

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

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.

"Forced to hid her true identity, Zahra, a teenage genie, finds her chance for freedom challenged by her love for her master,"--NoveList.

All Kelly Smith ever wanted to be was a footballer. Blessed with brilliant talent which she honed with hours of practice, it was soon clear to all who saw her that Kelly was the best women's footballer that this country had ever produced. Yet for this shy girl from Watford, it would be a long and difficult journey to the pinnacle of the world game, and one which would involve the hardest of challenges. After starting drinking to mask her loneliness thousands of miles from home in the United States, a series of career-threatening injuries led to severe depression and a battle with alcoholism. But with the fighting spirit that was so essential on her path to be Britain's first women's professional player, Kelly bounced back to inspire Arsenal to countless trophies and become England's record goalscorer. Footballer: My Story is the inspirational tale of a woman with a drive to succeed. It is the unique inside story of a star in a sport enjoyed by millions yet often not granted the recognition it deserves. And as she nears the end of a glittering playing career, it is the story of how Kelly Smith became what she always wanted to be. A professional footballer, in a professional league.

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.

SHORTLISTED FOR THE TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD 2019 RUNNING AWARDS 2019 – TOP BOOK Dare to Tri is the amazing story of TV presenter Louise Minchin's journey from the BBC Breakfast sofa to representing Great Britain at the World Triathlon Championships. This is a warmly written and wonderfully honest adventure-through-sport that will both entertain and inspire. 'I didn't even know what a triathlon was before 2012... When I took up the sport three years ago I didn't imagine for a second then, that, one day, I would be able to represent my country internationally.' Louise Minchin What started out as a fun BBC Breakfast cycling stunt in 2012 culminated in Louise Minchin wearing the colours of Great Britain at the World Triathlon Championship in 2015 – this is the story of how a newly discovered sport became a passion and then an obsession. Dare to Tri charts Louise Minchin's incredible journey as she rediscovers competitive sport after 30 years and takes her first tentative steps as a triathlete. As her performances improve, there's a realisation that representing the Great British team in her age group is a possibility and the book tells of her plucky attempt to achieve this almost-unthinkable goal. It is an adventure not without its challenges as Louise has to overcome personal nerves, a brutal training regime, the odd bike crash and the occasional drama. Enjoy the ride as Louise Minchin challenges herself to represent Great Britain in triathlon.

Jessica Ennis started out as an ordinary Sheffield schoolgirl, one that other young people can readily relate to. The daughter of a Jamaican painter-and-decorator from Sheffield and a social care worker from Derbyshire who had shown promise themselves at schools athletics, she took the genes she was given and converted them into gold. Jessica has turned herself, by dint of her multi-disciplined skills, courage and commitment, into one of the greatest British athletes of the modern era, decorated with awards and titles and an MBE at the age of 26. A psychology graduate, her mind is as finely tuned as her body. Medals and personal bests pepper her records to show that during competition she doesn't baulk under pressure but constantly lifts herself out of her comfort zone to be the best in the world.

Mo Farah is the UK's most successful distance runner - and double gold-medalist at the London 2012 Olympic Games. Read his story, from his childhood in Somalia up to when he crossed the finish line at London 2012. It takes blood, sweat and tears to get to the top of any sport, and these short, inspirational biographies show just how tough it can be. Focusing on top athletes and sport personalities, each dramatic story brings to life the skill, determination and luck needed to break through into top level competition. This title is published by Franklin Watts EDGE, which produces a range of books to get children reading with confidence. EDGE - for books children can't put down.

'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.

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.

The Golden Girl of British cycling opens up, for the first time, in searingly honest detail about what drives her to compete in a sport she no longer loves. Written with Donald McRae, 2 time winner of the William Hill Award, "Between the Lines" is THE Olympic autobiography.

The autobiography of the fastest man of all time and a superstar whose talent and charisma have made him one of the most famous people on the planet.

