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Ruby The Autobiography

Ruby Ahluwalia, a bureaucrat with a wandering, adventurous spirit, had it all – a successful career, a happy, supportive family and a creative and analytical mind. A pro multitasker, she was juggling her time and energies to be a super professional and a super mom, wife and daughter. Little did she realize that in this process, she was becoming a ‘below average her’. Just

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when she realized that she was almost losing the ground beneath her feet, she had a knock on her door - a knock that toppled her life upside down on full velocity and changed the course of her life... Here's her journey - a story of self exploration - that led her to answers that lay in the patterns of human behaviour. • If your urge to nurture others is leading you to under nourish yourself, • If your suppressed self is leading you to abuse your body,

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soul and mind, • If you are craving to mend the splits in your soul.. Then it is your story too... We all have our own cancers, even if they may not have become tumors as yet. How can we heal ourselves and come out of our self-created pits and discover our infinite potential is the purpose of telling this story. Ruby is now a Life Coach and a prolific speaker on Holistic healing. She is the Founder of Sanjeevani Life Beyond Cancer and has

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worked with more than 2 lakh patients across India through the narrative of Integrated Cancer care. You can reach out to her on her email,

ruby@sanjeevani-lifebeyondcancer.in

Dear Reader, I have written this workbook for you to use as a guide on how to drop anchor when life, and the world around you, gets too daunting.

It's filled with exercises and information for when you're suddenly forced to confront the hard truths or

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as I like to call them the BIG SIX realities - difficult emotions, uncertainty, loneliness, change, dissatisfaction and death. It isn't just about how to get through a pandemic... Or the post-pandemic fall-out. It is a WAKE UP call. One that will increase your awareness of every moment through mindfulness. So SCRIBBLE in it. DOODLE in it. Take it EVERYWHERE. No one is going to see what's inside but you. This is not just

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another self-help book. Think of it as an evolve-yourself book. I do hope it helps you hold the rudder straight, no matter how turbulent the waves, and that you come out the other end buoyant, with a new appreciation for the privilege of life. Love RUBY x

In November 1960, all of America watched as a tiny six-year-old black girl, surrounded by federal marshals, walked through a mob of screaming segregationists and into her school. An

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icon of the civil rights movement, Ruby Bridges chronicles each dramatic step of this pivotal event in history through her own words.

Inspired by an iconic Norman Rockwell painting and translated from an original French text, this is a story about the day a little girl held her head high and changed the world.

A Novel

*How Muslims and Jews Can Make Peace,
One Friendship at a Time*

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Ruby Bridges Goes to School: My True Story

An Autobiography

And Now For The Good News...

The Autobiography of Ruby Seaton

Ruby Francis, nee Fincham, born in rural Norfolk during World War II; always looking forward and for hope, no matter how tough life became.

Follow her journey of family, love and caring and discover a woman who never gave up and overcame the odds to become a successful businesswoman and carer for many; mother,

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grandmother and great-grandmother; a shining light and example to us all.

Autobiography of champion jockey and much-loved sports personality Ruby Walsh. A much-loved sports personality throughout Ireland and Great Britain, Ruby has had a career of outstanding success, which includes having won all four of the home Grand Nationals. This new edition brings his story right up-to-date to include all of the races over the busy Christmas period as well as last year's astonishing triumph against the odds. With many doubting that he

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could be race-fit following a broken leg in November 2010, Ruby competed at Cheltenham Festival in March 2011 and won five races, finishing as the leading jockey. Ruby also talks openly about the three key working relationships in his life - with Paul Nicholls, Willie Mullins and his father, the legendary Ted Walsh - as well as laying bare the relationship that exists between him and jockey Tony McCoy - both great friends and professional rivals. With his intimate knowledge of the two greatest horses of our time, he also provides valuable

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insight into what it is like to ride Kauto Star and Denman. Ruby charts the rise of an immensely talented and unstoppable force in the world of sport.

