

Twin Ambitions My Autobiography

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Jessica Ennis: Unbelievable - From My Childhood Dreams To Winning Olympic Gold Jessica Ennis 2012-11-08 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 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 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 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.

Twin Tracks Roger Bannister 2014-04-17 It was a blustery late spring day in 1954 and a young Oxford medical student flung himself over the line in a mile race. There was an agonising pause, and then the timekeeper announced the record: three minutes, fifty-nine point four seconds. But no one heard anything after that first word - 'three'. One of the most iconic barriers of sport had been broken, and Roger Bannister had become the first man to run a mile in under four minutes. To this day, more men have conquered Mount Everest than have achieved what the slender, unassuming student managed that afternoon. Sixty years on and the letters still arrive on Roger Bannister's doormat, letters testifying to the enduring appeal of the four-minute mile and the example it set for the generation of budding athletes who were inspired to attempt the impossible. In this frank memoir, Sir Roger tells the full story of the talent and dedication that made him not just one of the most celebrated athletes of the last century but also a distinguished doctor, neurologist and one of the nation's best-loved public figures. With characteristically trenchant views on drugs in sport, the nature of modern athletics and record breaking, the extraordinary explosion in running as a leisure activity, and the Olympic legacy, this rare and brilliant autobiography gives a fascinating insight into the life of a man who has lived life to the fullest.

Alexander Hamilton Henry Cabot Lodge 1882

The Class Erich Segal 2014-11-12 From world-renowned author Erich Segal comes a powerful and moving saga of five extraordinary members of the Harvard class of 1958 and the women with whom their lives are intertwined. Five lives, five love stories: Danny Rossi, the musical prodigy, risks it all for Harvard, even a break with his domineering father. Yet his real problems are too much fame too soon—and too many women. Ted Lambros spends his four years as a commuter, an outsider. He is obsessed by his desire to climb to the top of the Harvard academic ladder, heedless of what it will cost him in personal terms. Jason Gilbert, the Golden Boy—handsome, charismatic, a brilliant athlete—learns at Harvard that he cannot ignore his Jewish background. Only in tragedy will he find his true identity. George Keller, a refugee from Communist Hungary, comes to Harvard with the barest knowledge of English. But with ruthless determination, he masters not only the language but the power structure of his new country. Andrew Eliot is haunted by three centuries of Harvard ancestors who cast giant shadows on his confidence. It is not until the sad and startling events of the reunion that he learns his value as a man. Their explosive story begins in a time of innocence and spans a turbulent quarter century, culminating in their dramatic twenty-five year reunion at which they confront their classmates—and the balance sheet of their own lives. Always at the center; amid the passion, laughter, and glory, stands Harvard—the symbol of who they are and who they will be. They were a generation who made the rules—then broke them—whose glittering successes, heartfelt tragedies, and unbridled ambitions would stun the world. Praise for The Class “Erich Segal’s best.”—Pittsburgh Press “First class entertainment.”—Cosmopolitan “An absorbing page-turner.”—Publishers Weekly “A panoramic saga.”—Philadelphia Inquirer

By Some Miracle I Made It Out of There Tom Sizemore 2016-03 An account of the acclaimed actor's Hollywood career and struggles with methamphetamine addiction covers his Detroit background, his relationships with various co-stars, and his experiences as a father of twin boys.

Wings of Fire Avul Pakir Jainulabdeen Abdul Kalam 1999 Avul Pakir Jainulabdeen Abdul Kalam, The Son Of A Little-Educated Boat-Owner In Rameswaram, Tamil Nadu, Had An Unparalleled Career As A Defence Scientist, Culminating In The Highest Civilian Award Of India, The Bharat Ratna. As Chief Of The Country'S Defence Research And Development Programme, Kalam Demonstrated The Great Potential For Dynamism And Innovation That Existed In Seemingly Moribund Research Establishments. This Is The Story Of Kalam'S Rise From Obscurity And His Personal And Professional Struggles, As Well As The Story Of Agni, Prithvi, Akash, Trishul And Nag--Missiles That Have Become Household Names In India And That Have Raised The Nation To The Level Of A Missile Power Of International Reckoning.