From the celebrated star of the U.S. Women's National Soccer Team, an inspiring, uplifting, and candid memoir of how she got there. In 2015, the U.S. Women's National Soccer Team won its first FIFA championship in sixteen years, culminating in an epic final game that electrified soccer fans around the world. It featured a gutsy, brilliant performance by team captain and midfielder Carli Lloyd, who made history that day, scoring a hat trick three goals in one game during the first sixteen minutes. But there was a time when Carli almost quit the sport. In 2003 she was struggling, her soccer career at a crossroads. Then she found a trusted trainer, James Galanis, who saw in Carli a player with raw talent, skill, and a great dedication to the game. What Carli lacked were fitness, mental toughness, and character. Together they set to work, training day and night, fighting, grinding it out. No one worked harder than Carli. And no one believed in her more than James. Despite all the naysayers, the times she was benched, moments when her self-confidence took a nosedive, she succeeded in becoming one of the best players in the world. This candid reflection on a remarkable turnaround will take readers inside the women's national team and inside the head of an athlete who willed herself to perform at the highest levels of competition."

After injury prevented her from competing in the 2008 Olympic Games, Jessica Ennis fought back to become the 2012 Olympic gold medal winner in the heptathlon. Read her story from her childhood years right up to when she crossed the finish line in her final event in London, 2012. It takes blood, sweat and tears to get to the top of any sport, and these short, inspirational biographies show just how tough it can be. Focusing on top athletes and sport personalities, each dramatic story brings to life the skill, determination and luck needed to break through into top level competition. This title is published by Franklin Watts EDGE, which produces a range of books to get children reading with confidence. We believe this title will be of interest to readers aged 7+ and to older readers who struggle with reading. EDGE - for books kids can't put down.

Swim, Bike, Run is the ultimate triathlon book, from Olympic heroes the Brownlee brothers The Olympic Triathlon, Hyde Park, London August 7th 2012 'We jogged to our positions on the pontoon: two brothers, side by side, the world and everyone we ever cared about looking on. Eighteen years of training, culminating in this single race. Noise from the crowd impossible to imagine. Hearts thumping. Swim-hats pulled tight, goggles lowered. Into a crouch, poised for the hooter. Three. Two. One...' This is the story of how two skinny lads from west Yorkshire became the best triathletes in the world. Meet the Brownlees: Olympic Champion Alistair, World Champion Jonny. Brothers, training partners, rivals. They have obliterated the competition and set new standards for swimming, biking and running. But the Brownlee brothers have never forgotten their roots. They still do their schoolboy hill runs and Dales rides; still train harder and longer than anyone; still push each other to new heights. In this revealing, often very funny book they take us inside their world and inside their races. It's both a riveting story of brotherly rivalry and a rare insight into what it takes to be the best. Swim, Bike, Run is also packed with training secrets. Whether you are thinking about your first triathlon or are a seasoned competitor, here are unique sections on how to swim, bike and run, and advice on nutrition, injury, and mental approach. With the Brownlees in your corner, you will do more than you ever thought possible. This book is essential reading for anyone interested in swimming, cycling and running and will be loved by readers of Mark Cavendish's Boy Racer and Running with the Kenyans. Alistair Brownlee, 24, is a British triathlete from Yorkshire. He is the reigning Olympic champion, a back-to-back European champion and a two-time World champion. Jonathan Brownlee, 22, is also a British triathlete from Yorkshire. He is the reigning World Champion, a two-time World Sprint champion and an Olympic bronze medalist. 'Sport has two new heroes: a couple of nice lads from Yorkshire' The Times

Greg Rutherford is one of the most successful British athletes of all time, winning gold at European, Commonwealth, World and Olympic levels, an achievement matched by only four others: Linford Christie, Jonathan Edwards, Sally Gunnell and Daley Thompson. Yet his route to the very top was never smooth. He always believed in himself as an athlete and sportsman, but for many years could not find an outlet that allowed him to truly excel. During his reckless teenage years, he would sometimes sleep rough and he dropped out of school, before he found the focus that would help him to get to the very top. But even then, there were still setbacks, as when he fell short in the Beijing Olympics. It served only to spur him on. In London, he became a part of 'Super Saturday' when he joined Mo Farah and Jessica Ennis in winning gold in 45 astonishing minutes of British glory. Condemned by some as a 'lucky' winner, he went on to complete his clean sweep of major titles through sheer determination to succeed. In this long-awaited memoir, he not only reveals the secrets of his remarkable success, but also has plenty to say on the issues that are dominating athletics, such as doping, and much else besides. It is a raw, passionate, entertaining and fascinating read.