This is an account of life in the theatre between 1930 and 1970 in England, America and Israel in the world of the husband and wife acting team. The book traces Peter and Thelma's lives from their very different Jewish roots through some of the crucial events of the 20th century including the Spanish Civil War and the McCarthy era. Both went on to enjoy successful

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acting and directing careers, working with the likes of Lee Marvin, Walter Matthau, Orson Welles, Tyrone Power and Judi Dench. Sunday Times Bestseller With a brand new introduction for 2020. How Do You Want Me? is critically acclaimed as brutally honest, vivid and gripping. Ruby Wax's unflinching revelation of a childhood poisoned, and a youth spoiled, culminates in a moving account of her breakdown and recovery. But How Do You Want Me? is also funny, rude and irreverent. It's unusually honest about fame and celebrity and

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**happy to burst ego-balloons and golden myths.
A brilliantly fast, furious and surprising read
from the inimitable Ruby Wax.**

An Autobiography by Ruby Thomas

Empress: The Astonishing Reign of Nur Jahan

TOO MARVELOUS FOR WORDS

Sex Ed

In This Life Together

A Norfolk Memoir

An autobiographical account of the life of a black family in a southern Illinois mining town in the years before World War I

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Inspired by the #1 New York Times bestseller *She Persisted* by Chelsea Clinton and Alexandra Boiger comes a chapter book series about women who stood up, spoke up and rose up against the odds! In this chapter book biography by NAACP Image Award-winning author and Coretta Scott King Honor recipient Kekla Magoon, readers learn about the amazing life of Ruby Bridges--and how she persisted. As a first grader, Ruby Bridges was the first Black student to integrate William Frantz Elementary School in New Orleans, Louisiana. This was no easy task, especially for a six-year-old. Ruby's bravery and perseverance inspired children and adults alike to fight for equality and social justice. Perfect for back-to-school

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reading! Complete with an introduction from Chelsea Clinton, black-and-white illustrations throughout, and a list of ways that readers can follow in Ruby Bridges's footsteps and make a difference! And don't miss out on the rest of the books in the She Persisted series, featuring so many more women who persisted! Praise for She Persisted: Ruby Bridges: "Bridges' voice, quoted from various sources, gives readers access to her own perspective. A context-offering complement to Bridges' own books for children." --Kirkus Reviews "Given the more relatable perspective of starting first grade, this volume makes Bridges's story poignant for the intended audience." --School Library Journal

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NEW YORK TIMES BESTSELLER • Civil rights icon Ruby Bridges—who, at the age of six, was the first black child to integrate into an all-white elementary school in New Orleans—inspires readers and calls for action in this moving letter. Her elegant, memorable gift book is especially uplifting in the wake of Kamala Harris making US history as the first female, first Black, and first South Asian vice president–elect. Written as a letter from civil rights activist and icon Ruby Bridges to the reader, *This Is Your Time* is both a recounting of Ruby's experience as a child who had to be escorted to class by federal marshals when she was chosen to be one of the first black students to integrate into New Orleans' all-white public school

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system and an appeal to generations to come to effect change. This beautifully designed volume features photographs from the 1960s and from today, as well as stunning jacket art from *The Problem We All Live With*, the 1964 painting by Norman Rockwell depicting Ruby's walk to school. Ruby's honest and impassioned words, imbued with love and grace, serve as a moving reminder that "what can inspire tomorrow often lies in our past." *This Is Your Time* will electrify people of all ages as the struggle for liberty and justice for all continues and the powerful legacy of Ruby Bridges endures.

TOP TEN SUNDAY TIMES BESTSELLER Think about that first tickle of hunger in your stomach. A moment ago,

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you could have been thinking about anything, but now it's thickly buttered marmite toast, a frosty scoop of ice cream straight from the tub, some creamy, cheesy scrambled eggs or a fuzzy, perfectly-ripe peach. Eating is one of life's greatest pleasures. Food nourishes our bodies, helps us celebrate our successes (from a wedding cake to a post-night out kebab), cheers us up when we're down, introduces us to new cultures and - when we cook and eat together - connects us with the people we love. In *Eat Up*, Ruby Tandoh celebrates the fun and pleasure of food, taking a look at everything from gluttons and gourmets in the movies, to the symbolism of food and sex. She will arm you against the fad diets, food crazes and bad science

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that can make eating guilt-laden and expensive, drawing eating inspiration from influences as diverse as Roald Dahl, Nora Ephron and Gemma from TOWIE. Filled with straight-talking, sympathetic advice on everything from mental health to recipe ideas and shopping tips, this is a book that clears away the fog, to help you fall back in love with food.