Long Walk To Freedom Nelson Mandela 2013-04-25 These memoirs from one of the great leaders of our time are 'essential reading for anyone who wants to understand history - and then go out and change it' Barack Obama The riveting memoirs of the outstanding moral and political leader of our time, Long Walk to Freedom brilliantly re-creates the drama of the experiences that helped shape Nelson Mandela's destiny. Emotive, compelling and uplifting, Long Walk to Freedom is the exhilarating story of an epic life; a story of hardship, resilience and ultimate triumph told with the clarity and eloquence of a born leader. 'Enthralling . . . Mandela emulates the few great political leaders such as Lincoln and Gandhi, who go beyond mere consensus and move out ahead of their followers to break new ground' Sunday Times 'The authentic voice of Mandela shines through this book . . . humane, dignified and magnificently unembittered' The Times 'Burns with the luminosity of faith in the invincible nature of human hope and dignity . . . Unforgettable' Andre Brink

Seaside Sprint! Mo Farah 2018-03-08 From Olympic gold medal winner Mo Farah and bestselling author of *Oi Frog!*, Kes Gray, comes a fun fiction series which will get kids reading, and running too! Mo and his friends pack a lunch and head to the seaside for their next running adventure. It's a good job they have good trainers to run along the beach. But what's that? Could it really be a sea monster? *RUN!* Follow Mo on his madcap adventures as his running skills go from strength to strength. The perfect book to share and read aloud. The nation watched with bated breath as Mo Farah seized Olympic gold in the 10,000m and 5000m - he's been a national treasure ever since. In this adventurous series father of three, Mo Farah, combines two lifelong passions - literacy and exercise. Children's books by Mo Farah: *Ready Steady Mo*, *Go Mo Go: Monster Mountain Chase!*, *Go Mo Go: Dinosaur Dash!*, *Go Mo Go: Seaside Sprint!*

Terra Nova Eric W. Sanderson 2013-06-04 A look at what the American lifestyle has done to the environment—and how to move toward a better future. In the last century, three powerful forces—oil, cars, and suburbs—buoyed the American dream. Yet now, the quality of life in the United States is declining due to these same three forces. Our dependence on oil is a root cause of wars, recessions, and natural disasters. Cars consume an outsize share of our incomes and force us to squander time in traffic. Meanwhile, expensive, spread-out suburbs devour farmland—and in a vicious cycle, further entrench our reliance on cars and oil. In *Terra Nova*, conservation ecologist Eric W. Sanderson—the national bestselling author of *Mannahatta*—offers concrete steps toward a solution. He delves into natural history, architecture, chemistry, and politics, to show how the American relationship to nature has shaped our past, and how it can affect our future. Illustrated throughout with maps, charts, and infographics, *Terra Nova* demonstrates that it is indeed possible to achieve a better world. "Sanderson commendably outlines 'a new way of life . . . designed to sustain American prosperity, health, and freedom for generations to come.'" —Publishers Weekly
Running with the Buffaloes Chris Lear 2011-04-01 Top five Best Books About Running, *Runner's World Magazine* Top three Best Books About Running, readers of *Runner's World Magazine* (December 2009) A phenomenal portrait of courage and desire that will do for college cross-country what John Feinstein's *A Season on the Brink* did for college basketball.

Die Young with Me Rob Rufus 2016-09-20 In the tradition of John Green's *The Fault in Our Stars* and *Me and Earl and the Dying Girl*, this incredibly moving and harrowing true story of a teenager diagnosed with cancer is "a resounding affirmation of how music can lift one's spirits beyond gray skies and bad news (Kirkus Reviews)." Punk's not dead in rural West Virginia. In fact, it blares constantly from the basement of Rob and Nat Rufus—identical twin brothers with spiked hair, black leather jackets, and the most kick-ass record collection in Appalachia. To them, school (and pretty much everything else) sucks. But what can you expect when you're the only punks in town? When the brothers start their own band, their lives begin to change: they meet friends, they attract girls, and they finally get invited to join a national tour and get out of their rat box little town. But their plans are cut short when Rob is diagnosed with a rare form of cancer that has already progressed to Stage Four. Not only are his dreams of punk rock stardom completely shredded, there is a very real threat that this is one battle that can't be won. While Rob suffers through nightmarish treatments and debilitating surgery, Nat continues on their band's road to success alone. But as Rob's life diverges from his brother's, he learns to find strength within himself and through his music. *Die Young with Me* is a "raw, honest picture of the weirdness of growing up" (Marky Ramone) and the story of a brave teen's battle with cancer and the many ways music helped him cope through his recovery.

