

Relentless Spirit: The Unconventional Raising Of A Champion

'Ravishingly beautiful' Observer 'Excruciatingly honest and yet vibrantly creative' Irish Times
'Provocative and rich' Economist 'Daring, chilling, and unlike anything else you've ever read' Esquire
'An absolute must-read' Stylist WINNER OF THE RATHBONES FOLIO PRIZE 2021 In the Dream House is Carmen Maria Machado's engrossing and wildly innovative account of a relationship gone bad. Tracing the full arc of a harrowing experience with a charismatic but volatile woman, this is a bold dissection of the mechanisms and cultural representations of psychological abuse. Each chapter views the relationship through a different lens, as Machado holds events up to the light and examines them from distinct angles. She casts a critical eye over legal proceedings, fairy tales, Star Trek and Disney villains, as well as iconic works of film and fiction, infusing all with her characteristic wit, playfulness and openness to enquiry. The result is a powerful book that explodes our ideas about what a memoir can do and be.

Eat Right, Swim Faster is the ultimate nutrition resource for competitive swimmers of all ages. It is a smartly written book of highly practical and very accessible information for swimmers interested in what food can do for them in their pursuit of maximum performance in the water. Rather than insisting that readers wade through a tangle of highly technical terminology, Eat Right, Swim Faster provides an abundance of sound, practical advice, in a straightforward, non-academic tone. Eat Right, Swim Faster draws on the very latest sports nutrition research as well as the very personal experience of the author—a registered dietitian, sports nutritionist, swim coach, athlete, and mother of three competitive swimmers. Readers can therefore be confident they 're receiving the smartest, most up-to-date information on the

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foods and drinks that will serve them—and their swimming performance—best.

"Tell me about plumbing, fine. Tell me about carpentry, terrace gardening, the timer on VCRs. Go ahead and explain cellophane. Tell me about all of these things, but don't try to tell me about golf, okay? Golf I know."--Dan Jenkins After four decades of covering golf-not to mention "playing scratch from the blues and gambling for my own money when I didn't have any", Dan Jenkins most definitely knows golf. He may, in fact, know the game better than anyone on the planet. Now, his latest and long awaited collection brings together his best writing on the game, from serious pieces on timeless classics like the 1954 Masters and the 1960 Open to humorous takes on everything from the best things in golf-the best bar is Club XIX in the Pebble Beach Lodge-to his unrequited love of golf carts. With a cast that includes everyone from Hogan, Palmer, and Nicklaus to all of the lurkers and spoilers on the PGA Tour, the book is a timeless addition to great golf literature.

Tera Bradham was born to prove people wrong. The fastest swimmer her age in the United States by age ten, many believed "Tera the Terror" was destined for the Olympics. Her fiercely competitive spirit and unmatched intensity knew no limits until Tera suffered a sudden, devastating shoulder injury that derailed her promising career. Although she trusted in God, she also wrestled with doubts of his goodness throughout subsequent years of misdiagnoses, chronic pain, and crippling disappointment. Her injury finally forced her to fully surrender to God. Then her miracle came, or so she thought. Her shoulder was successfully reconstructed, and after two more years of grueling recovery, Tera found the courage to swim again and pursue her dreams with renewed faith. *Swimming for Freedom* tells the story of Tera's unconventional comeback and shows that through God, all things are possible. What started as an Olympic dream ended in her true miracle: the freedom of a life in Christ. Tera's story will inspire you to rise up, dream again, and fight for his calling on your life.

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Underdogs, Misfits and the Art of Battling Giants

The 48 Laws of Power

Transform Any Situation, Close Any Deal, and Achieve Any Outcome

A True Story of Faith, Hope, and Victory

The Gladiator Mindset

In the Water They Can't See You Cry

Executive Summary

Why do underdogs succeed so much more than we expect? How do the weak outsmart the strong? In *David and Goliath* Malcolm Gladwell, no.1 bestselling author of *The Tipping Point*, *Blink*, *Outliers* and *What the Dog Saw*, takes us on a scintillating and surprising journey through the hidden dynamics that shape the balance of power between the small and the mighty. From the conflicts in Northern Ireland, through the tactics of civil rights leaders and the problem of privilege, Gladwell demonstrates how we misunderstand the true meaning of advantage and disadvantage. When does a traumatic childhood work in someone's favour? How can a disability leave someone better off? And do you really want your child to go to the best school he or she can get into?

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David and Goliath draws on the stories of remarkable underdogs, history, science, psychology and on Malcolm Gladwell's unparalleled ability to make the connections others miss. It's a brilliant, illuminating book that overturns conventional thinking about power and advantage.

