

Become A Wellness Champion

The revolutionary diet and nutrition book and New York Times bestseller With his revolutionary no-grain diet, online health pioneer, natural medicine advocate, and bestselling author Dr. Mercola will show you how to conquer food cravings and stay slim for life. The debate is raging from the FDA to the nightly news: Why are 65 percent of all Americans overweight or obese? The USDA says it's fat. Dr. Mercola says it's grains and carbohydrates. It is finally time for the nutritional truth to come out. The No-Grain Diet explodes the myths of the low-fat diet and reveals the unhealthy aspects of other protein diets, instead providing you with a diet that really works, that is healthy, and that anyone can stay on for life. No more cravings, no more yo-yo dieting, no more confusion. The No-Grain Diet is the last diet book you will ever need. Be on your way to good health in three days! "An easy-to-read guide that provides important new information about the health problems and nutritional shortcomings of grain-based diets. Moreover, Dr. Mercola lays out a nutritional plan for weight loss and good health that closely resembles humanity's original culinary fare: lean meats, fresh fruits, and vegetables." —LOREN CORDAIN, PhD, author of *The Paleo Diet* "If you are seeking a dietary plan that will truly help you lose weight and be healthy—permanently—read this essential book!" —JOHN GRAY, author of *The Mars & Venus Diet & Exercise Solution*

The Olympic runner, actress, filmmaker and writer Alexi Pappas shares what she's learned about confidence, self-reliance, mental health, embracing pain, and achieving your dreams. "Heartbreaking and hilarious."—Mindy Kaling • "A beautiful read."—Ruth Reichl • "Essential guidance to anyone dreaming big dreams."—Shalane Flanagan • "I couldn't put it down."—Adam Grant run like a bravey sleep like a baby dream like a crazy replace can't with maybe When "Renaissance runner" (New York Times) Alexi Pappas—Olympic athlete, actress, filmmaker, and writer—was four years old, her mother died by suicide, drastically altering the course of Pappas's life and setting her on a search for female role models. When her father signed his bereaved daughter up for sports teams as a way to keep her busy, female athletes became the first women Pappas looked up to, and her Olympic dream was born. At the same time, Pappas had big creative dreams, too: She wanted to make movies, write, and act. Despite setbacks and hardships, Pappas refused to pick just one lane. She put in a tremendous amount of hard work and wouldn't let anything stand in her way until she achieved all of her dreams, however unrelated they may seem to outsiders. In a single year, 2016, she made her Olympic debut as a distance runner and wrote, directed, and starred in her first feature film. But great highs are often accompanied by deep lows; with joy comes sorrow. In *Bravey*, Pappas fearlessly and honestly shares her battle with post-Olympic depression and describes how she emerged on the other side as a thriving and self-actualized woman. Unflinching, exuberant, and always entertaining, *Bravey* showcases Pappas's signature, charming voice as she reflects upon the touchstone moments in her life and the lessons that have powered her career as both an athlete and an artist—foremost among them, how to be brave. Pappas's experiences reveal how we can all overcome hardship, befriend pain, celebrate victory, relish the loyalty found in teammates, and claim joy. In short: how every one of us can become a bravey.

Traces the story of a champion equine jumper and the Dutch farmer who rescued him from the slaughterhouse, recounting how the farmer discovered Snowman's jumping talents and trained him to compete against the world's thoroughbreds.

A prophecy condemns him, a goddess binds him, but what will set Odysseus free? A thrilling tale of a legendary Greek adventure, perfect for fans of Madeline Miller and David Gemmell. Young Prince Odysseus is about to have his world torn apart. He has travelled to the oracle at

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Pytho to be anointed as heir to his island kingdom, but instead a terrible secret is revealed, one that tears down every pillar of his life and marks him out for death. Outcast by his family and on the run, Odysseus is offered sanctuary by Athena, goddess of wisdom, and thrust headfirst into the secret war between the gods. But can his wits, and his skill as a warrior, keep him ahead of their power games – and alive? Gods and mortals collide in this spellbinding retelling of a legend from classic Greek mythology, the first in the epic Olympus Trilogy. Praise for Athena's Champion 'I'm always a sucker for some greek mythos retellings but this took the legendary tale to a another level. Legends, heroes, deceit, politics, sexism, fantasy, it has everything I love in a book and more' NetGalley Reviewer – Jun Ong

