

Access Free Jessica Ennis
Unbelievable From My
Childhood Dreams To Winning
Olympic Gold The Inspiring
Story Of One Of Great Britains
Best Ever Athletes

Jessica Ennis Unbelievable From My Childhood Dreams To Winning Olympic Gold The Inspiring Story Of One Of Great Britains Best Ever Athletes

This is the story of one of the world's best heptathletes and her journey to greatness. Katarina Johnson-Thompson is a British heptathlete and won gold in the 2019 World Championships with a British record of 6,981 points. After

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making her Olympic debut in 2012, Katarina has suffered many disappointments, heartbreaks and frustrations, but she has never let it stop her. Now a World Champion, she is ready to take on the 2021 Tokyo Olympics.

The inspirational story of athlete Jo Pavey, the runner and mum who ran at a record-breaking fifth Olympic Games at Rio 2016. 'Come-back races? I've had more than a few, the night of 10 May 2014 was the ultimate long shot. I was a forty-year-old mother of two who had given birth eight months before. I trained on a treadmill in a cupboard by the back door and I was wearing a running vest older than most

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of the girls I was competing against. Was I crazy? Jo Pavey was forty years old when she won the 10,000m at the European Championships. It was the first gold medal of her career and, astonishingly, it came within months of having her second child. The media dubbed her 'Supermum', but Jo's story is in many ways the same as every mother juggling the demands of working life with a family - the sleepless nights, the endless nappy changing, the fun, the laughter and the school-run chaos. The only difference is that Jo is a full-time athlete pushing a buggy on her training runs, clocking up miles on the treadmill in a

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cupboard while her daughter
Olympic Gold The Inspiring
has her lunchtime nap, and
Story Of One Of Great Britains
hitting the track while her
children picnic on the grass.

Heartwarming and uplifting,
This Mum Runs follows Jo's
roundabout journey to the top
and all the lessons she's
learnt along the way. It is the
inspiring yet everyday story of
a mum that runs and a runner
that mums.

Renowned marathon expert
and leading sports scientist
Professor John Brewer reveals
why many of the concepts
surrounding marathon
training and running are
wrong - and suggests how the
latest sports science research
transforms the way marathons
should be approached. Run

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Smart uses the latest scientific research to show how preparing for, and running, marathons can be made easier, and in doing so challenges many of the myths that surround marathon running. The book will draw on the author's experience as one of the UK's leading sports scientists, his extensive research background in marathon running, and his experience as a marathon runner, to provide credible advice to runners to support their preparation for a marathon. The book will challenge many current concepts, myths and ideas, and provide science-based alternatives in areas such as

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training and nutrition that will optimise and ease a runner's preparation for, and completion of, the 26.2 mile distance. This highly accessible book will use the latest scientific findings to support new runners training for their first marathon and help more experienced athletes improve and train smarter.

On 4 August 2012 Jessica Ennis kicked off what some described as the greatest night in British sporting history. For her it was the end of a long, winding, and sometimes harrowing road. Nobody was under more pressure at the London Olympics than 'the face of the

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Games'. Yet Jessica delivered the heptathlon gold medal, and the huge outpouring of relief she showed afterwards hinted at the roller-coaster journey she had been on. Behind the smiles and politeness, Jessica has endured much. Bullied at school for being small, she proved to critics and rivals alike that size really didn't matter. Hers is an inspiring tale of following your dreams no matter what life throws at you.

The First Casualty

Run Smart

Dare to Tri

**Katarina Johnson-Thompson
(Ultimate Sports Heroes)**

Friends in High Places

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The Inside Track Miramax, Sundance, and the Rise of Independent Fil

"A poignant, tender story of families and sisters divided by the cruelty of political chance—my heart ached for them on every page." Kate Quinn, New York Times bestselling author of The Alice Network

Kelly Holmes made history when she brought home double gold in the 2004 Olympics, becoming a national hero. She won Sports Personality of the Year, was given a Damehood, fully backed London's successful 2012 Olympic bid and became a superstar on the red carpet as well as a much acclaimed and consulted professional in the sporting world. Now in her

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Best Ever Paralympian

staggeringly honest updated
autobiography she reveals the
times she fought back tears to
battle against injury and win gold,
plus the emotional decision she
made to retire from athletics.
Including details of her unsettled
childhood, trials in the army and a
struggle with self harm, Kelly's
amazing determination carries
through to make this inspirational
and powerful autobiography a
tale of triumph over adversity and
a model for readers of all ages
and backgrounds