'A global phenomenon... there is, it seems, no subject over which he cannot scatter some magic dust' Observer

The snobbery and false values of the English country nobility are satirized in these two love stories involving the well-established Radlett and Hampton families.

The Strange Case of Dr. Jekyll and Mr. Hyde is about a London lawyer named Gabriel John Utterson who investigates strange occurrences between his old friend, Dr. Henry Jekyll, and the evil Edward Hyde. There are two personalities within Dr. Jekyll, one apparently good and the other evil; completely opposite levels of morality. The novel's impact is such that it has become a part of the language, with the very phrase "Jekyll and Hyde" coming to mean a person who is vastly different in moral character

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from one situation to the next. 'The Strange Case of Dr. Jekyll and Mr. Hyde' is a thrilling Gothic horror novel. John Utterson, a prosecutor, is on his weekly walk with his relative, who proceeds to tell him of an encounter with a man he had seen some months ago while coming home late at night from Cavendish Place. The tale describes a sinister figure named Edward Hyde who tramples a young girl, disappears into a door on the street, and re-emerges to pay off her relatives with 10 pounds in gold and a cheque signed by respectable gentleman Dr. Henry Jekyll (a client and friend of Utterson's) for 90 pounds. Jekyll had recently and suddenly changed his will to make Hyde the sole beneficiary. This development concerns and disturbs Utterson, who makes an effort to seek out Hyde. Utterson fears that Hyde is blackmailing Jekyll for his money. Upon finally managing to encounter Hyde, Hyde's ugliness, as if deformed, amazes Utterson. Although Utterson cannot say exactly how or why, Hyde provokes an instinctive feeling of revulsion in him. Much to Utterson's surprise, Hyde willingly offers Utterson

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his address. After one of Jekyll's dinner parties, Utterson stays behind to discuss the matter of Hyde with Jekyll. Utterson notices Jekyll turning pale, yet he assures Utterson that everything involving Hyde is in order and that he is to be left alone.

Missy Franklin is one of the most talented swimmers in the world. She is a four-time Olympic gold medalist and currently holds the world record in the 200-meter backstroke and American records in both the 100-meter and 200-meter backstroke. She was Swimming World's World Swimmer of the Year and was awarded the American Swimmer of the Year award in 2012. *Swimming with Faith: The Missy Franklin Story* details her rise in fame as a swimmer and humbleness in the sport and in her personal life.

The Strange Case of Dr. Jekyll and Mr. Hyde

The Game of My Life

Push Your Limits. Overcome Challenges. Achieve Your Goals.

The Psychosocial Implications of Disney Movies

Blueprint

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No Limits

Eat Right, Swim Faster

Female Olympian and Paralympian Events is a groundbreaking book that examines women's sports in the Olympic and Paralympic Games, which have long been underappreciated and under-analyzed. The book begins with a brief background on women's participation in the Olympic Games and their role relative to the International Olympic Committee, then introduces the underlying Gendered Critical Discourse Analysis theory used throughout the book's analysis before delving into a literature review of female Olympians and Paralympians' events. It includes a listing of noteworthy "firsts" in the field, followed by individual discussions of twenty-eight Summer and seven Winter events, analyzed according to their historical, rhetorical, and popular cultural representations. Women's unique role(s) in the various events are discussed, particular athletes and Paralympic events are highlighted, and original tables are also included. At the end of each section, affiliated organizations and resources are included in this invaluable referential volume.

This public inquiry report into serious failings in healthcare

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that took place at the Mid Staffordshire NHS Foundation Trust builds on the first independent report published in February 2010 (ISBN 9780102964394). It further examines the suffering of patients caused by failures by the Trust: there was a failure to listen to its patients and staff or ensure correction of deficiencies. There was also a failure to tackle the insidious negative culture involving poor standards and a disengagement from managerial and leadership responsibilities. These failures are in part a consequence of allowing a focus on reaching national access targets, achieving financial balance and seeking foundation trust status at the cost of delivering acceptable care standards. Further, the checks and balances that operate within the NHS system should have prevented the serious systemic failure that developed at Mid Staffs. The system failed in its primary duty to protect patients and maintain confidence in the healthcare system. This report identifies numerous warning signs that could and should have alerted the system to problems developing at the Trust. It also sets out 290 recommendations grouped around: (i) putting the patient first; (ii) developing a set of fundamental standards, easily understood and accepted by

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patients; (iii) providing professionally endorsed and evidence-based means of compliance of standards that are understood and adopted by staff; (iv) ensuring openness, transparency and candour throughout system; (v) policing of these standards by the healthcare regulator; (vi) making all those who provide care for patients , properly accountable; (vii) enhancing recruitment, education, training and support of all key contributors to the provision of healthcare; (viii) developing and sharing ever improving means of measuring and understanding the performance of individual professionals, teams, units and provider organisations for the patients, the public, and other stakeholders.