INSTANT NEW YORK TIMES BESTSELLER An unflinching memoir from the six-time NBA Champion, two-time Olympic gold medalist, and Hall of Famer—revealing how Scottie Pippen, the youngest of twelve, overcame two family tragedies and universal disregard by college scouts to become an essential component of the greatest basketball dynasty of the last fifty years. Scottie Pippen has been called one of the greatest NBA players for good reason. Simply put, without Pippen, there are no championship banners—let alone six—hanging from the United Center rafters. There's no Last Dance documentary. There's no "Michael Jordan" as we know him. The 1990s Chicago Bulls teams would not exist as we know them. So how did the youngest of twelve go from growing up poor in the small town of Hamburg, Arkansas, enduring two family tragedies along the way, to become a revered NBA legend? How did the scrawny teen, overlooked by every major collegiate basketball program, go on to become the fifth overall pick in the 1987 NBA Draft? And, perhaps most compelling, how did Pippen set aside his ego (and his own limitless professional ceiling) in order for the Bulls to become the most dominant basketball dynasty of the last half century? In *Unguarded*, the six-time champion and two-time Olympic gold medalist finally opens up to offer pointed and transparent takes on Michael Jordan, Phil Jackson, and Dennis Rodman, among others. Pippen details how he cringed at being labeled Jordan's sidekick, and discusses how he could have (and should have) received more respect from the Bulls' management and the media. Pippen reveals never-before-told stories about some of the most famous games in league history, including the 1994 playoff game against the New York Knicks when he took himself out with 1.8 seconds to go. He discusses what it was like dealing with Jordan on a day-to-day basis, while serving as the facilitator for the offense and the anchor for the defense. On the 30th anniversary of the Bulls' first championship, Pippen is finally giving millions of adoring basketball fans what they crave; a raw, unvarnished look into his life, and role within one of the greatest, most popular teams of all time.

Ten-year-old Kenny (Kenji in Japanese) worships his older brother, Mickey (Mitsuo), a baseball hero whose outstanding performance on the Asahi baseball team has given him fame and popularity. Despite Kenny's suspected heart condition, he is determined to practice secretly with Mickey so he, too, can one day try out for the Asahi. But world events soon overtake life in this quiet community. When Japan attacks Pearl Harbor in 1941, everything for Kenny and his family spirals out of control: schools are closed, businesses are confiscated, fathers are arrested and sent to work camps in the BC interior and mothers and children are relocated to internment camps. When Mickey is arrested for a small act of violence, Kenny manages to keep his family's spirits up, despite the deplorable conditions in camp. Coming across a "vacant" field covered with scrap wood, broken shakes and torn tar paper, Kenny gets permission to clear it and convert it into a baseball field. One by one, the boys in the camp pitch in, and the work gives purpose to their long days. Kenny's persistence, hard work and big dreams shape the teen he is to become in this story of happiness found despite all odds.

How do children become sporting greats we revere and idolise? Childhood is the time of our lives that shapes us the most. By delving into the childhoods of the world's greatest ever athletes, *The Making of Champions* seeks to better understand the early moments that shaped their

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lives, in the process revealing how sporting champions are made. The answer is surprising. Despite the variety of sports under consideration, one common factor exists in all these athletes' stories - their Champion Mindset. The Making of Champions reveals the details of this mindset, who shaped it in their formative years and why it led to their success. The Making of Champions is an invaluable resource for those interested in understanding childhood development in sport, and how to develop the next great athlete. Featuring stories from: Michael Jordan, Cristiano Ronaldo, Lionel Messi, Lewis Hamilton, Serena Williams, Paula Radcliffe, Michael Phelps, The Brownlee Brothers, Roger Bannister... and many more. The tennis star offers a candid account of his athletic career that reveals his rise to fame on the court, his most dramatic on-court moments, his famed rivalry with Andre Agassi, and the pressures of and lessons learned about success.