Ruby "T"

Eat Up

Better Than Sex

How Do You Want Me?

We Refuse to Be Enemies

Tea for Ruby

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Category: Biography"Please, God, try to forgive those people. Because even if they say those bad things, They don't know what they're doing."This is the true story of an extraordinary 6-year-old who helped shape history when she became the first African-American sent to first grade in an all white school. This moving book captures the courage of a little girl standing alone in the face of racism."Ford's moving watercolor paintings...capture the...warmth of Ruby's family and community, the immense powers against her, and her shining inner strength."
--Booklist

A truly remarkable story of a young Irish girl from

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Belfast, Northern Ireland who took show business by storm in the mid 50s with a succession of hit records - at one time she had no less than five hits in the TOP TWENTY - all at the same time! This was a unique accomplishment, a world record, not even Madonna enjoyed that magnificent feat. Ruby Murray went on to stardom and was 'Top of the Bill' for many years throughout the UK and Ireland. RUBY - MY PRECIOUS GEM! is her story. Ruby Murray was born in 1935 in a working class area of Belfast. She had a unique singing talent, which was to take her onto the bright lights and stardom. Ruby became the darling of the nation. She eventually met and married

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Bernie Burgess, of the Jones Boys, during a summer season in Blackpool. They had two children Julie and Tim and lived for a while in Wootton, Northampton. Unfortunately, far too much pressure, from all quarters, was placed on their relationship. They were divorced in the mid 70s but Bernie always maintained his love for her. RUBY - MY PRECIOUS GEM! is a biography in memory of this sweet Irish colleen who won over an Englishman's heart and will tug at your heartstrings! This year (2006) sees the 10th anniversary of Ruby's death. A plaque will be put in place on the wall of the Ulster Hall, Belfast on March 29th. 2006. in honour of her exceptional talent

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and her contribution to the world of music, singing, recording and entertainment. Her son Tim will also be travelling the UK and Ireland in a 'one man show' entitled 'A Tribute to Ruby Murray'. Try to catch the show if it comes to your town! "I would like to put the records straight once and for all! I intend to tell you the true life story and achievements of a show business personality who was so totally different to all other fellow professionals. She was unique in so many ways. I will tell how it really was, because nobody could have been closer to her than me. Why? Because I'm very proud to say - Ruby was my wife!" Bernie Burgess

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Most days the best thing about being Ruby is everything. Like when she's the star of her own backyard magic show. Or when she gives a talk at the school safety assembly on the benefits of reflective tape. Or when she rides the No. 3 bus all the way to Chinatown to visit GungGung and PohPoh. And then there are the days when it's very hard to be Ruby. Like when her mom suggests Chinese school on Saturdays. Or when her little brother, Oscar, spills all of Ruby's best magician secrets. Or when her parents don't think she's old enough to drive! Come along with Ruby Lu in her chapter-book debut -- which even includes a flip

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book of a magic trick -- and share the good and the not-so-good days with an (almost) eight-year-old Asian-American kid.

Ruby: The AutobiographyHachette UK

Food, Appetite and Eating What You Want

Ruby - My Precious Gem!

***Two Lives in the Theatre : the Autobiography of
Thelma Ruby and Peter Frye***

Fragrance of a Wild Soul

The Story of Ruby Bridges

It's Good to be Black

True or False? When Ruby Bridges went

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to first grade in New Orleans, Louisiana, on November 14, 1960, she made history.

For readers of The Faith Club, Sons of Abraham, and The Anatomy of Peace, a call for mutual understanding and lessons for getting there We Refuse to Be Enemies is a manifesto by two American citizens, a Muslim woman and Jewish man, concerned with the rise of intolerance and bigotry in our country along with resurgent white nationalism.