Shortlisted for the Parliamentary Book Awards 2017 Jess Phillips writes like she talks - brilliantly. Her humour and passion shine through every page. Loved it? Robert Webb If you're thinking, 'Jess, who??' then I'm glad that there was something about 'Everywoman?' and 'truth?' that caught your eye. Or you might already know me as that gobby MP who has a tendency to shout about the stuff I care about. Because I'm a woman with a cause, I have been called a feminazi witch, a murderer and threatened with rape. The internet attracts a classy crowd. So, speaking the truth isn't always easy but I believe it's worth it. And I want you to believe it too. The truth can be empowering, the truth can lead to greater equality, and the world would be incredibly boring if we let all of those people who allegedly know everything, say everything. By demanding to be heard, by dealing with our imposter syndrome, by being cheerleaders, doers not sayers, creating our own networks and by daring to believe that we can make a difference, we can. We're women and we're kick-ass. And that's the truth. 'Joyfully candid and very funny.' Guardian 'Jess Phillips knows the truth . . . and here she shows how scary and sad as well as joyful and liberating the answers can be.' Damian Barr 'Everywoman has all the laughs of Lena Dunham and Caitlin Moran with a backbone of real glinting anger . . . there were so many funny and wise things on each page that whittling them down into a review seemed impossible.' Julie Birchill, Spectator 'As fresh as mountain air amid the Westminster tumbleweed.' Metro 'Arresting.' Observer

As heard on Dr Rangan Chatterjee's 'Feel Better, Live More' Podcast We all know how a long walk, a slow jog or a brisk run can free our minds to wander, and give us a powerful uplifting feeling. Some call it the 'runner's high', others put it down to endorphins. But what if we could channel that energy and use it to make positive change in our lives? William Pullen is a psychotherapist who helps people dealing with anxiety, lack of motivation and addiction, to work through their issues using his revolutionary method, Dynamic Running Therapy. He believes that we need a radical new approach to mindfulness: an approach that originates in the body itself. Whether you are looking for strategies to cope with anxiety, change or decision-making, or simply want to focus your mind while pounding the streets, Run for Your Life offers a series of simple mental routines that unleash the meditative, restorative powers of exercise.

THE STORY BEHIND THE WOMAN WHO CHANGED THE FACE OF BOXING FOREVER, OBE NICOLA ADAMS At London 2012, Nicola Adams made history when she became the first woman ever to win an Olympic Gold medal for boxing. In Rio 2016, with the nation cheering her on, she did it all over again. Years of relentless training, fundraising and determination have seen Nicola battle through injury, prejudice and defeat to become one of Britain best-loved athletes and an inspiration to all those who are chasing after a seemingly impossible dream. From a

leisure centre in Leeds to the Olympic Stadium in Rio, Nicola with her famous smile has become an LGBTQ+ icon and the poster girl for women in sport. This is her story of grit, talent and the real person behind the smile. Nicola partnered Katya Jones in BBC's Strictly Come Dancing first same-sex couple. _____ WHAT READERS ARE SAYING ABOUT NICOLA: 'One book every woman or girl should read' Reader Review 'Fascinating to see how Nicola and her family had to fight to get women's boxing recognised' Reader Review 'Nicola tells this story from the heart, very honest, very open' Reader Review 'The positivity, strength, determination of Nicola is uplifting. I really appreciated how she fought for women's rights to do boxing' Reader Review

Fully updated to include Sir Chris Hoy's incredible, record-breaking golds at London 2012 (making him his country's greatest ever Olympian), this is the story of a sporting legend in his own words.