Be Healthy, Strong, and Shine Bright to the World Around You! Active in church ministry and missions since 1998, Russ Mason has been reading and studying the Biblical book of Proverbs every day for nearly 20 years. Because the truths in Proverbs are so applicable to what we all experience on a daily basis, Russ has devoted so much of his study over the years to this one particular book. For sure, reading Proverbs every day has had more of a profound impact on his life than anyone or anything else. We know the same will be true for you. Life is short and your destiny is great and that is why God wants you to be healthy, strong, and to live at your very best every single day. We know this book will encourage, inspire, and challenge you to rise higher and be better in virtually every area of your life so you can become the champion God has created you to be. Some of the topics we will discuss are: Living a Long and Successful Life, Reaching Your Greatest Potential, Continually Moving Forward and Upward, Surrounding Yourself with Champions, Never Giving Up, Aiming High, and many more! Becoming A Champion will be relevant to what you experience on a daily basis and its truths will empower you to be happier, healthier, and more successful at home, work, and school. As you learn and apply its principles, you will become more mentally, emotionally, and spiritually strong as well as confident and productive each and every day. So are you ready to start the journey? It's time to move forward and BECOME THE CHAMPION God has created you to be!

Technology, at least in theory, is improving our productivity, efficiency, and communication. The one thing it's not doing is making us happier. We are experiencing historically high levels of depression and dissatisfaction. But we can change that. Knowing that technology is here to stay and will continue to evolve in form and function, we need to know how to navigate the future to achieve a better balance between technology, productivity, and well-being. Technology can drive—not diminish—human happiness. In *The Future of Happiness*, author Amy Blankson, cofounder of the global positive psychology consulting firm GoodThink, unveils five strategies successful individuals can use, not just to survive—but actually thrive—in the Digital Age:

- Stay Grounded to focus your energy and increase productivity
- Know Thyself through app-driven data to strive toward your potential
- Train Your Brain to develop and sustain an optimistic mindset
- Create a Habitat for Happiness to maximize the spaces where you live, work, and learn
- Be a Conscious Innovator to

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help make the world a better place By rethinking when, where, why, and how you use technology, you will not only influence your own well-being but also help shape the future of your community. Discover how technologies can transform the idea of "I'll be happy when . . ." to being happy now.

So you Want to be Successful? A Champion's Guide to Success in Work and Life. Written by NaToya Champion. To be successful, you must first know what success is to you. Now that you know, how do you plan on achieving it? This book is a depiction of what it has taken to accumulate success in work and life through the eyes of a Champion.

Let your body do the work... Do you have to tell your leg to heal from a scrape? Your lungs to take in air? Your body that it's hungry? No. Your body does these things automatically, effortlessly. Vibrant health is your birthright and within your grasp; you just have to step out of the way. In Effortless Healing, online health pioneer, natural medicine advocate, and bestselling author Dr. Joseph Mercola reveals the nine simple secrets to a healthier, thinner you. The results are amazing and the steps can be as easy to implement as:

- Throwing ice cubes in your water to make it more “structured”
- Skipping breakfast, as it could be making you fat
- Eating up to 75 percent of your calories each day in fat for optimal health, reduction of heart disease, and cancer prevention
- Avoiding certain meat and fish, but enjoying butter
- Eating sauerkraut (and other fermented foods) to improve your immune system and your mood
- Walking barefoot outside to decrease system-wide inflammation (and because it just feels great)
- Enjoying a laugh: it's as good for your blood vessels as fifteen minutes of exercise

Effortless Healing is the distillation of decades of Dr. Mercola's experience and cutting-edge medical knowledge. With his wisdom and that of your body, you can optimize your health, your weight, and your life...effortlessly.