Relentless SpiritThe Unconventional Raising of a ChampionPenguin
“An outstanding book about CEOs who excelled at capital allocation.” – Warren Buffett #1 on Warren Buffett’s Recommended Reading List, Berkshire Hathaway Annual Shareholder Letter, 2012
Named one of “19 Books Billionaire Charlie Munger Thinks You Should Read” in Business Insider. “A book that details the extraordinary success of CEOs who took a radically different approach to corporate management.” – Charlie Munger, Vice-

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Chairman of Berkshire Hathaway Corporation “Thorndike explores the importance of thoughtful capital allocation through the stories of eight successful CEOs. A good read for any business leader but especially those willing to chart their own course.” – Michael Dell, chairman of the board of directors and chief executive officer of Dell What makes a successful CEO? Most people call to mind a familiar definition: “a seasoned manager with deep industry expertise.” Others might point to the qualities of today’s so-called celebrity CEOs—charisma, virtuoso communication skills, and a confident management style. But what really matters when you run an organization? What is the hallmark of exceptional CEO performance? Quite simply, it is the returns for the shareholders of that company over the long term. In this refreshing, counterintuitive book, author Will Thorndike brings to bear the analytical wisdom of a successful career in investing, closely evaluating the performance of companies and their leaders. You will meet eight individualistic CEOs whose firms’ average returns outperformed the S&P 500 by a factor of twenty—in other words, an investment of \$10,000 with each of these CEOs, on average, would have been worth over \$1.5 million

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twenty-five years later. You may not know all their names, but you will recognize their companies: General Cinema, Ralston Purina, The Washington Post Company, Berkshire Hathaway, General Dynamics, Capital Cities Broadcasting, TCI, and Teledyne. In *The Outsiders*, you'll learn the traits and methods—striking for their consistency and relentless rationality—that helped these unique leaders achieve such exceptional performance. Humble, unassuming, and often frugal, these “outsiders” shunned Wall Street and the press, and shied away from the hottest new management trends. Instead, they shared specific traits that put them and the companies they led on winning trajectories: a laser-sharp focus on per share value as opposed to earnings or sales growth; an exceptional talent for allocating capital and human resources; and the belief that cash flow, not reported earnings, determines a company's long-term value. Drawing on years of research and experience, Thorndike tells eye-opening stories, extracting lessons and revealing a compelling alternative model for anyone interested in leading a company or investing in one—and reaping extraordinary returns.

Three Seventeenth-century Lives

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Swimming with Faith

Report of the Mid Staffordshire NHS Foundation Trust Public Inquiry

Fairways and Greens

The Glass Castle

Body Lengths

Knights of the Hill Country

When most of us think of Charles Lindbergh, we picture a dashing twenty-five-year-old aviator stepping out of the Spirit of St. Louis after completing his solo flight across the Atlantic. What we don't see is the awkward high school student, who preferred ogling new gadgets at the hardware store to watching girls walk by in their summer dresses. Sure, Lindbergh's unique mindset invented the pre-flight checklist, but his obsession with order also led him to demand that his wife and three German mistresses account for all their household expenditures in detailed ledgers. Lucky Lindy is just one of several American icons whom Joshua Kendall puts on the psychologist's couch in *America's Obsessives*. In this fascinating look at the arc of American history through the lens of compulsive behavior, he shows how some of our nation's greatest achievements—from the Declaration of Independence to the invention of the iPhone—have roots in the disappointments and frustrations of early childhood. Starting with the obsessive natures of some of Silicon Valley's titans, including Steve Jobs, Kendall moves on to profile seven iconic figures, such as founding father Thomas Jefferson, licentious librarian Melvil

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Dewey, condiment kingpin H. J. Heinz, slugger Ted Williams, and Estee Lauder. This last personality was so obsessed with touching other women's faces that she transformed her compulsion into a multibillion-dollar cosmetics corporation. Entertaining and instructive, Kendall offers up a few scoops along the way: Little do most Americans know that Charles Lindbergh, under the alias Clark Kent, sired seven children with his three German "wives." As Lindbergh's daughter Reeve told Kendall, "Now I know why he was gone so much. I also understand why he was delighted when I was learning German."