A bite-sized guide to making change happen and the story behind the No More Page 3 campaign, written by its founder. Change doesn't just happen. It starts with the idea that something could be different, could be better. It starts with a person who is brave enough to stand up and say, 'Stop.' This is what Lucy-Anne Holmes did when she wrote a letter to the editor of The Sun asking him to stop printing pictures of topless women on Page 3 of the paper. This was something that had been happening for forty five years but which - she suddenly realised - she found outdated and inappropriate and, after thinking about it, not unrelated to a lot of the bad things that happen to women. Launching a digital campaign, starting an online petition and recruiting a team of like-minded people, Lucy-Anne started a revolution. Hundreds of thousands of people signed the petition, wore the campaign t-shirt and dared to say #NoMorePage3. Lucy-Anne had never campaigned on anything before. She wasn't particularly political. She'd never been confrontational. But she found that you only need one thing to start a campaign - and it isn't cash, experience or even a thick skin. It's passion. If you have a desire to change something, read what Lucy-Anne has to say. She's been there, done that, worn the t-shirt and come out the other side having made a difference in the world.

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In 2007, Chrissie Wellington shocked the triathlon world by winning the Ironman World Championships in Hawaii. As a newcomer to the sport and a complete unknown to the press, Chrissie's win shook up the sport. A LIFE WITHOUT LIMITS is the story of her rise to the top, a journey that has taken her around the world, from a childhood in England, to the mountains of Nepal, to the oceans of New Zealand, and the trails of Argentina, and first across the finish line. Wellington's first-hand, inspiring story includes all the incredible challenges she has faced--from anorexia to near--drowning to training with a controversial coach. But to Wellington, the drama of the sports also presents an opportunity to use sports to improve people's lives. A LIFE WITHOUT LIMITS reveals the heart behind Wellington's success, along with the diet, training and motivational techniques that keep her going through one of the world's most grueling events.

A SNEAK PEEK AT THE FIRST FIVE CHAPTERS OF B. A. PARIS'S BEHIND CLOSED DOORS THE INSTANT NEW YORK TIMES AND USA TODAY BESTSELLING DEBUT PSYCHOLOGICAL THRILLER YOU CAN'T MISS! The perfect marriage? Or the perfect lie? "A hair-raising debut, both unsettling and addictive...A chilling thriller that will keep you reading long into the night." —Mary Kubica, New York Times and USA Today bestselling author of The Good Girl "This is one readers won't be able to put down." —Booklist (starred review) "A can't-put-down psychological thriller." —Library Journal (starred review) "This debut is guaranteed to haunt you...Warning: brace yourself." —Bustle (10 New Thrillers to Read This Summer) "The sense of believably and terror that engulfs Behind Closed Doors doesn't waver." —The Associated Press, picked up by The Washington Post "This was one of the best and most terrifying psychological thrillers I have ever read." —San Francisco Book Review Everyone knows a couple like Jack and Grace. He has looks and wealth; she has charm and elegance. He's a dedicated attorney who has never lost a case; she is a flawless homemaker, a masterful gardener and cook, and dotes on her disabled younger sister. Though they are still newlyweds, they seem to have it all. You might not want to like them, but you do. You're hopelessly charmed by the ease and comfort of their home, by the graciousness of the dinner parties they throw. You'd like to get to know Grace better. But it's difficult, because you realize Jack and Grace are inseparable. Some might call this true love. Others might wonder why Grace never answers the phone. Or why she can never meet for coffee, even though she doesn't work. How she can cook such elaborate meals but remain so slim. Or why she never seems to take anything with her when she leaves the house, not even a pen. Or why there are such high-security metal shutters on all the downstairs windows. Some might wonder what's really going on once the dinner party is over, and the front door has closed. From bestselling author B. A. Paris comes the gripping thriller and international phenomenon Behind Closed Doors.