A smarter framework for designing more effective workplacewellness programs Workplace Wellness That Works provides a freshperspective on how to promote employee well-being in the workplace.In addressing the interconnectivity between wellness andorganizational culture, this book shows you how to integratewellness into your existing employee development strategy in morecreative, humane, and effective ways. Based on the latest researchand backed by real-world examples and case studies, this guideprovides employers with the tools they need to start making adifference in their employees' health and happiness, and promotingan overall culture of well-being throughout the organization.You'll find concrete, actionable advice for tackling the massiveobstacle of behavioral change, and learn how to design andimplement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees theinspiration and tools they need to make changes in their lifestylesis a great idea. But the billion-dollar question is: what dothey want, what do they need, and how do we implement programsto help them without causing more harm than good? WorkplaceWellness That Works shows you how to assess your organization'sneeds and craft a

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plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

Duane shares the inspirational tale of how he learned to change his thought and the stories he told himself into a tale with him at the center at the champion of his own life. Through his story, you will learn how to declare your own championship season and rescue yourself from monotony and lack of fulfillment.

Welcome to the wellness revolution. With all the chemicals added to store-bought beauty products and processed food, it's time for a change! Kitchen Wellness reveals how nutrient-dense, whole foods can help you look and feel radiant. Using ingredients from your kitchen, you will cook your way beautiful with these easy to make recipes that feed your body and soothe your soul. Each mindfully crafted recipe is designed with the maximum healing power to help reveal an amazing glow by eating delicious food and using some of the same ingredients to make a DIY beauty treatment. Discover how vitamins, minerals, micronutrients and superfoods found in your kitchen are the key to your overall wellness.

The goal to improving one's life begins internally. By addressing the quality of your mental state—whether fear, doubt, anxiety, depression—you can achieve a positive self-worth and improve your quality of life. It all begins with you! All of us, at one point in our lives, have wondered if we are able to make the decisions or choices that will turn our lives around. Can I begin that work project I have been putting off? What about the diet that will help me lose weight and get healthy? Can I salvage the marriage that's ripping at the seams? What do I do after losing my job? The hardest part can be taking that first step toward such a goal, and the fear can be overpowering. That is the goal of InnerFitness. Former Mr. Universe, Nordine Zouareg, learned that while his outer self was chiseled out of stone, his inner self was crumbling. Rather than giving up, Nordine looked back on his life and actively reflected on the emotions that affected who he had become. From that point forward, his goal was not only to improve the quality of his life, but that of others. During such self-exploration, he noted five key issues to personal improvement. They are: self-worth trust tranquility body desire to fight By exposing these five basic issues which hold us back, Nordine shows how to be empowered, have emotional clarity, and consistently choose freedom over fear, success over self-sabotage, confidence over insecurity, and courage over passivity. In essence, retraining your brain from “I'm not enough” to “I'm good enough.” InnerFitness explains

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how to manage your inner voice—the one which tells us we're not good enough, that we cannot succeed. By taking such steps, like celebrating victories (large or small) and seeing failures only as temporary and instructional, you will be on a path to loving yourself for who you are...which is the first step to a happier life.

Becoming a True Champion offers a path to achieving athletic excellence, longevity, and dignity through the values and hard work that once distinguished athletes as true role models. Providing an antidote to images of misbehaving athletes, this book guides readers through the ethics and standards that will set them apart both on and off the field.

A legendary NBA player shares his remarkable story, infused with hard-earned wisdom about the journey to self-mastery from a life at the highest level of professional sports Chris Bosh, NBA Hall of Famer, eleven-time All-Star, two-time NBA champion, Olympic gold medalist, and the league's Global Ambassador, had his playing days cut short at their prime by a freak medical condition. His extraordinary career ended not at a time of his choosing but "in a doctor's office in the middle of the afternoon." Forced to reckon with how to find meaning to carry forward, he found himself looking back over his path, from a teenager in Dallas who balanced basketball with the high school robotics club to the pinnacle of the NBA and beyond. Reflecting on all he learned from a long list of basketball legends, from LeBron and Kobe to Pat Riley and Coach K, he saw that his important lessons weren't about basketball so much as the inner game of success—right attitude, right commitment, right flow within a team. Now he shares that journey, giving us a fascinating view from the inside of what greatness feels like and what it takes, formulated as a series of letters to younger people coming up and to all wisdom seekers. A timeless gift for anyone in pursuit of excellence, Letters to a Young Athlete offers a proven path for taming your inner voice and making it your ally, through the challenges of failure and the challenges of success alike.