In a small Oklahoma town, one star linebacker must decide what kind of man he wants to be--both on and off the field. Welcome to Kennisaw--where Friday night high school football ranks right up there with God and country, and sometimes even comes in first. This year, the Kennisaw Knights are going for their fifth straight undefeated season, and if they succeed, they'll be more than the best high school team in the eastern Oklahoma hill country--they'll be legends. But the Knights' legacy is a heavy weight to carry for Hampton, linebacker and star of the team. On the field, he's so in control you'd think he was able to stop time. But his life off the field is a different story. His father walked out on him and his mom years ago, and now his mom has a new boyfriend every week. He's drawn to a smart, quirky girl at school--the type a star athlete just isn't supposed to associate with. And meanwhile, his best friend and teammate Blaine--the true friend who first introduced Hampton to football back when he had nothing else--is becoming uncomfortably competitive, and he's demanding Hampton's loyalty even as Hampton thinks he's going too far. This unforgettable novel is the story of a boy whose choices

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will decide the kind of man he becomes, and raises powerful questions about sportsmanship, loyalty, and the deceptiveness of legends.

A biography of the swimming champion, Missy Franklin.

Simone Manuel is one of the country's best female athletes. Learn about her childhood, the challenges she has overcome, and this swimmer's greatest accomplishments. Get the inside scoop on gold-medal-winning Olympic appearance.

Silver Lining

Women on the Margins

Son of Bum

The Pursuit of Love

Champions are Raised, Not Born

The Unexpected Road to an Unconventional Life

Analyses, Backgrounds, and Timelines

From the moment I am born, I am like no-one else around me. I am a fish out of water. Even in the pool. Leisel Jones is rightly regarded as one of the greatest breaststrokes ever. At just fifteen, she won two silver medals at the Sydney Olympic Games in 2000; she went on to win gold at Athens and Beijing, and at London 2012 became the first Australian swimmer to compete at four Olympics. For the first time, Leisel candidly describes what it's like to be thrust into the limelight so young. She reveals the constant pressure she was under -

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from coaches, from the media and from herself – to be perfect. Despite the highs of her swimming stardom, she suffered depression, and at one time planned to take her own life. In London, criticised in the media for her weight, and appalled by the bullying and dysfunction in the Australian swim team, Leisel nevertheless handled herself with great composure. She has emerged with maturity and good humour, having finally learnt how to be herself and live with confidence. Body Lengths is the inspiring story of an Australian sporting hero, told with humour, optimism and style. Longlisted, 2016 Australian Book Industry Awards ‘There were times when it wasn’t easy for Leisel, but she came through as one of the greatest swimmers of all time.’ —Ray Warren ‘Swimming, success and sadness - all wrapped up in the bio of one of our greatest athletes.’ —Cosmopolitan ‘Gripping, confronting and important, Body Lengths is a masterfully told story that will leave you with a disturbing new look at elite sport and at life. If you are not afraid of dark places – of seeing the flaws that exist in us all – you won’t be able to put the book down.’ —Crossing the Line ‘Gold, silver and blues’ —Herald Sun ‘Many autobiographies claim to be no holds barred, but we’re pressed to think of many that are as searingly honest as Leisel Jones’ account of her struggles with isolation and suicidal anguish. One of Australia’s greatest Olympic swimmers is known to the world

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for her sunny public persona and athletic grit, but outside of the pool and limelight, her path hasn't been easy. Body Lengths exposes some of the darker aspects of competitive sport, but what stuck with us was Jones' courage to speak her truth – as well as her disarming humility and passion.' —iBooks, Best Books of October 'A compelling and thought-provoking story, Leisel's honesty is remarkably heroic and poignant.' —Layne Beachley AO 'Lethal Leisel was an incredible role model and an inspiration for my generation. She epitomises the Olympic dream!' —Sally Fitzgibbons 'Leisel gives a fascinating and candid account of her time as an elite swimmer and what it was like to be thrust into the limelight at such a young age She writes engagingly of the personal high and low points, the relationships and friendships, and the huge demands of maintaining her fitness and training over the years.' —The City Leisel Jones retired from swimming in 2012 as the winner of three Olympic gold medals, and many Commonwealth and world championship medals. She was a commentator at the 2014 Commonwealth Games, and in 2015 was inducted into the Sports Hall of Fame. Felicity McLean is the author of several books. She has written for the Daily Telegraph, the Courier Mail, the Big Issue and more.

Journalist Walls grew up with parents whose ideals and stubborn nonconformity

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were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

"A seven-time Olympic medalist describes her battles with depression, eating disorders and substance abuse in spite of her successful career, recounting how she hid her struggles from her loved ones before seeking help and finding renewal in the birth of her son. 75,000 first printing."