On 24 September 2000 at the Sydney Olympics, Denise Lewis won the gold medal for the heptathlon. Although quite badly injured after the fifth event, she gritted her teeth and pulled through to achieve an excellent throw in the javelin, and finished the 800m with enough points to win her the gold. Although she had already won double gold at the European and Commonwealth games in 1998, and silver at the World Championships in Seville in 1999, her Olympic win really shot to fame. This is an amazing individual with a winning combination of talent, intelligence and looks. Growing up in Wolverhampton in a one-parent family Denise has learned that you can't have everything you want at once. At the age of 14 she would do the 3-hour round trip to Birmingham to be trained by coach Darrell Bunn. 'I questioned myself sometimes when I was tired and it rained. I thought "I don't want to do this today," but you rise above it.' She is an excellent role model and feels that it is important to show that women can be successful in whatever they try to do. So this book will not only be the autobiography of an amazing sportswoman, it will be an inspiration for anyone who has a talent, anyone who has a dream and the determination to follow it through to the ultimate achievement.

Two East Texas families must deal with the aftermath of a marriage that never happened leading to deceit, secrets, and tragedies in a sweeping multigenerational Southern saga "with echoes of Gone with the Wind." (Publishers Weekly) Spanning the 20th century, the story of Roses takes place in a small East Texas town against the backdrop of the powerful timber and cotton industries, controlled by the scions of the town's founding families. Cotton tycoon Mary Toliver and timber magnate Percy Warwick should have

married but unwisely did not, and now must deal with consequences of their momentous choice and the loss of what might have been--not just for themselves but for their children, and their children's children. With expert, unabashed, big-canvas storytelling, *Roses* covers a hundred years, three generations of Texans, and the explosive combination of passion for work and longing for love. LOOK FOR LEILA MEACHAM'S HISTORICAL WWII EPIC, *DRAGONFLY*, COMING JULY 2019.

Presents the collecting opening arc of author's series that marries the magical realism of *Sandman* with the western brutality of *Preacher*. This book tells a tale of retribution as beautifully lush as it is unflinchingly savage.

Sam Quek is mainly known for her starring role in the 2016 Olympic gold medal winning hockey team. This was the first time a British ladies team had won gold, but what is much less known is that Sam's rise to the top of her sport was far from easy. Sam missed out on being part of Team GB at the London 2012 Olympics but competed for England at the 2013 EuroHockey tournament and 2014 Commonwealth Games, which she won silver medals. She won the gold at the 2016 Rio Olympics after the GB hockey team beat the Netherlands on penalties. How Sam overcame the bitter disappointment of being overlooked for the two previous Olympics and ensured that she wouldn't miss out again are revealed here for the first time. She also tells of her tough childhood and her battle to reach the heights that she has. She then went on to further fame by appearing in *Im a Celebrity* where she proved to be hugely popular with the viewing public, eventually finishing fourth. Sam now presents a variety of sports for TV, including men and women's football, NFL and hockey. She has been signed up to be the main presenter for the women's World Hockey Championships in 2018, held in August. She is hugely popular on social media with thousands of followers on Twitter and Instagram. Sam also has some very strong views on how women are portrayed in sport and their treatment by both coaches and the media. This is a hugely topical subject at the moment and promises to remain so for some time.

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

A crime thriller with a brilliant twist you won't see coming! You can't outrun the past...

Jessica Ennis: *Unbelievable - From My Childhood Dreams To Winning Olympic Gold* Hodder & Stoughton

"I had spent most of my childhood thinking I was a dog, and suspect I had aged in dog years. By the time I was ten I had discovered the pain of unbearable loss. I had felt joy and jealousy. Most important of all, I knew how to love and how to let myself be loved. All these things I learned through animals. Horses and dogs were my family and my friends. This is their story as much as it is mine." Clare Balding grew up in an unusual household. Her father a champion horse trainer, they shared their lives with more than one hundred thoroughbred racehorses, mares, foals, and ponies, as well as an ever-present pack of dogs, on a sprawling estate in the Hampshire Downs. As a child, Clare happily rode the legendary racehorse Mill Reef and received her first pony, Valkyrie, as a gift from Her Majesty the Queen of England. But Clare ranked low in the family pecking order—as a girl, she was decidedly below her younger brother, and both of them were certainly below the horses. Left to her own devices, she had to learn life's toughest lessons through the animals, and through her adventures in the stables and the surrounding idyllic English countryside. From her struggles at boarding school to her triumphs as an amateur jockey and event rider, Clare weaves her own coming-of-age story through portraits of the beloved horses and dogs, from the protective Candy to the unruly Frank, who were her earliest friends. The running family joke was that "women ain't people." Clare has to prove them wrong, to make her voice heard—but first she had to make sure she had something to say. *My Animals and Other Family* is a witty, brave, and moving account of stumbling—often literally—into one's true self.