This is the long-awaited reprint of the highly-acclaimed book 'Athletics: How to become a champion' by Percy Cerutti, world renowned coach to Australia's greatest athlete, Herb Elliott, winner of the 1500m at the Rome Olympics in 1960. First published in 1960, this book, a classic in its time, has been out of print for 50 years. The book is full of details and ideas for optimum athletic training with specific advice for various distance and field events within the track and field discipline. This book garnered much praise when it was first published. Today's athlete and coach has much to learn from the wisdom of this outspoken and at times controversial figure. Cerutti describes the training regime at his Portsea, Victoria, athletics camp. The book includes historic images of a young Herb Elliott training under the master coach. Republished with permission from the family of the late coach, this book will inspire and encourage today's young athlete who dreams of Olympic triumph, just as Herb Elliott did in 1960.

From the national bestselling and award-winning author of the Vampire Earth saga comes the first in a fantastic new series. The journey of life is so uncertain, and along the way, individuals will encounter many unexpected obstacles. My hope is that this book will be a guide to enhance, educate, and empower teens and young adults, propelling individuals into a successful, prosperous future. Beloved I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth (John 3:2, KJV).

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One of the most influential teaching guides ever—updated! Teach Like a Champion 2.0 is a complete update to the international bestseller. This teaching guide is a must-have for new and experienced teachers alike. Over 700,000 teachers around the world already know how the techniques in this book turn educators into classroom champions. With ideas for everything from classroom management to inspiring student engagement, you will be able to perfect your teaching practice right away. The first edition of Teach Like a Champion influenced thousands of educators because author Doug Lemov's teaching strategies are simple and powerful. Now, updated techniques and tools make it even easier to put students on the path to college readiness. Here are just a few of the brand new resources available in the 2.0 edition: Over 70 new video clips of real teachers modeling the techniques in the classroom (note: for online access of this content, please visit my.teachlikeachampion.com) A selection of never before seen techniques inspired by top teachers around the world Brand new structure emphasizing the most important techniques and step by step teaching guidelines Updated content reflecting the latest best practices from outstanding educators With the sample lesson plans, videos, and teachlikeachampion.com online community, you will be teaching like a champion in no time. The classroom techniques you'll learn in this book can be adapted to suit any context. Find out why Teach Like a Champion is a "teaching Bible" for so many educators worldwide.

Now a major motion picture starring Academy Award winner Lupita Nyong'o and David Oyelowo, directed by Mira Nair. The "astonishing" (The New York Times Book Review) and "inspirational" (Shelf Awareness) true story of Phiona Mutesi—a teenage chess prodigy from the slums of Uganda. One day in 2005 while searching for food, nine-year-old Ugandan Phiona Mutesi followed her brother to a dusty veranda where she met Robert Katende. Katende, a war refugee turned missionary, had an improbable dream: to empower kids in the Katwe slum through chess—a game so foreign there is no word for it in their native language. Laying a chessboard in the dirt, Robert began to teach. At first children came for a free bowl of porridge, but many grew to love the game that—like their daily lives—requires persevering against great obstacles. Of these kids, one girl stood out as an immense talent: Phiona. By the age of eleven Phiona was her country's junior champion, and at fifteen, the national champion. Now a Woman Candidate Master—the first female titled player in her country's history—Phiona dreams of becoming a Grandmaster, the most elite level in chess. But to reach that goal, she must grapple with everyday life in one of the world's most unstable countries. The Queen of Katwe is a "remarkable" (NPR) and "riveting" (New York Post) book that shows how "Phiona's story transcends the limitations of the chessboard" (Robert Hess, US Grandmaster).