Swim, Bike, Run is the ultimate
triathlon book, from Olympic
heroes the Brownlee brothers The
Olympic Triathlon, Hyde Park,
London August 7th 2012 'We
jogged to our positions on the
pontoon: two brothers, side by

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side, the world and everyone we
ever cared about looking on.
Eighteen years of training,
culminating in this single race.
Noise from the crowd impossible
to imagine. Hearts thumping.
Swim-hats pulled tight, goggles
lowered. Into a crouch, poised for
the hooter. Three. Two. One...'

This is the story of how two
skinny lads from west Yorkshire
became the best triathletes in the
world. Meet the Brownlees:
Olympic Champion Alistair, World
Champion Jonny. Brothers,
training partners, rivals. They
have obliterated the competition
and set new standards for
swimming, biking and running.
But the Brownlee brothers have
never forgotten their roots. They
still do their schoolboy hill runs

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and Dales rides; still train harder and longer than anyone; still push each other to new heights. In this revealing, often very funny book they take us inside their world and inside their races. It's both a riveting story of brotherly rivalry and a rare insight into what it takes to be the best. Swim, Bike, Run is also packed with training secrets. Whether you are thinking about your first triathlon or are a seasoned competitor, here are unique sections on how to swim, bike and run, and advice on nutrition, injury, and mental approach. With the Brownlees in your corner, you will do more than you ever thought possible. This book is essential reading for anyone interested in swimming, cycling and running and will be

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loved by readers of Mark
Cavendish's *Boy Racer* and
Running with the Kenyans. Alistair
Brownlee, 24, is a British
triathlete from Yorkshire. He is
the reigning Olympic champion, a
back-to-back European champion
and a two-time World champion.
Jonathan Brownlee, 22, is also a
British triathlete from Yorkshire.
He is the reigning World
Champion, a two-time World
Sprint champion and an Olympic
bronze medalist. 'Sport has two
new heroes: a couple of nice lads
from Yorkshire' *The Times*
The men's 100m final at the 1988
Olympics has been described as
the dirtiest race ever - but also
the greatest. Aside from
Johnson's blistering time, the race
is infamous for its athletes'

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positive drug tests. This is the
story of that race, the rivalry
between Johnson and Lewis, and
the repercussions still felt almost
a quarter of a century on.

Gold Rush

EDGE: Dream to Win:

How to Start a Revolution

Track Record Hb

Between the Lines: My
Autobiography

To Pixar and Beyond

How I Turned My Depression and
Anxiety into Motivation and You
Can Too

*Travis Maddox, Eastern University's
playboy, makes a bet with good girl
Abby that if he loses, he will remain
abstinent for a month, but if he wins,
Abby must live in his apartment for
the same amount of time.*

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*INSTANT NEW YORK TIMES
BESTSELLER "Blazing...Visceral"
(Los Angeles Times) · "Exceptional"
(Newsweek) · "Bold...Heartfelt"*

(New York Times Book Review) ·

"Thought-provoking and thrilling"

(GMA) · "Suspenseful and poignant"

(Scientific American) · "Gripping"

(The Sydney Morning Herald) From

the author of the beloved national

bestseller Migrations, a pulse-

pounding new novel set in the wild

Scottish Highlands. Inti Flynn

arrives in Scotland with her twin

sister, Aggie, to lead a team of

biologists tasked with reintroducing

fourteen gray wolves into the remote

Highlands. She hopes to heal not

only the dying landscape, but Aggie,

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too, unmade by the terrible secrets that drove the sisters out of Alaska. Inti is not the woman she once was, either, changed by the harm she's witnessed—inflicted by humans on both the wild and each other. Yet as the wolves surprise everyone by thriving, Inti begins to let her guard down, even opening herself up to the possibility of love. But when a farmer is found dead, Inti knows where the town will lay blame. Unable to accept her wolves could be responsible, Inti makes a reckless decision to protect them. But if the wolves didn't make the kill, then who did? And what will Inti do when the man she is falling for seems to be the prime suspect? Propulsive

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and spell-binding, Charlotte
Olympic Gold The Inspiring
McConaghy's *Once There Were*
Story Of One Of Great Britains
Wolves is the unforgettable story of
Best Ever Athletes
a woman desperate to save the

creatures she loves—if she isn't
consumed by a wild that was once
her refuge.

