

The Four Minute Mile

Relates the story of a U.S. airman who survived when his bomber crashed into the sea during World War II, spent forty-seven days adrift in the ocean before being rescued by the Japanese Navy, and was held as a prisoner until the end of the war.

The story of America's greatest running legend. For five years, no American runner could beat him at any distance over a mile. But at the age of 24, with his best years still ahead, long-distance runner Steve Prefontaine finally lost. Driving alone at night after a party, Prefontaine crashed his sports car, putting a tragic, shocking end to the life and career of one of the most influential, accomplished runners of our time. More than 20 years later, Pre continues to influence the running world. From his humble origins in Coos Bay, Oregon, Pre became the first person to win four NCAA titles in one event. Year after year, he was virtually unbeatable. Instead of becoming one of the new breed of professional track athletes, Pre chose to stay amateur and fight for the adequate funding he felt American amateur athletes deserved. A man of incredible desire and energy, Pre trained relentlessly. In his drive to be the best, he spurred others to do their best. As one racer said, "He ran every race as if it were his last." But Pre not only touched runners; his exciting technique as well as his maverick lifestyle made him a favorite of the fans. A race with Prefontaine in it was automatically an event. His brief but brilliant life—documented by author Tom Jordan—is the tale of a true American hero. This is his story. "Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative." —Steve Prefontaine *The e-book edition does not include photos

A Sports Illustrated Best Health and Wellness Book of 2017 Plant-powered recipes to power you—perform better, recover faster, feel great! A fast-growing global movement, No Meat Athlete (NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods. Now The No Meat Athlete Cookbook—written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stephanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with: Morning meals to power your day (Almond Butter–Banana Pancakes, Harissa Baked Tofu) Homemade sports drinks to fuel your workouts (Cucumber-Lime Electrolyte Drink, Switchel: The Original Sports Drink) Nutrient-packed mains to aid recovery (Naked Samosa Burgers, Almost Instant Ramen) Sweets that work for your body (Two-Minute Turtles, Mango Sticky Rice) Oil-free options for every recipe; gluten-free and soy-free options throughout

Robinson takes readers on a globe-trotting tour that combines a historian's insight with vivid personal memories going back to just after World War II. From experiencing the 1948 "Austerity Olympics" in London as a young spectator to working as a journalist in the Boston Marathon media center at the moment of the 2013 bombings, Robinson offers a fascinating first-person account of the tragic and triumphant moments that impacted the world and shaped the modern sport. He chronicles the beginnings of the American running boom, the emergence of women's running, the end of the old amateur rules, and the redefinition of aging for athletes and amateurs. With an intimate perspective and insightful reporting, Robinson captures major historical events through the lens of running. He recounts running in Berlin at the time of German reunification in 1990, organizing a replacement track meet in New Zealand after the disastrous 2011 earthquake, and the triumph of Ethiopian athlete Abebe Bikila in the 1960 Olympics in Rome. As an avid runner, journalist, and fan, Robinson brings these global events to life and reveals the intimate and powerful ways in which running has intersected with recent history.

"Ladies and gentlemen, here is the result of event nine, the one mile: first, #41, Roger Bannister ... with a time which will be a new English Native, British National, All-Comers, European, British Empire and World Record. The time was three..." As the announcer spoke those fateful words, the crowd roared, and the century-long quest to run 'the world's greatest race' was finally at an end. For decades, amateur athletes like the American Lon Myers, a stick-thin hypochondriac who was sick before and after every race, yet still held every US record from 50 yards to the mile, and Joe Binks, an English journalist who only trained once per week, dominated the field. Paavo Nurmi, the 'Phantom Finn', won nine Olympic gold medals and set so many world records that statisticians still argue over the total, but even he couldn't breach the magic four-minute mark. As competition intensified, the Swede Gunder 'the Wonder' Haegg ran the mile in 4:01.4 - but it took the legendary Roger Bannister and his two co-runners to finally accomplish 'the most significant sporting achievement of the twentieth century'. It took a wholesale reimagining of running itself, as each generation built on the discoveries and secrets of the last, until the fateful day finally arrived, and an impossible dream became reality: 6 May 1954. Roger Bannister. 3:59.4.