Award-winning coach and sports psychologist Jim Afremow has helped everyone from Olympians to professional athletes train their mind, body, and spirit. Now, in this new young adult edition of his highly praised The Champion's Mind, Dr. Afremow is helping student athletes do—and feel—their best. Whether you are striving to balance your school and sports accomplishments, or just get that extra edge in your sport, his sage advice will be a much-needed guide in helping you navigate the field—or rink or court. New additions to The Young Champion's Mind include such topics as:- Tips on how to get in a "zone," thrive on a team, and stay humble- How to progress within a sport and sustain excellence long-term- Customizable pre-performance routines to hit

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full power when the gun goes off or the puck is dropped

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Bartha, Pam. (2011). *Become a wellness champion. Your essential guide to wellness & prevention.* Kelowna, BC: Wellness Publishing International. Pam Bartha, BSc, PDPP, is a Wellness Champion. Clinically diagnosed with a debilitating illness at the age of 28, she chose a non-prescription approach to therapy. Now more than 20 years later and still symptom free, she coaches others on the life-changing principles of wellness and prevention beyond pharmaceuticals. *Become a Wellness Champion* reveals dynamic new insights into disease and prevention that will: Dispel confusion and frustration about wellness Equip readers to quickly discern effective wellness strategies from marketing hype Show readers how to reach and maintain their perfect body shape for life Demystify the use of dietary supplements Help readers to identify and minimize the impact of silent infections and dysbiosis Equip readers to work more effectively with their health care professional Whether the reader has recently received a difficult diagnosis or is just interested in minimizing his/her dependence on the current health care system, *Become a Wellness Champion* is an essential guide to a longer, healthier, and happier life. This book is written for the general public but contains many scientific peer-reviewed references.

Eighty-three per cent of employees say it is up to the employer to facilitate well-being in the workplace. Well-being at work is a key priority for employees. Over the last decade our world has increased its focus on individual well-being. There is a huge amount of information available and education offered on how to enhance personal well-being by reducing stress and being more physically active, but when it comes to our workplaces, do we really know what well-being means? Do Employers really take notice of these changes taking place? Because we now live longer and work for extended hours and well into our twilight years, workplace well-being becomes a key element to employee attraction, retention and satisfaction. It's not just important that workplaces prioritise well-being; it's vital for their success. With whom does the responsibility lie to ensure this is happening? Using data-driven insights, social researchers Ashley Fell and Mark McCrindle have surveyed thousands of employees on this topic to better equip managers, leaders and employees with a thorough understanding of what workplace well-being is, why it is important and how to achieve it. Tommy 'Titch' Darwin enrolls at Marshall Johnson's Battle Academy. Training is tough, but Titch is determined to become a battle champion and follow in his father's footsteps. As battle lessons commence, Titch and his fellow students are unaware that baddie Wyatt Thorne is watching. He has two grudges - against Marshall Johnson and Titch (whose father defeated Wyatt on his first attempt to become a mech champion). Can Titch save the Academy from Wyatt and make the grade? Or will he never make it as a mech fighter in time for the championship trail?

Structured like a sonata, this heartbreaking debut novel hits all the right notes. Dominique is a high school junior from gritty Trenton, barely getting by. Ben is a musical prodigy from the Upper East Side, a rising star at a top conservatory. When Dom's class is taken to hear a concert at Carnegie Hall, she spots Ben in the front row, playing violin like his life depends on it — and she is transfixed. Posing as an NYU student, Dom sneaks back to New York City to track him down. Soon, the two are desperately in

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love, each seeing something in the other to complete them. But Ben's genius, which Dominique so admires, conceals his struggle with mental illness — and the challenges of her own life may make it impossible for her to save him from himself.

The top Paralympic swimmer in the world, Jessica Long delivers an inspirational photographic memoir. Born in Siberia with fibular hemimelia, Jessica Long was adopted from a Russian orphanage at thirteen months old and has since become the second most decorated U.S. Paralympic athlete of all time. Now, Jessica shares all the moments in her life—big and small, heartbreaking and uplifting—that led to her domination in the Paralympic swimming world. This photographic memoir, filled with photographs, sidebars, quotes, and more, will thrill her fans and inspire those who are hearing her story for the first time.