10 gold medals don't come easy... First comes the graft. Thousands of hours on the pedals, forever turning left, following that black line round, pushing your body harder than it is designed to go. Then comes the sacrifice. All familiar pleasures stripped away in search of perfection. Then the pain. Muscles burning, stomach churning, an ache in the bones.

To pull all of this together to achieve an Olympic gold is 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.

For over 130 years the GAA has been at the heart of Irish life. Now, in *The People's Games*, John Scally tells the compelling stories of the men and women behind the rich history of Gaelic Games. Since the introduction of television Gaelic Games have become a huge entertainment industry, yet at their core remain deeply embedded in the local community. They shape the national conversation and lift the mood of the country. Hurling, ladies' football, camogie and Gaelic football are Ireland's greatest national treasures. Gaelic Games are part of the DNA of the Irish Race, and the people are the beating heart of the Games. This comprehensive collection captures the GAA's evolving history, the fabled heroes, the controversies, the scandals, the pulsating games, the fans, the centrality of the clubs, and the unending and heart-stopping drama. Full of fascinating insights, amusing anecdotes, thrilling tales and new revelations about famous incidents and epic encounters, this volume brings the people's games alive in all their vibrancy. Based on exclusive interviews, this captivating compendium explores the rich history of the men and women of the GAA who made it all happen.

On the eve of the 2016 Olympic Games, the biggest moment of her life, Lizzie Armitstead's career was thrown into turmoil. After being cleared to ride the Games at the final hour following a successful court appeal to overturn an alleged missed drugs test, the ensuing leak and backlash threatened to engulf her. Now, for the first time, she tells her story,

and reveals how she went from World Champion and darling of Team GB road cycling, to one of the most scrutinised athletes in British sport - how it happened, why it happened, and how Lizzie cleared her name and came out fighting. In *Steadfast* Lizzie Armitstead takes the reader to the heart of the most demanding of endurance sports and the challenges faced by one of its most gifted competitors: from sexism and the fight for equality, to doping and the incredible sacrifices required to self-coach herself to world titles. From the rolling hills of Yorkshire through to the treacherous climbs of the Vista Circuit in Rio de Janeiro - through setbacks, life lessons and ups and downs of a professional life in cycling - *Steadfast* is an intense and inspiring story of sporting triumph.

BEAUTY AND THE BEAST After a violent attack, Allegra Ennis lost everything—her father, her music career and her sight. Living in a world alone, full of darkness and fear, Allegra is haunted by nightmares that don't end when she opens her eyes. When she is stalked by an unknown killer, Allegra must trust her life—and her heart—to former Navy SEAL Douglas Kowalski, a fearsome warrior who bears the scars of war. But Kowalski fears that someone as beautiful and talented as Allegra could never love a disfigured and mutilated war hero like him. He can protect her against danger, but can he protect his heart? It's not what you see ...it's what you feel. **Note: This book was previously published by Ellora's Cave. The new edition has been lightly edited and updated.**