In June, 2015, Lewis Kent was just an ordinary twenty-one-year-old college kid who liked to run. By December, 2015, just six months later, he had appeared in ESPN, Buzzfeed, Ellen, and dozens of other major outlets. Videos of him running went viral, and he received daily calls from agents. So why all the attention? Simple: He ran the Beer Mile, and he ran it unbelievably fast. The beer mile is a track or road race in which you chug a beer, run a quarter mile, chug another beer, run another quarter mile, chug, run, chug, run: four beers, four laps, no vomiting allowed. "Chug, run, repeat." If it sounds difficult (but really fun), it's because it absolutely is. The event first went viral in 2014 when the five-minute barrier was broken. Kent became the world champion and broke the world record in late 2015 with a time of 4 minutes, 47 seconds, just over a minute longer than the world record for the regular mile. After that, he became the world's first professional Beer Miler, literally being paid for his superhuman ability to run fast and drink quickly. Part memoir, part how-to manual, A World Champion's Guide to Running the Beer Miles is for both serious athletes and recreational runners who love to run, enjoy a drink, and like the idea of a challenge.

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

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.

The definitive biography of Australia's most enigmatic and controversial athletics coach. This story recounts the life of this extraordinary man and the events of the Golden Era of Australian athletics. It includes previously unpublished writings of Cerutti, as well as anecdotes and reminiscences from many key figures of the time.

There was a time when running the mile in four minutes was believed to be beyond the limits of human foot speed, and in all of sport it was the elusive holy grail. In 1952, after suffering defeat at the Helsinki Olympics, three world-class runners each set out to break this barrier. Roger Bannister was a young English medical student who epitomized the ideal of the amateur — still driven not just by winning but by the nobility of the pursuit. John Landy was the privileged son of a genteel Australian family, who as a boy preferred butterfly collecting to running but who trained relentlessly in an almost spiritual attempt to shape his body to this singular task. Then there was Wes Santee, the swaggering American, a Kansas farm boy and natural athlete who believed he was just plain better than everybody else. Spanning three continents and defying the odds, their collective quest captivated the world and stole headlines from the Korean War, the atomic race, and such legendary figures as Edmund Hillary, Willie Mays, Native Dancer, and Ben Hogan. In the tradition of *Seabiscuit* and *Chariots of Fire*, Neal Bascomb delivers a breathtaking story of unlikely heroes and leaves us with a lasting portrait of the twilight years of the golden age of sport.

Set mainly in America, with a backdrop of the 1954 race to break the four-minute mile, 'The Murder Mile' is hardboiled detective fiction that follows the investigation into the murder of a fictional athlete attempting to break the world record.

Imagine—what if you had access to a simple yes-or-no answer to any question you wished to ask? A demonstrably true answer. Any question . . . think about it.— from the Foreword We think we live by forces we control, but in fact we are governed by power from unrevealed sources, power over which we have no control.— from the author's Preface The universe holds its breath as we choose, instant by instant, which pathway to follow; for the universe, the very essence of life itself, is highly conscious. Every act, thought, and choice adds to a permanent mosaic; our decisions ripple through the universe of consciousness to affect the lives of all.— from Power vs. Force "[A] beautiful gift of writing . . . [You] spread joy, love, and compassion through what you write. The fruit of these three is peace, as you know . . ."— Mother Teresa ". . . particularly timely . . . a significant contribution to understanding and dealing with the problems we face today."— Lee Iacocca "I especially appreciate [the] research and presentation on the attractor patterns of business . . ."— Sam Walton "Overwhelming! A masterpiece! A lifetime work!"— Sheldon Deal, President, International College of Applied Kinesiology

'The time is three...' Lost in the roar of the crowd were the remaining words, '...minutes, fifty-nine point four seconds.' Roger Bannister's time in 1954 did not just break the world record for the mile; it broke the long-standing four-minute barrier that had defeated many top runners including Nurmi, Wooderson and Hagg. Yet it was a time that should have been run many years before. Athletes tried and failed until Bannister's legendary run. Since then, the barrier has been broken by others, including Coe, Ovet and Cram. But is a 3:40 mile, or even a 3:30 mile, possible? From Walter George to Hicham El Guerrouj, this is the authoritative statistical history of miling and more than 500 runners who have tried to break the most famous time in athletics history."

What the four-minute mile means to runners, 50 years ago and today.

