that diversity is something to be celebrated. It covers gender, romantic

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orientation, discrimination, intersectionality, privilege, and how to stand up for what's right. With charming illustrations, clear explanations, and short sections that can be dipped in and out of, this book helps children think about how to create a kinder, more tolerant world. Competing in the 1986 National College

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Games of the People's Republic of China, Susan Brownell earned both a gold medal in the heptathlon and fame throughout China as "the American girl who won glory for Beijing University." Now an anthropologist, Brownell draws on her direct experience of Chinese athletics in this fascinating look at the culture of

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sports and the body in China. Training the Body for China is the first book on Chinese sports based on extended fieldwork by a Westerner. Brownell introduces the notion of "body culture" to analyze Olympic sports as one element in a whole set of Chinese body practices: the "old people's disco dancing" craze, the

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new popularity of bodybuilding (following reluctant official acceptance of the bikini), mass calisthenics, martial arts, military discipline, and more. Translating official and dissident materials into English for the first time and drawing on performance theory and histories of the body, Brownell uses the culture of the body as a focal

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point to explore the tensions between local and global organizations, the traditional and the modern, men and women. Her intimate knowledge of Chinese social and cultural life and her wide range of historic examples make *Training the Body for China* a unique illustration of how gender, the body, and the nation are interlinked in

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Chinese culture.

The meaning of our concern for mortal remains—from antiquity through the twentieth century The Greek philosopher Diogenes said that when he died his body should be tossed over the city walls for beasts to scavenge. Why should he or anyone else care what became of his

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corpse? In *The Work of the Dead*, acclaimed cultural historian Thomas Laqueur examines why humanity has universally rejected Diogenes's argument. No culture has been indifferent to mortal remains. Even in our supposedly disenchanted scientific age, the dead body still matters—for individuals, communities,

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and nations. A remarkably ambitious history, *The Work of the Dead* offers a compelling and richly detailed account of how and why the living have cared for the dead, from antiquity to the twentieth century. The book draws on a vast range of sources—from mortuary archaeology, medical tracts, letters, songs, poems, and

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novels to painting and landscapes in order to recover the work that the dead do for the living: making human communities that connect the past and the future.

Laqueur shows how the churchyard became the dominant resting place of the dead during the Middle Ages and why the cemetery largely supplanted it during the

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modern period. He traces how and why since the nineteenth century we have come to gather the names of the dead on great lists and memorials and why being buried without a name has become so disturbing. And finally, he tells how modern cremation, begun as a fantasy of stripping death of its history, ultimately failed—and

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how even the ashes of the victims of the Holocaust have been preserved in culture. A fascinating chronicle of how we shape the dead and are in turn shaped by them, this is a landmark work of cultural history.

Register of Arts, and Journal of Patent Inventions

The Edinburgh encyclopaedia, conducted

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by D. Brewster

Memoirs

The Kid's Guide to Gender, Sexuality, and
Family

Training the Body for China

**The inspiring story of Brad
Snyder's journey from the**

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**Naval Academy to
Afghanistan, from being
blinded by an IED explosion
to winning Paralympic gold
Ê In Afghanistan,
Lieutenant Brad Snyder had
one of the world's most**

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dangerous jobs: to find and destroy enemy bombs, as an elite US Navy Special Operations warrior. On September 7, 2011, the former Naval Academy captain of the swim team

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stepped on an improvised explosive device while helping save the lives of his patrol's Afghan counterparts. The subsequent explosion left Snyder permanently blind.

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Through unrelenting pain, hard work, and dedication, Snyder qualified for the US Paralympic Team and on September 7, 2012Ñone year to the day after suffering his devastating

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injuryÑhe won a gold medal in menÕs swimming for Team USA in London. Brad SnyderÕs journey from darkness to light embodies the courage of AmericaÕs new ÒGreatest GenerationÓ

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and serves as an inspiration to all of us.

In this fully revised and updated second edition of An Anthropology of Biomedicine, authors Lock and Nguyen introduce

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biomedicine from an anthropological perspective, exploring the entanglement of material bodies with history, environment, culture, and politics. Drawing on

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historical and ethnographic work, the book critiques the assumption made by the biological sciences of a universal human body that can be uniformly standardized. It focuses on

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the ways in which the application of biomedical technologies brings about radical changes to societies at large based on socioeconomic inequalities and ethical disputes, and

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develops and integrates the theory that the human body in health and illness is not an ontological given but a moveable, malleable entity. This second edition includes new chapters on:

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microbiology and the microbiome; global health; and, the self as a socio-technical system. In addition, all chapters have been comprehensively revised to take account of