A shocking and hopeful account of one woman's extraordinary courage to face her past and embrace truth in order to help others find hope and healing In The Relentless Courage of a Scared Child, Tana Amen shares her incredible story of

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transformation—of growing up in poverty, a bullied latch-key kid raised on sugary cereal and junk food, to becoming a world-renowned food and fitness expert. Her challenging past of neglect, poverty, sexual abuse, thyroid cancer, and bouts of anxiety and depression set her on a path to find healing. Through her remarkable journey, we see more clearly the light that can shine through our own broken places and ultimately heal us: body, mind, and soul. At once tragic and heartwarming, Tana’s story integrates cutting-edge psychology and proven wellness techniques from the Amen Clinics in a moving exploration of the healing available to each one of us, no matter the pain in our past. “What a journey! With in-your-face honesty, Tana reveals how she was able to turn her pain into purpose. For anyone who has been faced with unspeakable loss, this message is so important.” —Jay Shetty, #1 New York Times bestselling author of Think Like a Monk, storyteller, purpose coach, and former monk

Swimming to Antarctica

How My Parents Made Me a Success

In the Dream House

The Will to Succeed

Relentless Spirit

Age Is Just a Number

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Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“ Law 1: Never Outshine the Master ”), others teach the value of confidence (“ Law 28: Enter Action with Boldness ”), and many recommend absolute self-preservation (“ Law 15: Crush Your Enemy Totally ”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

John Tesh has achieved more in life than he ever dreamed possible. But the road to success has been anything but easy—and those challenges have become the secret to his success. Through his story, we can learn how to be relentless, how to achieve what we didn ’ t think was possible, and how to handle our inevitable discouragements. In this engrossing memoir, Tesh describes how the obstacles that shaped him—including being suspended from college, living homeless for months, and facing a deadly disease—shaped his remarkable life. You ’ ll hear, in never-before-told stories, how Tesh became the youngest correspondent at WCBS News less than thirty-six months after he was working at a gas station and sleeping in a public park. You ’ ll go inside the unconventional way he composed the now-iconic theme song for NBC Sports basketball and how he and his wife, Connie Sellecca, created the popular,

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nationally-syndicated Intelligence for Your Life radio program. From live commentary for two Olympic Games to his decade-long role as co-host of Entertainment Tonight and the outrageous gamble that resulted in one of the most successful Public Television concert specials in history, you ' ll learn how Tesh applied his unique process of focused practice, grit, and perseverance while maintaining a single-minded pursuit of his goals. In 2015, he fought and received treatment for a stage-three cancer diagnosis, but when the cancer returned, he and his wife turned to relentless faith and divine healing scriptures to manifest a victory over the disease. Relentless is an astonishing story of how obstacles create opportunity and how faith will lead to triumph.

Now in paperback: ?An impressive achievement...Not likely to be forgotten anytime soon.?(Washington Times) Here is the riveting true story of Jason McElwain? better known as ?J-Mac??the autistic student who made headlines when he scored twenty points, including a school record six three-pointers, for his high school basketball team in 2006. Including the revealing perspectives of J-Mac?s family and coach, this is McElwain?s inspiring account of the challenges of growing up autistic?not only for himself, but for his family. It?s also the tale of his unlikely star turn, the difference it made in his journey through life?and all the heartbreaking and heart-lifting stops along the way.

In No Limits, Michael Phelps - perhaps the greatest Olympic competitor the world has ever seen - will show us the secrets to his remarkable success, from training to execution. Behind his tally of Olympic gold medals - more than any athlete throughout history - lies a consistent approach to competition, a determination to win, mental preparation, and a straightforward passion for his sport. One of his mottos is 'Performance is Reality', and it typifies his attitude

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about swimming. No Limits goes behind the scenes to explore the hard work, sacrifice, and dedication that catapulted Phelps into the international spotlight. Phelps will share remarkable anecdotes about family, his coach, his passion for the sport, and the wisdom that he has gained from unexpected challenges and obstacles. Highlighting memorable races and valuable lessons from throughout his career, Phelps offers candid insight into the mind and experiences of a world champion. No Limits will inspire anyone to follow their passion straight to the finish line.

An Olympian's Story of Striving, Adapting, and Embracing the Suck
Achieve Your Dreams at Any Stage in Your Life

David and Goliath
Into the Wild

Tales of a Long-Distance Swimmer

A captivating story of enduring love from the author of The Notebook
How Persistence, Grit, and Faith Created a Reluctant Healer

An Olympic medal-winning swimmer relates her own experiences to reveal how parents can help their gifted children achieve their best

Maria Sibylla Merian, a German painter and naturalist, produced an innovative work on tropical insects based on lore she gathered from the Carib, Arawak, and African women of Suriname.