A picture book about Champ and Major, President-elect Joe Biden's two adorable dogs! Major will be the first shelter dog in the White House, and Champ can't wait to show him around. Champ and Major's dad, Joe Biden, just got a really important job: He's going to be the new president of the United States! Champ is excited to go back to the White House—he got to visit it when his dad was the vice president, before the family adopted Major, and he knows about all the important work that happens there. Major is going to be one of the first rescue dogs to live in the White House, and Champ can't wait to show his little brother around. Soon, Champ and Major will be in their new home, and they're going to bring a lot of fun with them!

Even among the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments. These athletes prove that raw athletic ability doesn't necessarily translate to a superior on-field experience—its the mental game that matters most. Sports participation—from the recreational to the collegiate Division I level—is at an all-time high. While the caliber of their games may differ, athletes at every level have one thing in common: the desire to excel. In *The Champion's Mind*, sports psychologist Jim Afremow, PhD, offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including:

- How to get in a "zone," thrive on a team, and stay humble
- How to progress within a sport and sustain long-term excellence
- Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped

With hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers, *The Champion's Mind* will help you shape your body to ensure a longer, healthier, happier lifetime.

"I have had the chance to meet Melissa and hear her amazing story in person. In this book, Melissa shares insight on how she became a warrior and fought back to become the champion she is today. She is a great example of perseverance in the face of what appears to be insurmountable hurdles. Her love of country is strong and carries through her joining the military and representing Team USA in the Paralympic Games. A true champion in many ways."—Jackie Joyner Kersee

"Melissa's story of strength and courage is not only incredibly moving, it is a must-read for anyone facing any challenge. Clearly her passion for country and sport drives every one of her accomplishments. From a young gymnast like I was, to representing the United States in Paratriathlon, Melissa inspires us all with her story of overcoming unimaginable adversity and what it truly means to be unstoppable."—Shannon Miller

Melissa Stockwell has been a restless force of nature from the time she was a little girl speeding around her neighborhood on her bike, to her tumbles and spills as a high-level gymnast and Olympic hopeful, to joining the ROTC in college as an outlet for her patriotism and love of America. After 9/11, she was deployed to Iraq as a commissioned Army officer, where she suffered the injury that would change her life forever. After a long and challenging recovery at Walter

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Reed Hospital, she exercised her power of choice to channel her energy into competition, winning three Paratriathlon World Championships and medaling at the 2016 Rio Paralympics. Her journey weaves service to her country and the heartache of a painful divorce along with founding a successful nonprofit, launching a career in prosthetics, finding new love, and becoming a mother to two children. Along the way, she meets all the living American presidents and inspires others with disabilities—through a story that is riveting, moving, and an inspiration for anyone who would choose to live their life to the fullest.

"I know that I'll be evaluated in Seattle with wins and losses, as that is the nature of my profession for the last thirty-five years. But our record will not be what motivates me. Years ago I was asked, 'Pete, which is better: winning or competing?' My response was instantaneous: 'Competing. . . because it lasts longer.'" Pete Carroll is one of the most successful coaches in football today. As the head coach at USC, he brought the Trojans back to national prominence, amassing a 97-19 record over nine seasons. Now he shares the championship-winning philosophy that led USC to seven straight Pac-10 titles. This same mind-set and culture will shape his program as he returns to the NFL to coach the Seattle Seahawks. Carroll developed his unique coaching style by trial and error over his career. He learned that you get better results by teaching instead of screaming, and by helping players grow as people, not just on the field. He learned that an upbeat, energetic atmosphere in the locker room can coexist with an unstoppable competitive drive. He learned why you should stop worrying about your opponents, why you should always act as if the whole world is watching, and many other contrarian insights. Carroll shows us how the Win Forever philosophy really works, both in NCAA Division I competition and in the NFL. He reveals how his recruiting strategies, training routines, and game-day rituals preserve a team's culture year after year, during championship seasons and disappointing seasons alike. Win Forever is about more than winning football games; it's about maximizing your potential in every aspect of your life. Carroll has taught business leaders facing tough challenges. He has helped troubled kids on the streets of Los Angeles through his foundation A Better LA. His words are true in any situation: "If you want to win forever, always compete."