In our overloaded lives, finding time to read is a true challenge. Yet, we occasionally hear great people, like Bill Gates, Warren Buffet, or Elon Musk, talk about how they maintain their reading routines or how their dedication to reading helps differentiate them from the crowd. You might have already read other self-development books on how to increase your reading speed. The problem, though, is that they all tend to offer pretty much the same advice: Expand your vision, stop your vocals, scan, skim, and so on. It's all good advice but is no longer applicable in the new digital world. This book is aimed at nonfiction readers who read under 50 books every year and want to up their game. Avid readers will also enjoy the book, as it provides a new perspective about reading habits. For entrepreneurs who are very tight on learning time, this book could be the remedy for your thirst for knowledge, helping you to keep your innovation-ball rolling on the industry's edge. Effortless Reading provides a new approach to reading that once again puts you in control of the exponentially growing knowledge stream, supporting you in achieving the level of success that you desire. Even if you are a slow reader, you can still apply the technique proposed in Effortless Reading. If you have never read any book before, following the formula in Effortless Reading will save you months of wasteful reading effort. The best part--you can spend as few as 15 minutes a day and still be able to build a sustainable and beneficial reading practice. In this book, you'll come across the following: Fundamentals of the reading mindset that distinguish a smart reader from a regular one. Pitfalls that stop people from building healthy reading habits. The recommended reading approach and the four elements those make it efficient and effortless. You might have realized that with today's deluge of information, you have to do something different to keep up. What stopping you from making every minute of your reading time counted?

Breaking records and challenging the limits of human ability are central to much of our understanding of athletic track and field sports, with a world record title arguably as valued as an Olympic gold medal. Some particular limits and records take on greater significance, however, as in the case of the Four-Minute Mile which was roundly believed to be impossible until Roger Bannister shattered the illusion with half a second to spare in May 1954. These essays look at the background of Bannister's achievement and the meaning that was ascribed to it by the media and the public at large, drawing on an array of interdisciplinary and international influences to unpick the legend surrounding an historic moment in our social and sporting past.

Highly acclaimed author Neal Bascomb brings his peerless research and fast-paced narrative style to a young adult adaptation of one of his most successful adult books of all time, *The Perfect Mile*, an inspiring and moving story of three men racing to achieve the impossible -- the perfect four-minute mile. There was a time when running the mile in four minutes was believed to be beyond the limits of human foot speed. In 1952, after suffering defeat at the Helsinki Olympics, three world-class runners each set out to break this barrier: Roger Bannister was a young English medical student who epitomized the ideal of the amateur; John Landy the privileged son of a genteel Australian family; and Wes Santee the swaggering American, a Kansas farm boy and natural athlete. Spanning three continents and defying the odds, these athletes' collective quest captivated the world. Neal Bascomb's bestselling

adult account adapted for young readers delivers a breathtaking story of unlikely heroes and leaves us with a lasting portrait of the twilight years of the golden age of sport.

The story of the life of young Olympic-caliber runner John Baker tells of his determination to remain unvanquished in spirit even when struck by incurable cancer

The undisputed classic of running novels and one of the most beloved sports books ever published, *Once a Runner* tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, *Once a Runner* is an inspiring, funny, and spot-on tale of one individual's quest to become a champion.

Most of us believe that we will finally feel satisfied and content with our lives when we get the good news we have been waiting for, find a healthy relationship, or achieve one of our personal goals. However, this rarely happens. Good fortune is often followed by negative emotions that overtake us and result in destructive behaviors. "I don't deserve this," "this is too good to be true," or any number of harmful thought patterns prevent us from experiencing the joy and satisfaction we have earned. Sound familiar? This is what New York Times bestselling author Gay Hendricks calls the Upper Limit Problem, a negative emotional reaction that occurs when anything positive enters our lives. The Upper Limit Problem not only prevents happiness, but it actually stops us from achieving our goals. It is the ultimate life roadblock. In *The Big Leap*, Hendricks reveals a simple yet comprehensive program for overcoming this barrier to happiness and fulfillment, presented in a way that engages both the mind and heart. Working closely with more than one thousand extraordinary achievers in business and the arts—from rock stars to Fortune 500 executives—whose stories are featured in these pages, the book describes the four hidden fears that are at the root of the Upper Limit Problem. *The Big Leap* delivers a proven method for first identifying which of these four fears prevents us from reaching our personal upper limit, and then breaking through that limitation to achieve what Hendricks refers to as our Zone of Genius. Hendricks provides a clear path for achieving our true potential and attaining not only financial success but also success in love and life.