From legendary Olympic gold medalist Dara Torres comes a motivational, inspirational memoir about staying fit, aging gracefully, and pursuing your dreams.

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*Dara Torres captured the hearts and minds of Americans of all ages when she launched her Olympic comeback as a new mother at the age of forty-one—years after she had retired from competitive swimming and eight years since her last Olympics. When she took three silver medals in Beijing—including a heartbreaking .01-second finish behind the gold medalist in the women’s 50-meter freestyle—America loved her all the more for her astonishing achievement and her good-natured acceptance of the results. Now, in *Age Is Just a Number*, Dara reveals how the dream of an Olympic comeback first came to her—when she was months into her first, hard-won pregnancy. With humor and candor, Dara recounts how she returned to serious training—while nursing her infant daughter and contending with her beloved father’s long battle with cancer. Dara talks frankly about diving back in for this comeback; about being an older athlete in a younger athletes’ game; about competition, doubt, and belief; about working through pain and uncertainty; and finally—about seizing the moment and, most important, never giving up. A truly self-made legend, her story will resonate with women of all ages—and with anyone daring to entertain a seemingly impossible dream. The bestselling author and star of ABC’s *Shark Tank* reveals how to master the three prongs of influence: reputation, negotiation, and relationships. Have you ever wanted to make a big change in your life but weren’t sure where to start? In*

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Powershift, Daymond John shares the answer. To take control of your destiny and drive the change you want to see, you need to lay the groundwork so you're prepared to seize every opportunity that comes your way. And that means mastering • Influence—make an impression: Develop a reputation that highlights what you stand for. • Negotiation—make a deal: Hone a win-win negotiating style. • Relationships—make a connection last: Nurture those connections you make along the way. Through never-before-told stories from his life and career, Daymond shares the lessons that got him to where he is today: from how he remade his public image as he transitioned from clothing mogul to television personality, to how he mastered the negotiation strategies that determine whether deals are won or lost “in the tank,” to his secrets for building long-lasting—and profitable—relationships with founders and brands. Throughout the book, some of the world's most successful personalities reveal how they shifted their power in meaningful ways: Kris Jenner on determining your value: “You don't have to go ask somebody else for permission. You have the power to be able to stick to your guns and demand your worth.” Mark Cuban on finding and understanding your why: “Time is the one asset we don't own, we can't buy, and we can never get back.” Pitbull on tapping into your inner power: “A lot of people feel that to be powerful is to exude strength. I think it's the total opposite. To be powerful is to be

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powerless. It's when you give everybody what you got." Whether you're an innovator working to turn your big idea into a reality, a professional looking to land a major promotion, or a busy parent trying to find more time to focus on what's really important to you, Daymond shows you how to shift your power and energy towards positive change.

Swimming for Freedom

The Compulsive Energy That Built a Nation

Golden Girl

The Missy Franklin Story

The Outsiders

The Relentless Courage of a Scared Child

Curveball: The Year I Lost My Grip (Sneak Peek)

The four-time Olympic Gold medalist and her parents trace the inspirational story of how she became both a legendary athlete and a happy and confident woman, achievements that were accomplished by doing things their own way and making the right choices for their family.--Publisher's description.

In this beautifully written, vividly detailed memoir, a young woman chronicles her adventures traveling across the deserts of the American West in an orange van named Bertha and reflects on an unconventional approach to life

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A woman defined by motion, Brianna Madia bought a beat-up bright orange van, filled it with her two dogs Bucket and Dagwood, and headed into the canyons of Utah with her husband. Nowhere for Very Long is her deeply felt, immaculately told story of exploration—of the world outside and the spirit within. However, pursuing a life of intention isn't always what it seems. In fact, at times it was downright boring, exhausting, and even desperate—when Bertha overheated and she was forced to pull over on a lonely stretch of South Dakota highway; when the weather was bitterly cold and her water jugs froze beneath her as she slept in the parking lot of her office; when she worried about money, her marriage, and the looming question mark of her future. But Brianna was committed to living a life true to herself, come what may, and that made all the difference. Nowhere for Very Long is the true story of a woman learning and unlearning, from backroads to breakdowns, from married to solo, and finally, from lost to found to lost again . . . this time, on purpose.