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Neither author is an imam, rabbi, scholar, or community leader, but together they have spent decades doing interfaith work and nurturing cooperation among communities. They have learned that, through face-to-face encounters, people of all backgrounds can come to know the Other as a fellow human being and turn her or him into a trusted friend. In this book, they share their experience and guidance. Growing up in Pakistan before she

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immigrated to the United States, Sabeeha never met a Jew, and her view was colored by the Israeli-Palestinian conflict. In his youth, Walter never met a Muslim, and his opinion was shaped by Leon Uris's Exodus. Yet together they have formed a friendship and collaboration. Tapping their own life stories and entering into dialogue within the book, they explain how they have found commonalities between their respective faiths and discuss shared

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principles and lessons, how their perceptions of the Other have evolved, and the pushback they faced. They wrestle with the two elephants in the room: the Israeli-Palestinian conflict and polarizing material in their holy texts and history. And they share their vision for reconciliation, offering concrete principles for building an alliance in support of religious freedom and human rights. "As members of the two largest minority faith

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communities in America, we must stand together at a portentous moment in American history. Neither of our communities will be able to prosper in an America characterized by xenophobia and bigotry."—Sabeeha Rehman and Walter Ruby

Ruby Langford Ginibi's bestselling first book is now back in print. With sales of over 30,000 copies since publication in 1988, *Don't Take Your Love to Town* is now a seminal work of

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Indigenous memoir. It has been set for HSC over a number of years and is one of the most important Indigenous life stories to be published in Australia. Ruby Langford Ginibi is a remarkable woman whose sense of humour has endured through all the hardships she has experienced. Her first volume of memoir is a story of extraordinary courage in the face of poverty and tragedy. She writes about the changing ways of life in Aboriginal communities

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- rural and urban; the disintegration of traditional lifestyles and the sustaining energy that has come from the renewal of Aboriginal culture in recent years. As a tribute to her life and work, this rejacketed edition of Don't Take Your Love to Town is being published to coincide with Ruby's new memoir, All My Mob.

IT'S ALL ABSOLUTELY FINE is a darkly comic, honest and unapologetic account of daily struggles with mental health

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and what it's like trying to be a person when you feel like a potato. This book walks readers through the ups, downs and sideways of life, illuminating very real problems, all with Ruby's trademark originality and humour. It's an empowering book that will make you think, make you laugh, and make things that little bit more ok.

With Ossie and Ruby
Ruby Keeler

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The much-needed tonic for our frazzled world

True Colours

My Golden Dream

Alone She Found Ecstasy

There are times when only a polar bear will do . . . "All I want is a normal family but no, I've ended up with the brother from Weirdsville. Liam is so embarrassing, but Mum and Dad can't see that and give him all the attention. Leaving me with zero! Zilch! A big fat NOTHING! And I'm not really sure how an enormous, funny, clumsy polar bear is going to help with all this, but he was standing on the doorstep, so I had to invite him to stay, didn't I? Well, what would you have done?" Meet

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Arthur and his brand new friend, Mister P - the world's most helpful polar bear! Packed with gorgeous illustrations throughout, this story has heart and humour in equal measure and is sure to be a hit with developing readers and as a great book to be read aloud.

Ruby gets a princess-worthy primer on manners in this charming picture book from #1 New York Times bestselling illustrator Robin Preiss Glasser and author Sarah Ferguson, The Duchess of York. Ruby does her best to have good manners—yet no matter her efforts, she just can't seem to succeed. But when Ruby receives a mysterious surprise invitation to tea with the Queen, she is especially determined to polish her poise. She goes from the postman to her brother to the playground to her parents, trying her hardest to have

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manners befitting a princess. Will she ever manage to be proper in time for tea at the palace? In this New York Times bestseller, cheerful, elegant text from Sarah Ferguson, The Duchess of York, pairs with Robin Preiss Glasser's "exuberant illustrations, rendered in her unmistakable Fancy Nancy style (Publishers Weekly)" to create an endearing and gently instructive story about manners.