*Outlaw Torri Rendego and her crew
are in the mining colony of Newburg
to acquire opals in fulfillment of a
contract that skirts legality. The
hated Coalition is tightening
security and Kai Tinsdale, her
former bunkmate at Earth's
prestigious Academy, is there to
break up smuggling rings. They
share a past, but that may not help
as danger increases*

Running: Cheaper than Therapy is a

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witty and expertly compiled compendium of running wisdom and humour. From fantastic running quotes ('How do you know if someone ran a marathon? Don't worry, they'll tell you.' Jimmy Fallon) and hilarious spectator signs ('Worst parade ever!') to witty potted profiles of different types of runners (charity muggers, gadget gurus and inexplicably good old dears) and PB-busting training tips, Running: Cheaper than Therapy is designed to be the perfect gift for the runner, jogger or triathlete in your life. Written by a Telegraph and Guardian journalist and self-confessed running nut, this smartly packaged and brilliantly knowing

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*miscellany details entertaining, real-
life runners' stories (being overtaken
by a kid/OAP or getting lost while
training) and takes a humorous look
at the mistakes runners make
(wearing a brand new pair of
trainers for half marathon or getting
so pumped by your morning run you
have arguments with everyone at
work).*

*My Journey from the BBC Breakfast
Sofa to GB Team Triathlete*

Chris Hoy: The Autobiography

Laura Trott and Jason Kenny

Jessica Ennis

Notes from a Small Island

The Autobiography

A Golden Era

At London 2012, Nicola Adams

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made history. The flyweight boxer -
nicknamed the smiling assassin -
became the first ever woman to win
an Olympic Gold medal for boxing.

In Rio 2016, with the nation
cheering her on, she did it all over
again. Growing up in Leeds, Nicola
stumbled into boxing in her local
sports centre while her mum was at
aerobics. Age 13 she decided that
she would win an Olympic Gold:
nobody was going to stop her.
Years of relentless training,
fundraising and determination have
seen Nicola battle through injury,
prejudice and defeat to become one
of Britain best-loved athletes and an
inspiration to all those who are
chasing after a seemingly
impossible dream.

On 4 August 2012 Jessica Ennis
kicked off what some described as

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the greatest night in British sporting history. For her it was the end of a long, winding, and sometimes harrowing road. Nobody was under more pressure at the London Olympics than 'the face of the Games'. Yet Jessica delivered the heptathlon gold medal, and the huge outpouring of relief she showed afterwards hinted at the roller-coaster journey she had been on. Behind the smiles and politeness, Jessica has endured much. Bullied at school for being small, she proved to critics and rivals alike that size really didn't matter. Hers is an inspiring tale of following your dreams no matter what life throws at you. In 2008 Jessica thought her career might be over when she was injured on the eve of the Olympic Games in

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Beijing. But she overcame this setback to rebuild her career and technique, becoming the world and European champion in successive years. Her biggest test was yet to come, though, when her rivals overhauled her in the build-up to London. Unbelievable is a refreshingly candid account of her rise to fame in a highly charged world in which body image issues and drug abuses lurk. From the unique pressures facing her, to behind-the-scenes glimpses into the greatest show on earth, and a revealing account of her love-hate relationship with her long-term coach, Jessica reveals the truth behind the smiles for the first time. Unbelievable includes exclusive behind-the-scenes photos. This is the story of how the girl next door

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became London's poster girl, and how an ordinary woman used an extraordinary talent to claim the title of the world's greatest all-round female sports star.

Hey Teammate, We all face obstacles-physical, emotional, between the ears. The good news is that everything we have fought back against can empower us, IF WE KNOW HOW TO USE IT. My obstacles happen to be anxiety and depression. I call it living in the gray, and I've been mired in it my whole life. To be honest, it sucks. But I have also recently recognized that this same gray that has held me down has also empowered me to make my wildest dreams come true. You have probably overcome many of your own obstacles, but you've been too close to the

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conflict to clearly see what you've accomplished. We are all UNBREAKABLE, no matter what we do, who we are, or what traumas we may have experienced. We just need to admit that we can't walk this walk alone. --Jay Glazer After years of rejection but with constant hustle, Jay Glazer has built a career has one of the most iconic sports insiders, earning himself a spot on the Emmy award-winning Fox NFL Sunday, a role as the confidant of coaches and players across the league, and a role as himself alongside Dwayne "The Rock" Johnson on HBO series Ballers. His gym, Unbreakable Performance Center, attracts some of the biggest names in Hollywood, and is the headquarters to the powerful charity MVP (Merging Vets and