Autobiography of Olympic swimmer, Katie Hoff. "Blueprint" is a candid account of the extraordinary life and athletic journey of one of America's greatest athletes and a champion in every way—the remarkable two-time Olympian Katie Hoff. "As a young swimmer growing up in Maryland, I was so fortunate to see first-hand the grace of Katie in and out of the pool. Her

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honesty and passion about her sporting and personal life shine through the pages of this well-written book, making it a must-read." -Katie Ledecky
NATIONAL BESTSELLER • In this extraordinary book, the world's most extraordinary distance swimmer writes about her emotional and spiritual need to swim and about the almost mystical act of swimming itself. Lynne Cox trained hard from age nine, working with an Olympic coach, swimming five to twelve miles each day in the Pacific. At age eleven, she swam even when hail made the water "like cold tapioca pudding" and was told she would one day swim the English Channel. Four years later—not yet out of high school—she broke the men's and women's world records for the Channel swim. In 1987, she swam the Bering Strait from America to the Soviet Union—a feat that, according to Gorbachev, helped diminish tensions between Russia and the United States. Lynne Cox's relationship with the water is almost mystical: she describes swimming as flying, and remembers swimming at night through flocks of flying fish the size of mockingbirds, remembers being escorted by a pod of dolphins that came to her off New Zealand. She has a photographic memory of her swims. She tells us how she conceived of, planned, and trained for each, and re-creates for us the experience of swimming (almost) unswimmable bodies of water, including her most recent astonishing one-mile

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swim to Antarctica in thirty-two-degree water without a wet suit. She tells us how, through training and by taking advantage of her naturally plump physique, she is able to create more heat in the water than she loses. Lynne Cox has swum the Mediterranean, the three-mile Strait of Messina, under the ancient bridges of Kunning Lake, below the old summer palace of the emperor of China in Beijing. Breaking records no longer interests her. She writes about the ways in which these swims instead became vehicles for personal goals, how she sees herself as the lone swimmer among the waves, pitting her courage against the odds, drawn to dangerous places and treacherous waters that, since ancient times, have challenged sailors in ships.

Winner of The Rathbones Folio Prize 2021

Powershift

Nutrition for Maximum Performance

Unleashing a Life of Purpose, Grit, and Faith

Lessons My Dad Taught Me About Football and Life

Swimming Star

A Memoir

Legendary football coach and Super Bowl champion with the Denver Broncos, Wade Phillips, recalls his life in football and memories of his

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father, NFL head coach Bum Phillips, in a book perfect for a Father's Day gift. "Having played for and against Wade Phillips, the first word that comes to my mind is respect. SON OF BUM is a great read about the Xs and Os from one of the greatest coaches in the league, as well as a loving tribute to the influence of family."—Peyton Manning In his memoir Son of Bum, decorated NFL coach Wade Phillips shows that the roots of his knowledge come from his father, Bum Phillips. A beloved character in NFL history, Bum taught Wade from the beginning that "coaching isn't bitching," as well as how to have perspective on the game during tough times. These are lessons that apply both on the field and off, and Wade has passed this wisdom down to his son, Wes Phillips, an NFL coach himself. Known for his homespun, plain-talking ways, Wade is a groundbreaking coach who has long believed in using support and camaraderie—instead of punishment and anger—to inspire his players to be winners on and off the field. And though his defensive concepts are revolutionary, he would say they begin with common sense. Son of Bum is more than one man's memoir—it's a story of family and football and a father who inspired his son.

With an introduction by novelist David Vann In April 1992, Chris

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McCandless set off alone into the Alaskan wild. He had given his savings to charity, abandoned his car and his possessions, and burnt the money in his wallet, determined to live a life of independence. Just four months later, Chris was found dead. An SOS note was taped to his makeshift home, an abandoned bus. In piecing together the final travels of this extraordinary young man's life, Jon Krakauer writes about the heart of the wilderness, its terribly beauty and its relentless harshness. Into the Wild is a modern classic of travel writing, and a riveting exploration of what drives some of us to risk more than we can afford to lose.

In this volume of 15 articles, contributors from a wide range of disciplines present their analyses of Disney movies and Disney music, which are mainstays of popular culture. The power of the Disney brand has heightened the need for academics to question whether Disney's films and music function as a tool of the Western elite that shapes the views of those less empowered. Given its global reach, how the Walt Disney Company handles the role of race, gender, and sexuality in social structural inequality merits serious reflection according to a number of the articles in the volume. On the other hand, other authors argue that Disney productions can help individuals cope with difficult situations or embrace

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progressive thinking. The different approaches to the assessment of Disney films as cultural artifacts also vary according to the theoretical perspectives guiding the interpretation of both overt and latent symbolic meaning in the movies. The authors of the 15 articles encourage readers to engage with the material, showcasing a variety of views about the good, the bad, and the best way forward.