Champions do extra. They sweep the sheds. They follow the spearhead. They keep a blue head. They are good ancestors. In *Legacy*, best-selling author James Kerr goes deep into the heart of the world's most successful sporting team, the legendary All Blacks of New Zealand, to reveal 15 powerful and practical lessons for leadership and business. *Legacy* is a unique, inspiring handbook for leaders in all fields, and asks: What are the secrets of success - sustained success? How do you achieve world-class standards, day after day, week after week, year after year? How do you handle pressure? How do you train to win at the highest level? What do you leave behind you after you're gone? What will be your legacy?

117 years Strong...and Counting! This all-new edition, which follows the Boston Marathon into the 21st century and through the tragedy of the 2013 race, is a colorful and moving portrait of what it feels like to run the world's oldest annual marathon, escorting the reader through the past, present, and bright future of the race. *26.2 Miles to Boston* is a rich, vibrant, and inspiring history of the Boston Marathon and of the men and women of varying abilities whose struggles and triumphs have colored this historic event for over a century. From suburban Hopkinton, Massachusetts, to the center of metropolitan Boston, the author takes readers through the mile-by-mile sights, sounds, and traditions that make the race what it is.

Following World War I, political commentator Walter Lippmann worried that citizens increasingly held inaccurate and misinformed beliefs because of the way information was produced, circulated, and received in a mass-mediated society. Lippmann dubbed this manipulative opinion-making process "the manufacture of consent." A more familiar term for such large-scale persuasion would be propaganda. In *Weapons of Democracy*, Jonathan Auerbach explores how Lippmann's stark critique gave voice to a set of misgivings that had troubled American social reformers since the late nineteenth century. Progressives, social scientists, and muckrakers initially drew on mass persuasion as part of the effort to mobilize sentiment for their own cherished reforms, including regulating monopolies, protecting consumers, and promoting disinterested, efficient government. "Propaganda" was associated with public education and consciousness raising for the good of the whole. By the second decade of the twentieth century, the need to muster support for American involvement in the Great War produced the Committee on Public Information, which zealously spread the gospel of American democracy abroad and worked to stifle dissent at home. After the war, public relations firms—which treated publicity as an end in itself—proliferated. *Weapons of Democracy* traces the fate of American public opinion in theory and practice from 1884 to 1934 and explains how propaganda continues to shape today's public sphere. The book closely analyzes the work of prominent political leaders, journalists, intellectuals, novelists, and corporate publicists, including Woodrow Wilson, Theodore Roosevelt, Mark Twain, George Creel, John Dewey, Julia Lathrop, Ivy Lee, and Edward Bernays. Truly interdisciplinary in both scope and method, this book will appeal to students and scholars in American studies, history, political theory, media and communications, and rhetoric and literary studies.

Take your real estate career to the highest level! "Whether you are just getting started or a veteran in the business, *The Millionaire Real Estate Agent* is the step-by-step handbook for seeking excellence in your profession and in your life." --Mark Victor Hansen, cocreator, #1 New York Times bestselling series *Chicken Soup for the Soul* "This book presents a new paradigm for real estate and should be required reading for real estate professionals everywhere." --Robert T. Kiyosaki, New York Times bestselling author of *Rich Dad, Poor Dad* *The Millionaire Real Estate Agent* explains: Three concepts that drive production Economic, organizational, and lead generation models that are the foundations of any high-achiever's business How to "Earn a Million," "Net a Million," and "Receive a Million" in annual income

Rachel Swaby and Kit Fox present *Mighty Moe*, the untold true story of runner Maureen Wilton, whose world record-breaking marathon time at age 13 was met first with misogyny and controversy, but ultimately with triumph. Fifty-two years ago, a girl known as Mighty Moe broke the women's world marathon record at a small race in Toronto. This was an era when girls and women were discouraged from the sport and the longest track event at the Olympics for women was 25.6 miles shorter than a marathon. Thirteen-year-old Moe's world-beating victory was greeted with chauvinistic disapproval and accusations of cheating—as were many of her achievements in the sport she had excelled at from the age of ten. Within less than two years, the controversy took its toll and Maureen quit running. Here is the untold story of Mighty Moe's tenacity and triumph in the face of adversity as a young athlete—and of a grown-up Maureen finding her way back to the sport decades later.

This inspiring biography for readers and racers of all ages showcases the truly groundbreaking achievements of an unassuming, amazing young athlete. Mighty Moe includes an introduction by Kathrine Switzer, the first woman to officially register and run in the Boston Marathon (and Maureen's only fellow female competitor at the 1967 record-setting race), and an afterword by Des Linden, the first-place finisher of the 11,628 women who raced the 2018 Boston Marathon.