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Players) that Jay founded in 2015. MVP began as a weekly physical and mental health huddle with combat veterans and retired athletes has expanded to seven locations, helping soldiers and players transition to a new team. In Unbreakable, Jay Glazer talks directly to you, his teammates, and shares his truth. All of his success from his screeching-and-swerving joy ride through professional football, the media, the fighting world, Hollywood, the military-warrior community, comes with a side of relentless depression and anxiety. Living in the gray, as Jay calls it, is just a constant for him. And, in order to work through the gray and succeed, Jay has to maintain an Unbreakable Mindset. With this book, you can too. · Be of

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Service—help others and help yourself in the process · Build Your Team—give support, get support · Never Underestimate the Power of Laughter—never take yourself too seriously · Be Proud of Your Scars—our trauma makes us who we are Throughout Unbreakable, Jay will use his stories—featuring some of the biggest, baddest, and most fascinating characters in the public eye today—to show how he walks this walk, has learned that while the gray is very real, it doesn't have to define him. And it doesn't have to define you either.

On 24 September 2000 at the Sydney Olympics, Denise Lewis won the gold medal for the heptathlon. Although quite badly injured after the fifth event, she gritted her teeth and pulled through

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to achieve an excellent throw in the javelin, and finished the 800m with enough points to win her the gold.

Although she had already won double gold at the European and Commonwealth games in 1998, and silver at the World Championships in Seville in 1999, her Olympic win really shot to fame. This is an amazing individual with a winning combination of talent, intelligence and looks. Growing up in Wolverhampton in a one-parent family Denise has learned that you can't have everything you want at once. At the age of 14 she would do the 3-hour round trip to Birmingham to be trained by coach Darrell Bunn. 'I questioned myself sometimes when I was tired and it rained. I thought "I don't want to do this today," but you rise above it.'She is

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an excellent role model and feels
Olympic Gold The Inspiring
that it is important to show that
Story Of One Of Great Britains
women can be successful in
Best Ever Heroes

whatever they try to do. So this book
will not only be the autobiography
of an amazing sportswoman, it will
be an inspiration for anyone who
has a talent, anyone who has a
dream and the determination to
follow it through to the ultimate
achievement.

Personal Best

The Ultimate Book of Pub Trivia by
the Smartest Guy in the Bar

Once There Were Wolves

Going for Gold

Punisher Max by Garth Ennis

Omnibus

Beautiful Disaster Signed Limited
Edition

Roses

"I had spent most of my

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childhood thinking I was a dog, and suspect I had aged in dog years. By the time I was ten I had discovered the pain of unbearable loss. I had felt joy and jealousy. Most important of all, I knew how to love and how to let myself be loved. All these things I learned through animals. Horses and dogs were my family and my friends. This is their story as much as it is mine." Clare Balding grew up in an unusual household. Her father a champion horse trainer, they shared their lives with more than one hundred thoroughbred racehorses, mares, foals, and ponies, as well as an ever-present pack of dogs, on a sprawling estate in the Hampshire Downs. As a child, Clare happily rode the legendary racehorse Mill Reef and

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received her first pony, Valkyrie, as a gift from Her Majesty the Queen of England. But Clare ranked low in the family pecking order—as a girl, she was decidedly below her younger brother, and both of them were certainly below the horses. Left to her own devices, she had to learn life's toughest lessons through the animals, and through her adventures in the stables and the surrounding idyllic English countryside. From her struggles at boarding school to her triumphs as an amateur jockey and event rider, Clare weaves her own coming-of-age story through portraits of the beloved horses and dogs, from the protective Candy to the unruly Frank, who were her earliest friends. The

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running family joke was that
“women ain’t people.” Clare has
to prove them wrong, to make her
voice heard—but first she had to
make sure she had something to
say. My Animals and Other Family
is a witty, brave, and moving
account of stumbling—often
literally—into one’s true self.
10 gold medals don't come easy...
First comes the graft. Thousands
of hours on the pedals, forever
turning left, following that black
line round, pushing your body
harder than it is designed to go.
Then comes the sacrifice. All
familiar pleasures stripped away
in search of perfection. Then the
pain. Muscles burning, stomach
churning, an ache in the bones.
To pull all of this together to
achieve an Olympic gold is