The Autobiography of an Ex-Colored Man James Weldon Johnson 2021-01-26 A gifted musician's decision to navigate society as a white man causes an internal debate about anti-blackness and the explicit nature of intent

versus impact. James Weldon Johnson presents a distinct conflict driven by a person's desires and overwhelming fear. The *Autobiography of an Ex-Colored Man* follows the story of an unnamed narrator and his unique experience as a fair-skinned Black person. As a child, he is initially unaware of his race, but his mother soon clarifies their family's ancestry. The young man's ability to pass for white allows him to negate the harsh and discriminatory treatment most Black people face. This leads to a series of events that significantly shape the way he views his place in society. James Weldon Johnson delivers a captivating tale of identity politics in the U.S. and abroad. The main character is living a life of omission that provides public gain at a personal cost. This story maintains its relevance as a critical examination of race in society. With an eye-catching new cover, and professionally typeset manuscript, this edition of *The Autobiography of an Ex-Colored Man* is both modern and readable.

Brave Enough Jessie Diggins 2020-03-10 Travel with Olympic gold medalist Jessie Diggins on her compelling journey from America's heartland to international sports history, navigating challenges and triumphs with rugged grit and a splash of glitter Pyeongchang, February 21, 2018. In the nerve-racking final seconds of the women's team sprint freestyle race, Jessie Diggins dug deep. Blowing past two of the best sprinters in the world, she stretched her ski boot across the finish line and lunged straight into Olympic immortality: the first ever cross-country skiing gold medal for the United States at the Winter Games. The 26-year-old Diggins, a four-time World Championship medalist, was literally a world away from the small town of Afton, Minnesota, where she first strapped on skis. Yet, for all her history-making achievements, she had never strayed far from the scrappy 12-year-old who had insisted on portaging her own canoe through the wilderness, yelling happily under the unwieldy weight on her shoulders: "Look! I'm doing it!" In *Brave Enough*, Jessie Diggins reveals the true story of her journey from the American Midwest into sports history. With candid charm and characteristic grit, she connects the dots from her free-spirited upbringing in the woods of Minnesota to racing in the bright spotlights of the Olympics. Going far beyond stories of races and ribbons, she describes the challenges and frustrations of becoming a serious athlete; learning how to push through and beyond physical and psychological limits; and the intense pressure of competing at the highest levels. She openly shares her harrowing struggle with bulimia, recounting both the adversity and how she healed from it in order to bring hope and understanding to others experiencing eating disorders. Between thrilling accounts of moments of triumph, Diggins shows the determination it takes to get there—the struggles and disappointments, the fun and the hard work, and the importance of listening to that small, fierce voice: *I can do it. I am brave enough.*

Love's Work Gillian Rose 1995 A crisis in the author's life forces her to examine the issues of love, friendship, sex, illness, and death.

ALEX FERGUSON *My Autobiography* Alex Ferguson 2013-10-24 Sir Alex Ferguson's compelling story is always honest and revealing he reflects on his managerial career that embraced unprecedented European success for Aberdeen and 26 triumphant seasons with Manchester United. Sir Alex Ferguson's best-selling autobiography has now been updated to offer reflections on events at Manchester United since his retirement as well as his teachings at the Harvard Business School, a night at the Oscars and a boat tour round the Hebrides, where he passed unrecognised. The extra material adds fresh insights and detail on his final years as United's manager. Both the psychology of management and the detail of football strategy at the top level can be complex matters but no-one has explained them in a more interesting and accessible way for the general reader than Sir Alex does here. *MY AUTOBIOGRAPHY* is revealing, endlessly entertaining and above all inspirational.