"Essential reading for every runner." —Men's Fitness "Compelling...As becomes clear not long after its starting gun, this book transcends the search for a two-hour marathon." —The Washington Post Two hours to cover twenty-six miles and 385 yards. It is running's Everest, a feat once seen as impossible for the human body. But now we can glimpse the mountaintop. The sub-two hour marathon will require an exceptional combination of speed, mental strength, and endurance. The pioneer will have to endure more, live braver, plan better, and be luckier than anyone who has run before. So who will it be? In this spellbinding book, journalist Ed Caesar takes us into the world of elite marathoners: some of the greatest runners on earth. Through the stories of these rich characters, like Kenyan Geoffrey Mutai, around whom the narrative is built, Caesar traces the history of the marathon as well as the science, physiology, and psychology involved in running so fast for so long. And he shows us why this most democratic of races retains its brutal, enthralling appeal—and why we are drawn to test ourselves to the limit. Two Hours is a book about a beautiful sport few people understand. It takes us from big-money races in the United States and Europe to remote villages in Kenya. It's about talent, heroism, and refusing to accept defeat. It is a book about running that is about much more than running. It is a human drama like no other.

Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: - Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help with not just athletic performance but your day-to-day life - Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.

The story of Roger Bannister, the first person to break the four minute mile - or as they say it in the track and field arena, to run the sub-four minute mile, is fairly well-known in motivational circles. What a lot of people don't know is what went on to make that happen. They don't know after he placed fifth in the Olympics in 1952 he was crushed. They don't know he hurt on that, and they don't know it was at that moment he put his intention out to do the impossible, to run the sub-four minute mile. They don't know he trained for it in 30 minutes of his daily lunch hour as a busy pre-med neurobiology student. They don't know he was preparing for that, training for that. Living that, eating that, breathing that. Laying to sleep and bouncing to feet with that... That was his goal. That it was his specific goal and crowning glory... Now you know that. Also includes... > Do It Deliberately, With Passion And Intent > Sheeple Actually Believe The Government Is Going To Help Them! > The Crazy Thing's Entirely Possible > Find Your Eternity In Each Moment > I Am Reminded Of The Shortness Of Life > If I Had Listened To The People Back Home And more... Brought to you by <http://Sub4MinuteExtraMile.com>

"Cofounder of Fast Company magazine and bestselling author of Mavericks at Work and Practically Radical shows how true business innovation can spring from the unlikeliest places"--Amazon.com.

"Bannister writes in much the same fashion as he runs—with rippling smoothness, eye-catching grace, and spectacular effectiveness." -The New York Times "It is strange that the intrinsically simple and unimportant act of placing one foot after another for 1,760 yards, as fast as possible, should become such an important sporting achievement. I think the appeal lies in its simplicity—it needs no money, no equipment, no particular physique, no knowledge, no education—and in a world of increasingly complex technology, it stands out as a naive statement about the nature of man. A man can, with his own two feet, overcome severe difficulties to reach a pinnacle upon which he can declare, 'No one has done this before.' " -Roger Bannister, from the Introduction All sports have pivotal moments, single events that change perceptions forever after. For the sport of running, such a moment occurred on a blustery May afternoon in 1954, when Roger Bannister broke the four-minute mile. This is the story of that epic run. Today, fifty years later, lovers of the sport—runners and non-runners alike—will be moved by this modest but impassioned story of one of sport's true heroes.

50,000 copies sold, now in paperback... If you can think impossible thoughts, then you can do impossible things!! The power of change: create new thinking for new solutions! Includes a new introduction demonstrating the "power of impossible thinking," plus access to exclusive book summary and authors' interview at the book's companion Web site. The Power of Impossible Thinking is about getting better at making sense of what's going on around you so you can make decisions that respond to reality, not inaccurate or obsolete models of the world. This bestseller reveals how mental models stand between you and the truth and how to transform them into your biggest advantage! Learn how to develop new ways of seeing, when to change to a new model, how to swap amongst a portfolio of models, how to understand complex environments and how to do "mind R and D," improving models through constant experimentation. Jerry Wind and Colin Crook review why it's so hard to change mental models and offer practical strategies for dismantling "hardened missile silos". Finally they show how to access models quickly through intuition, and assess the effectiveness of any mental model. Purchasers of this book gain access to audio summaries on a companion web site, along with a new half-hour interview with the authors.