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impressive; to be part of a couple doing this in the same sport is rare; to do it ten times between you is unprecedented. Laura Trott and Jason Kenny, Britain's most successful female and male Olympians, invite us into their world, on to the boards of the velodrome and down the back straight of British pro cycling to give us the inside track on what it takes to become a champion. This is the story of the races that gripped a nation; one of sprints and pursuits, tactics, mind games, medals and trials; of being so tired you collapse by the side of the track, so out of form you can't finish a practice session; of what goes through the mind of an Olympian as they power towards the finish line; and

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of how a boy from Bolton and a girl from Cheshunt became the best in the world, while finding in each other the perfect partner.

****As heard on Dr Rangan Chatterjee's 'Feel Better, Live More' Podcast**** We all know how a long walk, a slow jog or a brisk run can free our minds to wander, and give us a powerful uplifting feeling. Some call it the 'runner's high', others put it down to endorphins. But what if we could channel that energy and use it to make positive change in our lives? William Pullen is a psychotherapist who helps people dealing with anxiety, lack of motivation and addiction, to work through their issues using his revolutionary method, Dynamic Running Therapy. He believes

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that we need a radical new approach to mindfulness: an approach that originates in the body itself. Whether you are looking for strategies to cope with anxiety, change or decision-making, or simply want to focus your mind while pounding the streets, *Run for Your Life* offers a series of simple mental routines that unleash the meditative, restorative powers of exercise. 'A work of formidable imaginative scope' *Daily Telegraph* The first casualty when war comes is truth . . . Flanders, June 1917: a British officer and celebrated poet, is shot dead. , He is killed not by German fire, but while recuperating from shell shock well behind the lines. A young English soldier is arrested and, although

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he protests his innocence, charged with his murder. Douglas Kingsley is a conscientious objector, previously a detective with the London police, now imprisoned for his beliefs. He is released and sent to France in order to secure a conviction. Forced to conduct his investigations amidst the hell of The Third Battle of Ypres, Kingsley soon discovers that both the evidence and the witnesses he needs are quite literally disappearing into the mud that surrounds him. Ben Elton's tenth novel is a gut-wrenching historical drama which explores some fundamental questions: What is murder? What is justice in the face of unimaginable daily slaughter? And where is the

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Down and Dirty Pictures

Twin Ambitions - My

Autobiography

This Mum Runs

Athlete-centred Coaching

Unbelievable: from My Childhood

Dreams to Winning Olympic Gold

When a Middle-Aged Bloke

Discovered Rugby

Jessica Ennis-Hill

"In my late thirties, it gradually dawned on me that I had become Jason's regular hooker. It was an arrangement that worked well for a couple of reasons. He

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didn't need me to dress
up in anything
particularly risqué or
to do anything too
vulgar, other than
cuddle in the middle of
a field with him and
fourteen other men on a
Saturday afternoon."

Steven Gauge's response
to an impending midlife
crisis didn't involve
piercings, tattoos or a
red sports car -
instead, he decided to
take up rugby. What he
found on the pitch was a
wonderful game, far
removed from the

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professional televised
glamour of international
rugby, where ordinary
blokes with ordinary
jobs (and some
extraordinary bellies)
get together once in a
while and have a great
time rolling around in
the mud. By the end of
his first few seasons,
Steven had cracked his
nose and various other
parts of his anatomy -
but he had cracked the
game too, and found a
place in the club as
Captain of the Fourths.
East Texas, 1916 When

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precocious 16-year-old
Olympic Gold The Inspiring
Mary Toliver inherits
Story Of One Of Great Britains
cotton plantation
Best Ever Athletes

Somerset from her
father, the first seeds
of familial discontent
are sown. By becoming
the new mistress of
Somerset, Mary betrays
her mother Darla and her
brother Miles, and the
Toliver dynasty will
never recover. And when
Mary and timber magnate
Percy Warwick decide not
to marry, though
fiercely in love, it is
a decision which will
have sad and tragic

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consequences not only
for them but for
generations of their
families to come. Set
against a panoramic
backdrop, *Roses* is a
heartbreaking love story
of sex, scandal and
seduction. It covers 100
years and three
generations of Texans.
'Elite athletes aren't
born. They're made.'
*Michael Johnson From a
living icon of the
Olympic Games - as both
an athlete and now as a
BBC broadcaster - Gold
Rush is a compelling*

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analysis of the fascinating combination of psychological and personal qualities, as well as internal and external factors, that go to create an Olympic champion.