Physician Burnout to Your Ideal Practice is possible using this first comprehensive stress-reduction resource for practicing physicians. You can be a modern physician and have an extraordinary life when you learn and practice the tools in this book. Use this book to STOP the downward spiral of physician burnout with field-tested, doctor-approved techniques discovered through thousands of hours of one-on-one coaching with physicians facing career threatening burnout. Dr. Dike Drummond MD, CEO and founder of TheHappyMD.com will show you burnout's symptoms, effects, and complications; burnout's pathophysiology and four main causes; how to bypass the invisible doctor "Mind Trash" that gets in the way of your recovery; 14 proven burnout prevention techniques and FREE access to an additional 15 techniques on our Power Tools web page - a private resource library; and a step-by-step method to build a more Ideal Practice and a more balanced life whether or not you are suffering from burnout at the moment.

The renowned professional skier shares insights gained from her life as a Christian, focusing on the rigorous demands of her life as an athlete and the rewards of living the Christian lifestyle in a challenging world.

This is a memoir by two-time CrossFit Games champion, Katrin Davidsdottir. Dottir is two-time consecutive CrossFit Games Champion Katrin Davidsdottir's inspiring and poignant memoir. As one of only three women in history to have won the title of "Fittest Woman on Earth" twice, Davidsdottir knows all about the importance of mental and physical strength. She won the title in 2015, backing it up with a second win in 2016, after starting CrossFit in just 2011. A gymnast as a youth, Davidsdottir wanted to try new challenges and found a love of CrossFit. But it hasn't been a smooth rise to the top. In 2014, just one year before taking home the gold, she didn't qualify for the Games. She used that loss

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as motivation and fuel for training harder and smarter for the 2015 Games. She pushed herself and refocused her mental game. Her hard work and perseverance paid off with her return to the Games and subsequent victories in 2015 and 2016. In *Dottir*, Davidsdottir shares her journey with readers. She details her focus on training, goal setting, nutrition, and mental toughness.

"Vincent Chu's work is funny and big-hearted, like the best short stories from Sherman Alexie, imbued with a generosity and warmth that reminds us that moments of glory can happen when we least expect it. In eighteen stories that shine a light on people far from champions, *Like a champion* is an ode to the underdogs and long shots, sad office parties and one-sided basketball games, disappointed worker bees and hopeful lovers"--P. [4] of cover.

_____ Ramla Ali is a triple threat - humanitarian, model and boxer. Her life inside and outside the ring represents her ruthless refusal to quit and passion to fight for what she believes in. In her first book, *Ramla* details ten key fights - a combination of life's constant challenges and real bouts she's endured both in and outside of the ring - that have shaped her remarkable rise to date. From her arrival in England as a refugee to being drawn to the energy and spirit of her first boxercise class; from the adrenaline of her first amateur fights to how she often powered on alone, searching for a community of women like her, and her biggest win of all: letting love into her life. Each relatable lesson is packed full of honesty and urgency, powering the reader on to become their own champion. _____

'No matter where you start off in life, hard work, dedication and an unwillingness to give up will always see you through to your target. I hope you can take as much out of this book as I did' ANTHONY JOSHUA 'A gripping and essential read. She continues to turn her own immense personal achievements into positive change for others and make a mark not only in her sport, but also in the world' CAMILLA THURLOW 'A force for good ... Ali is tough, self-possessed, funny and unafraid to tell it how it is' FINANCIAL TIMES 'Ali radiates energy ... her ruthless refusal to quit has propelled her to the top of the sporting and fashion world' TELEGRAPH 'Is there anything Somali-born boxing champion Ramla Ali can't do?' VOGUE 'Here is a woman so determined and driven to meet her goals, 'hero' doesn't seem inappropriate' STYLIST 'Ramla Ali is an unstoppable force' ELLE

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