Ruby's life was a classic example of the great American success story. She reached the top ranks of success and stardom with amazingly little effort on her part. In fact, she herself would say "my whole career was based on luck." "You're going out a youngster, but you've got to come back a star," Warner Baxter told Ruby Keeler in the 1933 film 42nd Street. The actor's scripted words would prove prophetic. The

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film propelled her to stardom. Ruby Keeler's rags-to-riches story is told in this pictorial biography (with text as well). Born on August 25, 1910 in Halifax, Nova Scotia, her father an iceman, her family moved to New York City in 1912. Soon enrolled in the Professional Children's School, she got her first taste of life on the stage, eventually finding her way to Broadway. Her dancing brought her the pivotal role in 42nd Street and she was soon one of the most popular actresses in Hollywood. Her performance in No, No, Nanette in 1971, her first Broadway show in 41 years, met with rave reviews. Keeler's life, including her ill-fated marriage to performer Al Jolson, is recounted here, with many never-before-seen photographs.

Ruby

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The Autobiography - The Story of the Irish Champion Jockey
It's All Absolutely Fine
Diamond Ruby

Gems by a Real Ruby

Twelve-year-old Ruby Miller, movie buff and aspiring screen writer, tries to resolve the mysteries surrounding her little brother's stuffed woolly mammoth and their father's five year absence.

Ruby Walsh is a phenomenon. The only jockey to have won all four of the home Grand Nationals, Ruby's racing life is the stuff of dreams. A charming, much-loved sports personality throughout Ireland and Great Britain, Ruby writes in detail for the first time about a career of remarkable success. The

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narrative moves at an impressive pace from his sport-enthusiased youth in County Kildare, where he showed enormous talent from an early age, to his incredible Grand National win at Aintree on Papillion in 2000 (at the age of twenty). It was Ruby's first attempt, on a horse trained by his father, and achieved just after suffering the first really serious injury of his career. He has ridden over 1,400 winners to date, including more than a thousand Irish victories and the Irish jump jockey's title on seven occasions. Among numerous racing triumphs, Ruby rode a record-breaking seven winners over four days at the 2009 Cheltenham Festival. Ruby Walsh talks candidly and openly about the three key working relationships in his life - with Paul Nicholls, Willie Mullins and his father, the legendary Ted Walsh - as well as laying bare

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the dynamic relationship that exists between him and jockey Tony McCoy - both great friends and professional rivals. With his intimate knowledge of the two greatest horses of our time, Ruby also provides valuable insight into what it is to ride and (sometimes choose between) Kauto Star and Denman.

Ruby's fantastic story will attract a large spectrum of readers, from those who have only a passing interest in the sport to those who follow all his races. It is a searingly honest and compelling autobiography, charting the rise and rise of an immensely talented and popular force in the world of sport.

'The book the world NEEDS right now by one of my heroes' - Scarlett Curtis 'I think at this point in time we're all in need of as much good news as we can get! Ruby can always be guaranteed to lift your spirits' - Annie Lennox on Twitter

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_____ You would be forgiven for thinking 2020 was not the year for a book about good news. But now might be the time we need it most. Ruby Wax is here to reassure us with her brand new book, *And Now For The Good News*. This is her positivity prescription, showing us the green shoots of optimism and change forcing their way up and into the sunlight. She has spent the last three years speaking to the inspiring people who are spearheading the latest innovation and influencing a brighter future for humanity. From the communities being designed to eradicate loneliness and the companies putting their employees' happiness first, to the AI technology teaching children with learning difficulties and taking literacy to levels higher than ever before. Ruby's here to show you that behind the clouds, the sun still shines. So,

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do you want the good news? _____ 'A new book by Ruby is in itself Good News! It sounds like a tonic for the universal malaise' - Ian McKellen on Twitter 'In a world of relentlessly worrying news, finally a moment of good. I adored reading And Now for the Good News - truly there is hope' - Emma Freud on Twitter 'This book couldn't be more needed right now!' - Nigella Lawson on Twitter 'I am reading and finding on every page a delicious morsel' - Celia Imrie on Twitter 'I adored interviewing Ruby: she has such a fizzing, uniquely vibrant and clever way of thinking about things. And I've wanted her on the podcast for ages because she does such important work' - Elizabeth Day