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developments from within this fast-paced field, in the intervening years between publications. References and figures have also been updated throughout. This highly-regarded and award-

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winning textbook (Winner of the 2010 Prose Award for Archaeology and Anthropology) retains the character and features of the previous edition. Its coverage remains broad,

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**including discussion of:
biomedical technologies in
practice; anthropologies of
medicine; biology and
human experiments;
infertility and assisted
reproduction; genomics,**

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epigenomics, and uncertain futures; and molecularizing racial difference, ensuring it remains the essential text for students of anthropology, medical anthropology as well as

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public and global health. Building on the tradition of Little Bee, Chris Cleave again writes with elegance, humor, and passion about friendship, marriage, parenthood, tragedy, and

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redemption. What would you sacrifice for the people you love? KATE AND ZOE met at nineteen when they both made the cut for the national training program in track cycling—a sport

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**that demands intense focus,
blinding exertion, and
unwavering commitment.
They are built to exploit the
barest physical and
psychological edge over
equally skilled rivals, all of**

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whom are fighting for the last one tenth of a second that separates triumph from despair. Now at thirty-two, the women are facing their last and biggest race: the 2012 Olympics. Each

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wants desperately to win gold, and each has more than a medal to lose. Kate is the more naturally gifted, but the demands of her life have a tendency to slow her down. Her eight-year-old

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daughter Sophie dreams of the Death Star and of battling alongside the Rebels as evil white blood cells ravage her personal galaxy—she is fighting a recurrence of the leukemia

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that nearly killed her three years ago. Sophie doesn't want to stand in the way of her mum's Olympic dreams, but each day the dark forces of the universe seem to be massing against her.

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Devoted and self-sacrificing Kate knows her daughter is fragile, but at the height of her last frenzied months of training, might she be blind to the most terrible prognosis? Intense, aloof

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Zoe has always hovered on the periphery of real human companionship, and her compulsive need to win at any cost has more than once threatened her friendship with Kate—and

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her own sanity. Will she allow her obsession, and the advantage she has over a harried, anguished mother, to sever the bond they have shared for more than a decade? Echoing the

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adrenaline-fueled rush of a race around the Velodrome track, Gold is a triumph of superbly paced, heart-in-throat storytelling. With great humanity and glorious prose, Chris Cleave

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examines the values that lie at the heart of our most intimate relationships, and the choices we make when lives are at stake and everything is on the line.
Connecting with Children

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**Facing Adversity
A Systematic Approach to
Gymnastics and Bodyweight
Strength (Second Edition)
Report of Her Majesty's
Commissioners Appointed
to Inquire Into the Progress**

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**and Condition of the
Queen's Colleges at Belfast,
Cork, and Galway
The Science of Sports
The Definitive Guide to Pull-
up Bar Calisthenics
1898-1899**

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Authentic....Real....Results Who are the fittest people on the planet, with the most beautiful, symmetrical bodies? Gold medal winning athletes, especially those in ballistic sports in track and field. Most fitness books are written by people who went to school to learn about fitness. Not this one.

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This one is written by Olympic Gold Medalist Mark McKoy. In his heyday as an athlete, back in 1992, he was one of the fittest men in the world. But what's remarkable is that today, in 2014, he is STILL one of the fittest men in the world. Mark lives and breathes fitness, and his advice is

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proven not out of a text book, but out of the experience of a man who at 52 still looks like he belongs on the Gold medal podium. If you want to learn from the best, you owe it to yourself to buy and read this book...

Sport has always been central to the movements of both the nation-state

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and the people who resist that nation-state. Think of the Roman Colosseum, Jesse Owens's four gold-medal victories in the 1936 Nazi Olympics, Kareem Abdul-Jabbar's protest at the 1968 Olympics, and the fallout Colin Kaepernick suffered as a result of his recent protest on the sidelines of an

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NFL game. Sport is a place where the body and the mind are the most dangerous because they are allowed to be unified as one energy. Bodies Built for Game brings together poems, essays, and stories that challenge our traditional ideas of sport and question the power structures that athletics

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enforce. What is it that drives us to athletics? What is it that makes us break our own bodies or the bodies of others as we root for these unnatural and performed victories? Featuring contributions from a diverse group of writers, including Hanif Abdurraqib, Fatimah Asghar, Reginald Dwayne

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Betts, Louise Erdrich, Toni Jensen, Ada Lim ó n, Tommy Orange, Claudia Rankine, Danez Smith, and Maya Washington, this book challenges America by questioning its games. Praise for Mind Gym "Believing in yourself is paramount to success for any athlete. Gary's lessons and

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David's writing provide examples of the importance of the mental game."