After injury prevented her from competing in the 2008 Olympic Games, Jessica Ennis fought back to become the 2012 Olympic gold medal winner in the heptathlon. Read her story from her childhood years right up to when she crossed the finish

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line in her final event
in London, 2012. It
takes blood, sweat and
tears to get to the top
of any sport, and these
short, inspirational
biographies show just
how tough it can be.

Focusing on top athletes
and sport personalities,
each dramatic story
brings to life the
skill, determination and
luck needed to break
through into top level
competition. This title
is published by Franklin
Watts EDGE, which
produces a range of

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books to get children
reading with confidence.
We believe this title
will be of interest to
readers aged 7+ and to
older readers who
struggle with reading.
EDGE - for books kids
can't put down.

Profiles of Ireland's
Masters Athletes

Boxing, Olympics and my
life outside the ring

Our Triathlon Story

Swim, Bike, Run

Mindful Running for a
Happy Life

How to Get Lean for Peak
Performance

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Story Of One Of Great Britains
Best Ever Athletes

*Ben Johnson, Carl Lewis
and the 1988 Olympic
100m Final*

Hodder & Stoughton admire Sir Mo's bravery in revealing his experience of being trafficked as a child. His memoir TWIN AMBITIONS, published in 2013, is based on the story he felt able to tell at the time, which we understood to be the true version of events. It is now clear that Sir Mo did not wish to share some of his difficult early experiences and we respect the decisions he made both then and now. 4 August, 2012.

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Super Saturday. On the most electric night in the history of British sport, Mo Farah braved the pain and punishment to seize Olympic gold in the 10,000m - and in the process went from being a talented athlete to a national treasure. Seven days later, Mo seized his second gold at the 5000m to go where no British distance runner has gone before. Records have tumbled before him: European track records at 1500m, 5000m indoors, and 10,000m; British track records at 5000m, 3000m indoors and

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10k on the road have all fallen to Mohamed 'Mo' Farah: the boy from Somalia who came to Britain at the age of eight, leaving behind his twin brother, and with just a few words of English, and a natural talent for running. His secondary school PE teacher Alan Watkinson spotted his potential and began easing this human gazelle towards the racetrack. In 2001 Mo showed his promise by winning the 5000m at the European Junior Championships. Soon he was smashing a string of British

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and European records. He began living with a group of elite Kenyan runners, following their strict regime of run, sleep, eat and rest. Mo was determined to leave no stone uncovered in his bid for distance-running glory. After a disappointing Olympics in Beijing Mo took the bold decision to relocate to Portland, Oregon to work under legendary coach Alberto Salazar. The results were emphatic as Mo took silver at the 10,000m and then raced to gold in the 5000m at the 2011 World Championships in Daegu.

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Even better would soon follow at London 2012. TWIN AMBITIONS is much more than an autobiography by a great Olympic champion. It's a moving human story of a man who grew up in difficult circumstances, separated from his family at an early age, who struggled to overcome seemingly insurmountable obstacles and realise his dream. SHORTLISTED FOR THE TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD 2019 RUNNING AWARDS 2019 - TOP BOOK Dare to Tri is the amazing

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story of TV presenter Louise Minchin's journey from the BBC Breakfast sofa to representing Great Britain at the World Triathlon Championships. This is a warmly written and wonderfully honest adventure-through-sport that will both entertain and inspire. 'I didn't even know what a triathlon was before 2012... When I took up the sport three years ago I didn't imagine for a second then, that, one day, I would be able to represent my country internationally.'
Louise Minchin What started

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**out as a fun television
cycling stunt culminated in
BBC Breakfast's Louise
Minchin wearing the colours
of Great Britain at the World
Triathlon Championships in
her age group. This is the
story of how a newly
discovered sport became a
passion - and then an
obsession. Dare to Tri is
Louise's candid memoir of
her incredible journey,
recounting her rediscovery
of competitive sport after
nearly 30 years and her first
tentative steps as a
triathlete. In a story
encompassing equal**

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measures of determination and self-doubt, Louise has to overcome personal nerves, a brutal training regime, the odd bike crash and the occasional drama. Her adventure as she strives to represent Great Britain in triathlon is an inspiration for sporting late-starters everywhere.