My Start-Up Life Ben Casnocha 2015-06-02 Ben Casnocha discovered he was entrepreneur at age 12 and hasn't slowed down since. In this remarkably instructive book, Ben dissects the entrepreneurship "gene," explaining that everyone has inherited it if they have an idea to make the world a better place. In Casnocha's case, he found a better way for city governments to communicate with constituents on the Web. Six years later, Comcate has dozens of municipal clients, a growing staff, and a record of excellence. This book is the story of his start-up, but also a conversation with his mentors, clients and fellow entrepreneurs about how to make a business idea work?and how to have the time of your life trying. From Pat Lencioni to Marc Benioff of salesforce.com, Ben has won over the best and brightest of the business world?now it's your turn!

Double Bind: Women on Ambition Robin Romm 2017-04-11 "Bold, absorbing, insightful, and wise. . . . Read it: the truth is inside."—Cheryl Strayed, author of *Wild* and *Tiny Beautiful Things* "A work of courage and ferocious honesty" (Diana Abu-Jaber), *Double Bind* could not come at a more urgent time. Even as major figures from Gloria Steinem to Beyoncé embrace the word "feminism," the word "ambition" remains loaded with ambivalence. Many women see it as synonymous with strident or aggressive, yet most feel compelled to strive and achieve—the seeming contradiction leaving them in a perpetual double bind. Ayana Mathis, Molly Ringwald, Roxane Gay, and a constellation of "nimble thinkers . . . dismantle this maddening paradox" (*O, The Oprah Magazine*) with candor, wit, and rage. Women who have made landmark achievements in fields as diverse as law, dog sledding, and butchery weigh in, breaking the last feminist taboo once and for all. "Both intimate and scalable" (*Atlantic.com*), *Double Bind* finally seizes "ambition" from the roster of dirty words.

Enduring Patagonia Gregory Crouch 2002-03-05 Patagonia is a strange and terrifying place, a vast tract of land shared by Argentina and Chile where the violent weather spawned over the southern Pacific charges through the Andes with gale-force winds, roaring clouds, and stinging snow. Squarely athwart the latitudes known to sailors as the roaring forties and furious fifties, Patagonia is a land trapped between angry torrents of sea and sky, a place that has fascinated explorers and writers for centuries. Magellan discovered the strait that bears his name during the first

circumnavigation. Charles Darwin traveled Patagonia's windy steppes and explored the fjords of Tierra del Fuego during the voyage of the Beagle. From the novel perspective of the cockpit, Antoine de Saint-Exupry immortalized the Andes in *Wind, Sand, and Stars*, and a half century later, Bruce Chatwin's *In Patagonia* earned a permanent place among the great works of travel literature. Yet even today, the Patagonian Andes remain mysterious and remote, a place where horrible storms and ruthless landscapes discourage all but the most devoted pilgrims from paying tribute to the daunting and dangerous peaks. Gregory Crouch is one such pilgrim. In seven expeditions to this windswept edge of the Southern Hemisphere, he has braved weather, gravity, fear, and doubt to try himself in the alpine crucible of Patagonia. Crouch has had several notable successes, including the first winter ascent of the legendary Cerro Torre's West Face, to go along with his many spectacular failures. In language both stirring and lyrical, he evokes the perils of every handhold, perils that illustrate the crucial balance between physical danger and mental agility that allows for the most important part of any climb, which is not reaching the summit, but getting down alive. Crouch reveals the flip side of cutting-edge alpinism: the stunning variety of menial labor one must often perform to afford the next expedition. From building sewer systems during a bitter Colorado winter to washing the plastic balls in McDonalds' playgrounds, Crouch's dedication to the alpine craft has seen him through as many low moments as high summits. He recounts, too, the riotous celebrations of successful climbs, the numbing boredom of forced encampments, and the quiet pride that comes from knowing that one has performed well and bravely, even in failure. Included are more than two dozen color photographs that capture the many moods of this land, from the sublime beauty of the mountains at sunrise to the unrelenting fury of its storms. *Enduring Patagonia* is a breathtaking odyssey through one of the world's last wild places, a land that requires great sacrifice but offers great rewards to those who dare to challenge it.