One second in time may separate the great athlete from the merely good. Seb Coe has made every second count. From an early age he has been driven to be the best at everything he does. Since the moment Coe stood alongside a 'scrubby' municipal running track in Sheffield, he knew that sport could change his life. It did. Breaking an incredible twelve world records and three of them in just forty-one days, Seb became the only athlete to take gold at 1500 metres in two successive Olympic Games (Moscow 1980 and Los Angeles 1984). The same passion galvanised Coe in 2005, when he led Britain's bid to bring the Olympic and Paralympic Games to London. He knew that if we won it would regenerate an East London landscape and change the lives of thousands of young people. It has. Born in Hammersmith and coached by his engineer father, Coe went from a secondary modern school and Loughborough University to become the fastest middle-distance runner of his generation. His rivalry with Steve Ovett gripped a nation and made Britain feel successful at a time of widespread social discontent. From sport Coe transferred his ideals to politics, serving in John Major's Conservative government from 1992 to 1997 and developing 'sharp elbows' to become chief of staff to William Hague, leader of the Party from 1997 to 2001 and finally a member of the House of Lords. *Running My Life* is in turns exhilarating, inspiring, amusing, and extremely moving. Everyone knows where Sebastian Coe ended up. Few people realise how he got there. This is his personal journey.

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

When Miss Lydia Garrett's guardian is murdered, and the authorities refuse to investigate the odd circumstances, she vows to catch the culprit. The same night the Earl of Danbury is murdered in his bed. Against all odds it appears that the murders are related - and Anthony Douglas, the new Lord Danbury, is bent on revenge. The clues point to the former Earl's first naval command. In 1758 the Earl spirited away and hid the magnificent Peacock Throne at the behest of the Indian royal family. To draw out the murderer, Anthony and Lydia agree that they must locate the throne. However, they are not the only ones interested in the Peacock Throne. Marcus Wiltshire, agent of His Majesty's intelligence services, has received hints that Bonaparte intends to return the throne to India and leverage its mystical significance to foment rebellion and cut England off from her most important trading partner. When the amateur sleuths join forces with the professional agent, the quest for the throne leads them around the globe on an adventure steeped in danger, treachery, and romance.

'A work of formidable imaginative scope' Daily Telegraph The first casualty when war comes is truth . . . Flanders, June 1917: a British officer and celebrated poet, is shot dead. , He is killed not by German fire, but while recuperating from shell shock well behind the lines. A young English soldier is arrested and, although he protests his innocence, charged with his murder. Douglas Kingsley is a conscientious objector, previously a detective with the London police, now imprisoned for his beliefs. He is released and sent to France in order to secure a conviction. Forced to conduct his investigations amidst the hell of The Third Battle of Ypres, Kingsley soon discovers that both the evidence and the witnesses he needs are quite literally disappearing into the mud that surrounds him. Ben Elton's tenth novel is a gut-wrenching historical drama which explores some fundamental questions: What is murder? What is justice in the face of unimaginable daily slaughter? And where is the honour in saving a man from the gallows if he is only to be returned to

die in a suicidal battle?

Have you ever left a nerve-racking challenge and immediately wished for a do over? Maybe after a job interview, a performance, or a difficult conversation? The very moments that require us to be genuine and commanding can instead cause us to feel phony and powerless. Too often we approach our lives' biggest hurdles with dread, execute them with anxiety, and leave them with regret. By accessing our personal power, we can achieve "presence," the state in which we stop worrying about the impression we're making on others and instead adjust the impression we've been making on ourselves. As Harvard professor Amy Cuddy's revolutionary book reveals, we don't need to embark on a grand spiritual quest or complete an inner transformation to harness the power of presence. Instead, we need to nudge ourselves, moment by moment, by tweaking our body language, behavior, and mind-set in our day-to-day lives. Amy Cuddy has galvanized tens of millions of viewers around the world with her TED talk about "power poses." Now she presents the enthralling science underlying these and many other fascinating body-mind effects, and teaches us how to use simple techniques to liberate ourselves from fear in high-pressure moments, perform at our best, and connect with and empower others to do the same. Brilliantly researched, impassioned, and accessible, Presence is filled with stories of individuals who learned how to flourish during the stressful moments that once terrified them. Every reader will learn how to approach their biggest challenges with confidence instead of dread, and to leave them with satisfaction instead of regret. "Presence feels at once concrete and inspiring, simple but ambitious -- above all, truly powerful."-New York Times Book Review

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