Jessica Ennis: Unbelievable - From My Childhood Dreams To Winning Olympic Gold
Hodder & Stoughton
The Golden Girl of British cycling opens up, for the first time, in searingly honest detail about what

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drives her to compete in a sport she no longer loves. Written with Donald McRae, 2 time winner of the William Hill Award, “Between the Lines” is THE Olympic autobiography.

The Dirtiest Race in History

My Unlikely Journey with Steve Jobs to Make Entertainment History Over 300 Rounds and More Than 3,000 Questions Believe

The Girl Behind the Wall Racing Weight

In this “dishy...superbly reported” (Entertainment Weekly) New York

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Times bestseller, Peter Biskind
Olympic Gold The Inspiring
chronicles the rise of independent
Story Of One Of Great Britain's
filmmakers who reinvented

Hollywood—most notably Sundance
Part Ever Athletes
founder Robert Redford and Harvey
Weinstein, who with his brother,

Bob, made Miramax Films an indie
powerhouse. As he did in his

acclaimed Easy Riders, Raging Bulls,
Peter Biskind “takes on the movie
industry of the 1990s and again gets
the story” (The New York Times).

Biskind charts in fascinating detail
the meteoric rise of the controversial
Harvey Weinstein, often described as
the last mogul, who created an Oscar
factory that became the envy of the
studios, while leaving a trail of
carnage in his wake. He follows
Sundance as it grew from a regional

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film festival to the premier showcase of independent film, succeeding almost despite the mercurial

Redford, whose visionary plans were nearly thwarted by his own quixotic personality. Likewise, the directors who emerged from the independent movement, such as Quentin

Tarantino, Steven Soderbergh, and David O. Russell, are now among the best-known directors in Hollywood.

Not to mention the actors who emerged with them, like Matt

Damon, Ben Affleck, Ethan Hawke, and Uma Thurman. Candid,

controversial, and "sensationally entertaining" (Los Angeles Times)

Down and Dirty Pictures is a must-read for anyone interested in the film world.

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A bite-sized guide to making change happen and the story behind the No More Page 3 campaign, written by its founder. Change doesn't just happen. It starts with the idea that something could be different, could be better. It starts with a person who is brave enough to stand up and say, 'Stop.' This is what Lucy-Anne Holmes did when she wrote a letter to the editor of The Sun asking him to stop printing pictures of topless women on Page 3 of the paper. This was something that had been happening for forty five years but which - she suddenly realised - she found outdated and inappropriate and, after thinking about it, not unrelated to a lot of the bad things that happen to women. Launching a

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digital campaign, starting an online petition and recruiting a team of like-minded people, Lucy-Anne started a revolution. Hundreds of thousands of people signed the petition, wore the campaign t-shirt and dared to say #NoMorePage3. Lucy-Anne had never campaigned on anything before. She wasn't particularly political. She'd never been confrontational. But she found that you only need one thing to start a campaign - and it isn't cash, experience or even a thick skin. It's passion. If you have a desire to change something, read what Lucy-Anne has to say. She's been there, done that, worn the t-shirt and come out the other side having made a difference in the world.

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"Updated to include her New York, London, and Helsinki victories"--P. [4] of cover.

Knock back a brew and play a few rounds of the greatest, most fascinating, and hilarious pub trivia ever devised, written by 12-time Jeopardy! champion Austin Rogers, a longtime New York City bartender and pub trivia host for 15 years.

From My Childhood Dreams to Winning Olympic Gold
Unbreakable

My Animals and Other Family
Developing Inspired and Inspiring People

My Story So Far

A Celebration of Running

Paula

Fully updated to include Sir Chris

Access Free Jessica Ennis Unbelievable From My Childhood Dreams To Winning Olympic Gold The Inspiring Story Of One Of Great Britains Best Ever Athletes

Hoy's incredible, record-breaking golds at London 2012 (making him his country's greatest ever Olympian), this is the story of a sporting legend in his own words. Hard-hitting Punisher tales by one of Frank Castle's signature writers! But do the Punisher's origins trace back even further than the fateful day in the park when he lost his family? In 1971 Vietnam, with his platoon under attack, Captain Castle must make a grim choice. And in the modern day, Punisher's old partner Microchip resurfaces with a startling offer! Nick Fury has a proposition, too - a dangerous mission involving a Siberian nuclear missile silo and a lethal retrovirus. But Castle's actions set off a chain reaction that will bring him into conflict with a ruthless Russian general - and take the world

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to the brink of war. Plus, mobster
Nicky Cavella returns to plague the
Punisher - and a wave of violence
rocks New York to its core!