Think like Britain's greatest living Olympian: Ten steps to push your limits and achieve the impossible from the one of the world's greatest swimmers 'The most dominant sportsperson in Great Britain today - and perhaps ever' Telegraph From one of the best elite athletes on the planet comes a book bursting with no-nonsense advice on how to locate your inner gladiator, and first-hand wisdom to help you push yourself beyond what you thought was possible. We are all capable of locating greatness within us and achieving hitherto unimaginable feats. Whether you are old and wise or young and bursting with energy, there are limits you are imposing on yourself that this book will help you reconsider. Adam Peaty shows you how to take more control of your life and helps you both discover and develop your talents. He shares his own ten secrets to a winning mental attitude, whether it be at home, at work, on the sports field, or within

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ourselves. This is an inspirational handbook for personal achievement and positive living. THE GLADIATOR MINDSET will inspire you to find and develop your talent and have the confidence to believe in yourself. Let's be better than we were yesterday. "Hopefully, this is a catalyst for not only Team GB but also the people back home to go to another gear, to say: 'We've been through a tough time, there's been a lot of complaining, a lot of excuses, a lot of negative things, but now we've got to switch our mindset.'" - Adam Peaty

How Natalie Coughlin Fought Back, Challenged Conventional Wisdom, and Became America's Olympic Champion

& Love in a Cold Climate : Two Novels

The Unconventional Raising of a Champion

Female Olympian and Paralympian Events

Breaking Night

Relentless

America's Obsessives

'One of the best love stories I have ever read. It made me cry and laugh in equal measures' Reader review 'This book made my heart hurt and burst! I am in awe . . . This is a

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must read . . . Loved this book so very much!' Reader review 'Absolutely shredded my heart . . . What a beautiful story of second chances, love, guilt and fate . . . you won't be able to stop until you know what happens' Goodreads reviewer

From the number one bestselling author of The Notebook and Two by Two comes an unforgettable tale of enduring love . . . Hope Anderson is at a crossroads. After six years with her boyfriend, she is no longer sure what she wants, and when her father becomes ill she heads to her family's cottage at Sunset Beach in North Carolina to make some difficult decisions. Tru Walls has been summoned across an ocean from where he was born and raised in Zimbabwe by a letter from a man claiming to be his father. In journeying to Sunset Beach, Tru hopes to unravel the mystery surrounding his mother's life, but the letter will lead him in an unexpected direction. When these two strangers' paths cross, their chance encounter sets in motion a heart-breaking story - one that will transcend decades, continents and the workings of fate.

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Praise for multi-million-copy bestseller phenomenon, Nicholas Sparks: 'Deeply moving and I was captivated . . . fans are going to adore this latest, beautifully written tale' Daily Mail 'A powerful read that tugs at the heartstrings' OK! Magazine 'When it comes to tales about love, Nicholas Sparks is one of the undisputed kings' Heat 'An absorbing page-turner' Daily Mail 'A fiercely romantic and touching tale' Heat on The Longest Ride 'An A-grade romantic read' OK! on Safe Haven 'This one won't leave a dry eye' Daily Mirror on The Lucky One

Liz Murray never really had a chance in life. Born to a drug-addicted father who was in and out of prison, and an equally dependent mother who was in and out of mental institutions, she seemed destined to become just another tragic statistic; another life wasted on the brutal streets of New York. By the age of 15, Liz found herself homeless with nowhere to turn but the tough streets, riding subways all night for a warm place to sleep and foraging through dumpsters for food. But when her mother

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died of AIDS a year later, Liz's life changed for ever. With no education, with no chance at a job or a home, she realised that only the most astonishing of turnarounds could stop her heading all the way down the same path her parents took. And so she set her mind to overcoming what seemed like impossible odds - and in the process, achieved something extraordinary. Told with astounding sincerity, Breaking Night is the breathtaking and inspirational story of how a young woman, born into a world without hope, used every ounce of strength and determination to steer herself towards a brighter future. Beautifully written, it is a poignant, evocative and stirring portrait of struggle, desperation, forgiveness and survival.

An Olympic medalist recounts the events of her career, describing her successes at the U.S. Nationals at the age of fifteen, the shoulder injury that hampered her swimming style, and her training under University of California coach Teri McKeever.

Simone Manuel

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Eight Unconventional CEOs and Their Radically Rational Blueprint for Success

A True Story of Challenge, Triumph, and Growing Up Autistic

Missy Franklin: Swimming Sensation: Y Not Girl

Nowhere for Very Long

Every Breath