On 6 May 1954 Roger Bannister became the first man to run a mile in under four minutes, establishing himself as one of the most famous sportsmen in history. Bannister has written a substantial new introduction of this 50th anniversary edition of The First Four Minutes, reflecting on his experiences in 1954, his life ever since then and the evolution of mile running over the last five decades. The First Four Minutes, first published in 1955, covers not only the great race but also those preceding it (including the 1952 Helsinki Olympics) and the ones that followed, where Bannister triumphantly proved that his record time was more than just a one-off. He retired from competition in 1955 and went on to pursue a distinguished career as a neurologist. He was Chairman of the first executive Sports Council from 1971 to 1974. During his years in office the organisation developed the Sport for All programme and the first effective drugs test for anabolic steroids, a test still used today. He was Master of Pembroke College, Oxford for eight years and still lives in the city. He is chairman of the St Mary's Hospital Medical School Development Trust.

"What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

Four-Minute Mile Rowman & Littlefield

Roger Bannister was the first person to run the mile in under four minutes. Fifty years on, his status, not just as a champion athlete but also as a true British hero, a gentleman and an amateur from a 'golden era' in sport, retains its unblemished appeal. Until now there has been little criticism and even less close historical study of Bannister and his achievement. This book redresses the balance, presenting a revisionist history of Sir Roger Bannister and in doing so providing fresh insights into the making of this British 'champion'. This book does more than

detail the history of a sporting giant. It invites the reader to reconsider the very words often used to describe him - notably 'hero' and 'gentleman amateur'. Informed by contemporary sport science, the text also questions the significance of the four-minute mile. Providing fascinating insights into the history of track racing as well as athletic training methods and the beginnings of sport science, this is not just a testimonial to the legend of Roger Bannister, but instead is the first rigorous historical study of his sporting life and the man behind the legend. It reveals him as an ambivalent athlete, highly achievement-orientated and scientific, but also in love with the freedom of running sensuously in nature, in contrast to the constraints of modern sport.

The 1954 British Empire and Commonwealth Games in Vancouver changed both the city and world sport forever. The Games will always be remembered for the "Miracle Mile," the much-anticipated showdown between the first two men to break the four-minute barrier, England's Roger Bannister and Australia's John Landy. But as the press focused the world's attention on Vancouver, and Bannister outpaced Landy in the stretch, fate found an even more dramatic story that seared itself into the memories of all who saw it. England's Jim Peters, the world-record holder in the marathon, entered Empire Stadium at the end of a brutal twenty-six-mile run, collapsing repeatedly before a medic stopped him two hundred yards from the finish line. These two stories brought the Games to a stirring conclusion on its final day - Saturday, August 7, 1954 - but there were many other extraordinary moments throughout the events. A group of novice UBC rowers pulled off the biggest upset in Games history on the Fraser Valley's Vedder Canal. Australia's Marjorie Jackson-Nelson, the fastest woman in history, blasted down the track one final time to remain undefeated in international competition, an unprecedented accomplishment before and since. Emmanuel Ifeajuna, a little-known high jumper from Nigeria, surprised the world when he won Africa's first-ever international gold medal. He later masterminded a bloody coup that plunged his nation into devastating civil war. Every single day offered up unbelievable tales of glory and grief. As one 1954 billboard boldly proclaimed, the Games were "a week you'll remember a lifetime!"

For more than three decades, not one American schoolboy had run a sub-4:00 mile. Then, in January 2001, Alan Webb clocked a 3:59.86 mile, the fastest indoor U.S. high school mile ever. Just a few months later, the young track star achieved legendary status: he ran a 3:53.46 mile-a full 2 seconds faster than former record holder Jim Ryun. Everywhere Webb was hailed as "America's Next Great Miler." In Sub 4:00, noted track writer Chris Lear follows Webb to college at the University of Michigan. As we witness Webb's freshman track season-watching him struggle with injuries, interpersonal conflicts, the politics of the collegiate track world, and his own aspirations to become the best miler ever-we get an unprecedented behind-the-scenes view of the life of one of the nation's most promising track athletes with a new chapter describing the latest developments in Webb's fascinating career.

Using years of research and interviews with adventure sports athletes, the New York Times best-selling author of *Abundance* and *A Small, Fury Prayer* attempts to unlock the secrets to ultimate human performance and the state of consciousness called "flow." 25,000 first printing.

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