COLLECTING: BORN 1-4, PUNISHER
(2004) 1-30

Captures the history, geography,
social climate, family fortunes,
politics, and personal stories of Irish
Masters athletes, including many
Olympians and world record holders.
With black and white photos.

On August 4, 2012, Jessica Ennis
kicked off what some described as
the greatest night in British sporting
history. For her it was the end of a
long, winding, and sometimes
harrowing road. Nobody was under
more pressure at the London
Olympics than "the face of the
Games." Yet Jessica delivered the
heptathlon gold medal, and the huge

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outpouring of relief she showed afterwards hinted at the roller-coaster journey she had been on. Behind the smiles and politeness, Jessica has endured much. Bullied at school for being small, she proved to critics and rivals alike that size really didn't matter. Hers is an inspiring tale of following your dreams no matter what life throws at you. In 2008 Jessica thought her career might be over when she was injured on the eve of the Olympic Games in Beijing. But she overcame this setback to rebuild her career and technique, becoming the world and European champion in successive years. Her biggest test was yet to come, though, when her rivals overhauled her in the build-up to London. Unbelievable is a refreshingly candid account of her rise to fame in a highly charged world

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Olympic Gold The Inspiring

Story Of A Girl Of Great Ambitions

Best Ever Athletes

in which body image issues and drug abuses lurk. From the unique pressures facing her, to behind-the-scenes glimpses into the greatest show on earth, and a revealing account of her love-hate relationship with her long-term coach, Jessica reveals the truth behind the smiles for the first time. Unbelievable includes exclusive behind-the-scenes photos. This is the story of how the girl next door became London's poster girl, and how an ordinary woman used an extraordinary talent to claim the title of the world's greatest all-round female sports star. The story of Team GB's double Olympic champion

Run for Your Life

Running: Cheaper Than Therapy

A Novel

Jessica Ennis: Unbelievable - From My

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Unbelievable From My
Childhood Dreams To Winning
Olympic Gold The Inspiring
Using Science to Improve Britains
Performance and Expose Marathon
Running's Greatest Myths
Kelly Holmes

*"Sports nutritionist
Matt Fitzgerald lets us
in on his no-diet
secrets that can help
endurance athletes get
leaner, stronger, and
faster." – Men's Fitness
Revealing new research
and drawing from the
best practices of elite
athletes, Racing Weight
is a proven weight-
management program*

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*designed specifically
for endurance athletes.
Coach and nutritionist
Matt Fitzgerald lays out
six easy steps to help
cyclists, triathletes,
and runners lose weight
without harming their
training. His
comprehensive and
science-based program
shows athletes the best
ways to lose weight and
avoid the common
lifestyle and training
hang-ups that keep new
PRs out of reach. The
Racing Weight program
helps athletes: Improve*

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diet quality Manage
appetite Balance energy
sources Easily monitor
weight and performance
Time nutrition
throughout the day Train
to get—and stay—lean
Racing Weight offers
practical tools to make
weight management easy.
Fitzgerald's no-nonsense
Diet Quality Score
improves diet without
counting calories.
Racing Weight superfoods
are diet foods high in
the nutrients athletes
need for training.
Supplemental strength

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training workouts can
accelerate changes in
body composition. Daily
food diaries from 18 pro
athletes reveal how the
elites maintain an
athletic diet while
managing appetite.
Athletes know that every
extra pound wastes
energy and hurts
performance. With *Racing
Weight*, cyclists,
triathletes, and runners
have a simple program
and practical tools to
hit their target numbers
on both the race course
and the scale.

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*Before New York Times
bestselling author Bill
Bryson wrote The Road to
Little Dribbling, he
took this delightfully
irreverent jaunt around
the unparalleled
floating nation of Great
Britain, which has
produced zebra
crossings, Shakespeare,
Twiggie Winkie's Farm,
and places with names
like Farleigh Wallop and
Titsey.*

*My Life as a Hooker
Unbelievable*