I have never looked into my sister's eyes. I have never bathed alone. I have never stood in the grass at night and raised my

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arms to a beguiling moon. I've never used an aeroplane bathroom. Or worn a hat. Or been kissed like that... So many things I've never done, but oh, how I've been loved. And, if such things were to be, I'd live a thousand times as me, to be loved so exponentially' In twenty-nine years, Rose Darlen has never spent a moment apart from her twin sister, Ruby. She has never gone for a solitary walk or had a private conversation. Yet, in all that time, she has never once looked into Ruby's eyes. Joined at the head, 'The Girls' (as they are known in their small town) attempt to lead a normal life, but can't help being extraordinary. Now almost thirty, Rose and Ruby are on the verge of becoming the oldest living craniopagus twins in history, but they are remarkable for a lot more than their unusual sisterly bond.

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My Autobiography

This Is Your Time

Life is complicated, so I've drawn it instead

Through My Eyes

She Persisted: Ruby Bridges

Ruby Electric

The autobiography of the well-loved Irish jockey and racing pundit who has won every major prize in jump racing. Mick Fitzgerald reveals the struggles, the temptations, the victories and the celebrations. He also gives his opinion on how the sport has changed during the 19 years since he crossed the Irish Sea.

Sex ed shouldn't start and end with putting a

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condom on a banana. This is the pleasure-focused sex ed that you deserved to get at school - in all its challenging, messy, awkward, hilarious, enjoyable glory - from the sex educator you deserved to have. Welcome to sex ed, where everyone is invited to the party. A Finalist for the 2018 Los Angeles Times Book Prize in History Four centuries ago, a Muslim woman ruled an empire. When it came to hunting, she was a master shot. As a dress designer, few could compare. An ingenious architect, she innovated the use of marble in her parents' mausoleum on the banks of the Yamuna River that inspired her stepson's Taj

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Mahal. And she was both celebrated and reviled for her political acumen and diplomatic skill, which rivaled those of her female counterparts in Europe and beyond. In 1611, thirty-four-year-old Nur Jahan, daughter of a Persian noble and widow of a subversive official, became the twentieth and most cherished wife of the Emperor Jahangir. While other wives were secluded behind walls, Nur ruled the vast Mughal Empire alongside her husband, and governed in his stead as his health failed and his attentions wandered from matters of state. An astute politician and devoted partner, Nur led troops into battle to free Jahangir when he

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was imprisoned by one of his own officers. She signed and issued imperial orders, and coins of the realm bore her name. Acclaimed historian Ruby Lal uncovers the rich life and world of Nur Jahan, rescuing this dazzling figure from patriarchal and Orientalist clichés of romance and intrigue, and giving new insight into the lives of women and girls in the Mughal Empire, even where scholars claim there are no sources. Nur's confident assertion of authority and talent is revelatory. In Empress, she finally receives her due in a deeply researched and evocative biography that awakens us to a fascinating history.

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The extraordinary true story of Ruby Bridges, the first Black child to integrate a New Orleans school -- now with simple text for young readers!

Ruby Bridge's First Day of School

The Girls

Ruby, Head High

Ruby McCracken: Tragic Without Magic

Ruby Bridges

Me and Mister P

Seventeen-year-old Ruby Thomas, newly responsible for her two young nieces after a devastating tragedy, is determined to keep her family safe in the vast, swirling world of 1920s New York City.

She's got street smarts, boundless determination, and one unusual

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skill: the ability to throw a ball as hard as the greatest pitchers in a baseball-mad city. From Coney Island sideshows to the brand-new Yankee Stadium, Diamond Ruby chronicles the extraordinary life and times of a girl who rises from utter poverty to the kind of renown only the Roaring Twenties can bestow. But her fame comes with a price, and Ruby must escape a deadly web of conspiracy and threats from Prohibition rumrunners, the Ku Klux Klan, and the gangster underworld. Diamond Ruby “is the exciting tale of a forgotten piece of baseball’s heritage, a girl who could throw with the best of them. A real page-turner, based closely on a true story” (Kevin Baker, author of Strivers Row).