--Ben Crenshaw, two-time Masters champion and former Ryder Cup captain "Mind Gym hits a home run. If you want to build mental muscle for the major leagues, read this book."

--Ken Griffey Jr., Major League

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Baseball MVP "I read Mind Gym on my way to the Sydney Olympics and really got a lot out of it. Gary has important lessons to teach, and you'll find the exercises fun and beneficial."
--Jason Kidd, NBA All-Star and Olympic gold-medal winner In Mind Gym, noted sports psychology

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consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes--many of whom he has

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worked with--you will learn the same techniques and exercises Mack uses to help elite athletes build mental "muscle." Mind Gym will give you the "head edge" over the competition.

Proceedings and Debates of the ...
Congress

An American Warrior's Journey from

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Being Blinded on the Battlefield to
Gold Medal Victory

The Sunday Times Bestseller from the
Strongman Swimmer

Parkour & Art Du Dplacement
Mind Gym

Gold in the Water

Creef looks at racial

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profiling Asian Americans over the past 100 years by examining images by well known photographers such as Dorothea Lange and Ansel Adams.

Master the art of bar calisthenics and forge the

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upper body of your dreams without the need for weights, machines, or gym memberships! Kavadlo breaks down every type of exercise you can do with a pull-up bar. From basic two arm hangs to a one arm pull-up,

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the "bar master" takes you step by step through everything you need to do to build the chiseled frame you've always wanted. With simple, fun, colourful illustrations and a delightful series of simple

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rhymes, Roz MacLean introduces the concept to young children that bodies come in all shapes and sizes. Designed to celebrate diversity and to make children feel comfortable with how they look, *The Body*

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Book is a visual delight for pre-schoolers and an excellent resource for early primary students learning to read. Winner of the Gold Medal at the 2017 Benjamin Franklin Awards.

Fire in My Eyes

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Gold Medal Fitness
Report, with Minutes of
Evidence, Documents, and
Tables and Returns
With Minutes of Evidence,
Documents, and Tables and
Returns
Raising the Bar

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Mining and Metallurgy

Dara Torres has been to the Olympics five times, she's won twelve medals, and now, at the age of 42, she still competes with girls half her age

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and is one of the most celebrated swimmers of all time. But you don't need to list her accolades to understand why people admire her athleticism so much—just

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look at her! Perfect abs, enviable arms—she's as strong as can be and continues to redefine established wisdom about staying in shape at any age. So, what's her

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secret? In Gold Medal Fitness you'll find all of Torres's tips for getting back into the game and staying in shape for many years to come. Her unique

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combination of stretching and strengthening exercises both tone and elongate your muscles, leaving you with that perfectly sculpted and slender

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shape. And in this revolutionary 5-week program, she's adapted her workout plan for you! Torres will take you step by step through a nutrition plan to

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prepare for the workouts. She'll walk you through the strengthening and stretching exercises, including the Ki-Hara method that has

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transformed her body. She'll give you hints on how to enjoy your cardiovascular activities. And, finally, she'll share her wisdom about rest

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and recovery and why it is as essential for your body as your training. Whether you're looking to lose those last ten pounds or get back into a sport that you used to

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love, Gold Medal Fitness will produce the results that you want, reignite how you feel in your own skin, and change your lifestyle.

A resource for working

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with children growing up without caring adults at home.

Fun, witty, and imbued throughout with admiration for the simple beauty of

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physics, Gold Medal
Physics is sure to
inspire readers to think
differently about the
next sporting event they
watch.

The Body Book

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Mark Mckoy's Gold Medal
Fitness Secrets
Congressional Record
Bodies of Memory
Transactions of the
Society Instituted at
London for the

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Encouragement of Arts,
Manufactures, and
Commerce
Bodies in Bedlam

Testosterone is neither the biological
essence of manliness nor even the
“male sex hormone.” It doesn't predict

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competitiveness or aggressiveness, strength or sex drive. Rebecca Jordan-Young and Katrina Karkazis pry testosterone loose from more than a century of misconceptions that undermine science while making social fables seem scientific.

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Bridging the Relationship Gap
The Visual Construction of Citizenship,
Nation, and the Body
Sports in the Moral Order of the
People's Republic
The Prairie Schooner Anthology of
Contemporary Sports Writing

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The True Story of Ordinary Men and
Their Extraordinary Dream of Olympic
Glory

Narratives of War in Postwar Japanese
Culture, 1945-1970