We Are All Completely Beside Ourselves Karen Joy Fowler 2014-03-06 *PRE-ORDER KAREN JOY FOWLER'S NEW NOVEL, BOOTH, TODAY* 'Wise, provocative and wildly endearing' Guardian 'Readably juicy and surreptitiously smart' Barbara Kingsolver THE MILLION-COPY BESTSELLER Rosemary doesn't talk much, and about certain things she's silent. She had a sister, Fern, her whirlwind other half, who vanished from her life in circumstances she wishes she could forget. And it's been ten years since she last saw her beloved older brother Lowell. Now at college, Rosemary starts to see she can't go forward without going back to the time when aged five, she was sent away from home to her grandparents and returned to find Fern gone. It was Rosemary's parents who began all of the trouble - isn't it always? But, dear reader, exactly how they did it is a twist you'll have to discover for yourself.

Twin Ambitions - My Autobiography Mo Farah 2014-04-01 A powerful and gripping human story of the 2012 London Olympics hero On August 4, 2012, 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 UK national treasure. Seven days later, Mo seized his second gold at the 5000m to go where no British distance runner had 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 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, 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 and European records. He began living with a group of elite Kenyan runners, following their strict regime of run, sleep, eat, and rest. 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. 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 realize his dream.

The Girls Lori Lansens 2011-10-27 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 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.

Twin Ambitions - My Autobiography Mo Farah 2013-10-10 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. 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 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 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. 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.

My Life (Revised and Updated) Isadora Duncan 2013-05-27 A remarkable account of a wildly artistic life, finally restored to its unexpurgated form, with a revealing new introduction by Joan Acocella. The visionary choreographer and dancer Isadora Duncan (1877–1927) not only revolutionized dance in the twentieth century but blazed a path for other visionaries who would follow in her wake. While many biographies have explored Duncan's crucial role as one of the founders of modern dance, no other book has proved as critical—as both historical record and vivid evocation of a riveting life—as her autobiography. From her early enchantment with classical music and poetry to her great successes abroad, to her sensational love affairs and headline-grabbing personal tragedies, Duncan's story is a dramatic one. *My Life* still stands alone as “a great document, revealing the truth of her life as she understood it, without reticence or apology or compromise” (New York Herald Tribune). Now, in this fully restored edition, with its risqué recollections and fervent idealism, *My Life* can be appreciated by a new generation.

The Fact of a Body Alex Marzano-Lesnevich 2017-05-18 'Part memoir, part true crime, wholly brilliant.' – Paula Hawkins, author of *The Girl on the Train*. When law student Alexandria Marzano-Lesnevich is asked to work on a death-row hearing for convicted murderer and child molester Ricky Langley, she finds herself thrust into the tangled story of his childhood. As she digs deeper and deeper into the case she realizes that, despite their vastly different circumstances, something in his story is unsettlingly, uncannily familiar. *The Fact of a Body* is both an enthralling memoir and a groundbreaking, heart-stopping investigation into how the law is personal, composed of individual stories, and proof that arriving at the truth is more complicated, and powerful, than we could ever imagine.

Coming Up for Air: What I Learned from Sport, Fame and Fatherhood Tom Daley 2021-10-14 Longlisted for Autobiography of the Year, Sports Book Awards 2022 The Instant Sunday Times Bestseller 'Honest and moving – everything a memoir should be' The Sun 'An illuminating look at what it takes to be an Olympian ... in this story, passion reigns supreme' Cosmopolitan

Father's Day 2012 The author recounts a father-son road trip during which he gained insight into the worldviews, challenges, and talents of his socially challenged savant son, Zach.

Dreams From My Father Barack Obama 2007-06-03 An international bestseller which has sold over a million copies in the UK, *Dreams From My Father* is a refreshing, revealing portrait of a young man asking big questions about identity and belonging. The son of a Black African father and a white American mother, Barack Obama recounts an emotional odyssey, retracing the migration of his mother's family from Kansas to Hawai'i, then to his childhood home in Indonesia. Finally he travels to Kenya, where he confronts the bitter truth of his father's life and at last reconciles his divided inheritance. Written nearly fifteen years before becoming president, *Dreams from My Father* is an unforgettable read. It illuminates not only Obama's journey, but also our universal desire to understand our history and what makes us who we are.