This is the captivating, inspiring autobiography of a star couple who've celebrated 50 years of marriage. Ossie Davis and Ruby Dee are legendary stars of the American stage, television, and film, a

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beloved and revered couple cherished not just for their acting artistry but also for their lifelong commitment to civil rights, family values, and the black community. Now they look back on a half-century of their personal and political struggles to maintain a healthy marriage and to create the record of distinguished accomplishment that earned each a Presidential Medal for Lifetime Achievement in the Arts. With Ossie and Ruby overflows with consummate storytelling skill developed by decades in the spotlight. From their early years as struggling actors in Harlem's black theater to Broadway and Hollywood stardom, they regale the reader with colorful, entertaining tales of the places they've been and the people they've met. But their charming humor is leavened with a more serious side, as they share their experiences of keeping a family together in a world where scandal and divorce is the rule,

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and of being artists and political activists in an era of intense racial ferment. Born into the struggle, their characters were shaped by the dynamic collisions of life, politics, and art; and from those experiences, they achieved some sense of their worth as married people, friends, and lovers. Warm, positive, and compelling, this is a book that will surprise and challenge readers everywhere -- black and white, male and female, young and old. Lifting the veil of public image, media hype, and mystique, Ossie and Ruby speak of the real-life dilemmas and rewards of their lifelong search for purpose and value. Ossie Davis and Ruby Dee are legendary stars of the American stage, television, and film, a beloved and revered couple cherished not just for their acting artistry but also for their lifelong commitment to civil rights, family values, and the black community. Now they look back on a half- century of their personal and

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WINNER OF INTERNATIONAL AUTOBIOGRAPHY OF THE YEAR AT THE 2021 TELEGRAPH SPORTS BOOK AWARDS 'An intelligent and often beautifully observed book' Donald McRae, The Guardian 'A must-read about a career which never dropped out of top gear' Racing Post 'A thoroughly engaging memoir. I can't recommend this insightful autobiography enough' Horse & Hound 'A superior story: an honest and self-searching account of the glories and thrills but also the doubt and barren spells that visit even rampantly successful jockeys' The Irish Times The riveting full-career autobiography of Barry Geraghty, one of the most successful jump jockeys in the sport's history. Now retired, Geraghty takes his

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rightful place in the pantheon of greats that includes AP McCoy, Richard Johnson and Ruby Walsh. Barry Geraghty is an Irish horseracing legend. From his first win in 1997 he has gone on to ride almost 2000 winners, making him the fourth most successful jumps jockey of all time. With the second most wins at Cheltenham in the sport's history, he has worked with all the greats - Moscow Flyer, Kicking King, Monty's Pass. Barry finally retired in July 2020, covered in scars. He has broken all of his limbs, his shoulders, his ribs, his nose. He has survived falls too numerous to recall, and spent most of 2019 with a metal cast on his leg. And yet, he kept getting back on the horse, for twenty-three years. His autobiography is about resilience, the mental power that enables the great to keep going despite the pain, despite the odds. It explores how Barry has developed the mind tools to continue to

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push himself, even when all seems lost. Containing startling revelations and a searingly honest insight into the life of a top jockey, this is a must-read for all sports fans.

Ruby McCracken's life is OVER. Her parents have forced her to move to the Ordinary World and that means -- new home, new school and worst of all, no magic! Seriously?! A witch without magic? That's LITERALLY tragic. Ruby has to leave behind her broomstick (and walk everywhere -- YUCK!) and her friends (no more watching Hex Factor together on a Saturday night). She's absolutely STARVING with no snack spell, and there's no way to get revenge on the mean girls at her boring new school without a good curse. Despite her best witching efforts, the Ordinary World remains tragically magic-deprived, until Ruby receives a mysterious hext that seems to offer an answer. That is, if she can figure out

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what it means and, more importantly, who sent it. Packed with great humour, loveable characters and witty banter, Ruby McCracken: Tragic Without Magic is perfect for fans of Witchworld and The Worst Witch.

Double Or Nothing

Don't Take Your Love to Town

A Mindfulness Guide for Survival

Ruby: The Autobiography

Ruby Lu, Brave and True

A Photographic Biography