Air Traffic Gregory Pardlo 2018-04-10 From the beloved Pulitzer Prize-winning poet: an extraordinary memoir and blistering meditation on fatherhood, race, addiction, and ambition. Gregory Pardlo's father was a brilliant and charismatic man—a leading labor organizer who presided over a happy suburban family of four. But when he loses his job following the famous air traffic controllers' strike of 1981, he succumbs to addiction and exhausts the family's money on more and more ostentatious whims. In the face of this troubling model and disillusioned presence in the household, young Gregory rebels. Struggling to distinguish himself on his own terms, he hustles off to Marine Corps boot camp. He moves across the world, returning to the United States only to take a job as a manager-cum-barfly at his family's jazz club. *Air Traffic* follows Gregory as he builds a life that honors his history without allowing it to define his future. Slowly, he embraces the challenges of being a poet, a son, and a father as he enters recovery for alcoholism and tends to his family. In this memoir, written in lyrical and sparkling prose, Gregory tries to free himself from the overwhelming expectations of race and class, and from the tempting yet ruinous legacy of American masculinity. *Air Traffic* is a richly realized, deeply felt ode to one man's remarkable father, to fatherhood, and to the frustrating yet redemptive ties of family. It is also a scrupulous, searing examination of how manhood can be fashioned in our cultural landscape.

Ready Steady Mo! Mo Farah 2016-07-26 From Olympic gold medal winner Mo Farah and bestselling author of *Oi Frog!*, Kes Gray, comes a fun and action-packed picture book that will get kids reading, and running too! So, what are you waiting for? Warm up, do the MOBOT, and then ... Run on the pavement Run on the grass Run in the playground Perhaps not in class! Follow Mo on his madcap adventures as his running skills go from strength to strength. The

perfect book to share and read aloud. With vibrant illustrations and a rhyming text. The nation watched with bated breath as Mo Farah seized Olympic gold in the 10,000m and 5000m - he's been a national treasure ever since. In this adventurous picture book father of three, Mo Farah, combines two lifelong passions - literacy and exercise. Children's books by Mo Farah: Ready Steady Mo!, Go Mo Go: Monster Mountain Chase!, Go Mo Go: Dinosaur Dash!, Go Mo Go: Seaside Sprint!

Laura Trott and Jason Kenny Laura Trott 2016-11-10 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 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 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.

Gold Rush Michael Johnson 2011-09-15 '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 analysis of the fascinating combination of psychological and personal qualities, as well as internal and external factors, that go to create an Olympic champion.

Testament of Youth Vera Brittain 1979-01-01 For nearly a decade I have wanted, with a growing sense of urgency, to write something which would show what the whole War and post-war period — roughly, from the years leading up to 1914 until about 1935 — has meant to the men and women of my generation, the generation of those boys and girls who grew up just before the War broke out. I wanted to give too, if I could, an impression of the changes which that period brought about in the minds and lives of very different groups of individuals belonging to the large section of middle-class society from which my own family comes.

Experience Martin Amis 2014-09-17 Martin Amis is one of the most gifted and innovative writers of our time. With Experience, he discloses a private life every bit as unique and fascinating as his bestselling novels. The son of the great comic novelist Kingsley Amis, Martin Amis explores his relationship with his father and writes about the various crises of Kingsley's life. He also examines the life and legacy of his cousin, Lucy Partington, who was abducted and murdered by one of Britain's most notorious serial killers. Experience also deconstructs the changing literary scene, including Amis' portraits of Saul Bellow, Salman Rushdie, Allan Bloom, Philip Larkin, and Robert Graves, among others. Not since Nabokov's Speak, Memory has such an implausible life been recorded by such an inimitable talent. Profound, witty, and ruthlessly honest, Experience is a literary event.

My Life Leon Trotsky 2012-04-05 This priceless historical document features firsthand accounts from top levels of leadership in the Russian revolutions of 1905 and 1917, chronicling the struggle to establish a dictatorship of the proletariat.

Dinosaur Dash! Mo Farah 2017-10-05 From Olympic gold medal winner Mo Farah and bestselling author of Oi Frog!, Kes Gray, comes a fun fiction series which will get kids reading, and running too! Mo and his friends are jogging in the local park when Mo suggests they run backwards for fun. But what they hadn't bargained for was running back in TIME. There are DINOSAURS everywhere ... and they are hungry. Luckily Mo and his friends are wearing good trainers. It's a good job they love to run! Follow Mo on his madcap adventures as his running skills go from strength to strength. The perfect book to share and read aloud. The nation watched with bated breath as Mo Farah seized Olympic gold in the 10,000m and 5000m - he's been a national treasure ever since. In this adventurous series father of three, Mo Farah, combines two lifelong passions - literacy and exercise. Children's books by Mo Farah: Ready Steady Mo, Go Mo Go: Monster Mountain Chase!, Go Mo Go: Dinosaur Dash!, Go Mo Go: Seaside Sprint!

26 Marathons Meb Keflezighi 2019-03-19 NEW YORK TIMES BESTSELLER • A world-class runner and four-time Olympian shares the life lessons he's learned from each of the twenty-six marathons he's run in his storied career. "An athlete whose wisdom and lessons aren't just for runners."—The Washington Post When Meb Keflezighi—the first person in history to win both the Boston and New York City marathons as well as an Olympic marathon medal—ran his final marathon in New York City on November 5, 2017, it marked the end of an extraordinary distance-running career. Meb's last marathon was also his twenty-sixth, and each of those marathons has come with its own unique challenges, rewards, and outcomes. In 26 Marathons, Meb takes readers on those legendary races, along every hill, bend, and unexpected turn of events that made each marathon an exceptional learning experience, and a fascinating story. 26 Marathons offers the wisdom Meb has gleaned about life, family, identity, and faith in addition to tips about running, training, and nutrition. He shows runners of all levels how to apply the lessons he's learned to their own running and lives. Equal parts inspiration and practical advice, 26 Marathons provides an inside look at the life and success of one of the greatest runners living today. Praise for 26 Marathons "26 Marathons is a swift read, guaranteed to be popular with student athletes plus hard-core and recreational runners, who will undoubtedly agree that Meb is an American treasure and running ambassador who never fails to inspire."—Booklist (starred review) "26

Marathons gives great insight about the ups and downs in marathon running and how to cope with them. As Meb shows, dealing with these marathon experiences help us become better in our lives.”—Eliud Kipchoge, Marathon World Record Holder and 2016 Olympic Gold Medalist *“Meb’s 26 Marathons is like opening a treasure chest full of inspiring stories that give behind-the-scenes glimpse into the mental and physical joys and obstacles that elite-level racing can bring. His advice on training, overcoming injuries, and adversity is for everyone. It’s pure gold!”*—Shalane Flanagan, 2017 TCS NYC Marathon Champion

Monster Mountain Chase! Mo Farah 2017-07-13 From Olympic gold medal winner Mo Farah and bestselling author Kes Gray, comes a fun fiction series which will get kids reading, and running too! After returning home from a long cross-country run, it's time for Mo and his friends to decide where to go on their next running adventure. Sandwiches at the ready, the friends head somewhere beautiful, with glistening snow and sparkling lakes ... The Rocky Mountains! But crossing states is tiring work, and with lots of new creatures (and monsters!) to meet along the way, will Mo and friends ever get time for a sandwich break? Here comes Bigfoot ... RUN!

The Dirtiest Race in History Richard Moore 2013-09-26 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' 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.

Notes on an Execution Danya Kukafka 2022-01-25 Ansel Packer is scheduled to die in twelve hours. He knows what he's done, and now awaits the same fate he forced on those girls, years ago. Ansel doesn't want to die; he wants to be celebrated, understood. But this is not his story. As the clock ticks down, three women uncover the history of a tragedy and the long shadow it casts. Lavender, Ansel's mother, is a seventeen-year-old girl pushed to desperation. Hazel, twin sister to his wife, is forced to watch helplessly as the relationship threatens to devour them all. And Saffy, the detective hot on his trail, is devoted to bringing bad men to justice but struggling to see her own life clearly. This is the story of the women left behind. Blending breathtaking suspense with astonishing empathy, Notes On An Execution presents a chilling portrait of womanhood as it unravels the familiar narrative of the American serial killer, interrogating our cultural obsession with crime stories, and asking readers to consider the false promise of looking for meaning in the minds of violent men.

Paula Paula Radcliffe 2005 "Updated to include her New York, London, and Helsinki victories"--P. [4] of cover.