

Kelly Holmes: Black, White Gold: My Autobiography

Enola Holmes is on the case, when a young porter – the boy in buttons – disappears without a trace. Enola Holmes, the much younger sister of Sherlock and Mycroft, owns a building in the heart of 19th century London, a place she uses under pseudonyms to front for her investigative work. Employed there is a porter – Joddy, a young boy in a uniform festooned with buttons – whose even younger brother substitutes for him when he's sick. But Paddy disappears after one day at the job and Enola Holmes is alerted to this by the still ill Joddy. Determined to find the missing porter, Enola travels to the rough part of London where the boys live and starts searching Aldgate Pump area for the missing boy. When she finds the missing buttons – but not the boy – she decides that drastic action is essential if she's to save the missing boy.

Saartjie Baartman was twenty-one years old when she was taken from her native South Africa and shipped to London. Within weeks, the striking African beauty was the talk of the social season of 1810–hailed as “the Hottentot Venus” for her exquisite physique and suggestive semi-nude dance. As her fame spread to Paris, Saartjie became a lightning rod for late Georgian and Napoleonic attitudes toward sex and race, exploitation and colonialism, prurience and science. In African Queen, Rachel Holmes recounts the luminous, heartbreaking story of one woman’s journey from slavery to stardom. Born into a herding tribe known as the Eastern Cape Khoisan, Saartjie was barely out of her teens when she was orphaned and widowed by colonial war and forced aboard a ship bound for England. A pair of clever, unscrupulous showmen dressed her up in a body stocking with a suggestive fringe and put her on the London stage as a “specimen” of African beauty and sexuality. The Hottentot Venus was an overnight sensation. But celebrity brought unexpected consequences. Abolitionists initiated a lawsuit to win Saartjie’s freedom, a case that electrified the English public. In Paris, a team of scientists subjected her to a humiliating public inspection as they probed the mystery of her sexual allure. Stared at, stripped, pinched, painted, worshipped, and ridiculed, Saartjie came to symbolize the erotic obsession at the heart of colonialism. But beneath the costumes and the glare of publicity, this young Khoisan woman was a person who had been torn from her own culture and sacrificed to the whims of fashionable Europe. Nearly two centuries after her death, Saartjie made headlines once again when Nelson Mandela launched a campaign to have her remains returned to the land of her birth. In this brilliant, vividly written book, Rachel Holmes traces the full arc of Saartjie’s extraordinary story—a story of race, eros, oppression, and fame that resonates powerfully today. Sebastian Coe is one of the elite band of athletes to know the exultation of winning an Olympic gold medal. In The Olympians he looks back across the twentieth century at the men and women who have fired his imagination. This engaging book explores the parallel histories of Sherlock Holmes and England during the Victorian era. Black traces the evolution of Arthur Conan Doyle’s plots and characters as culture and society changed dramatically in his lifetime. Black brings London to life as a cosmopolitan city of the world with a dark underbelly where crime abounds.

A True Story

Black, White & Gold – My Autobiography

Riviera Gold

The Game Is Afoot

Just Go For It

African Queen

Long Black Veil

WINNER TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD Think, move and eat like a double Olympic champion! Running Life is Dame Kelly Holmes's inspirational and practical guide to how Mindset, Fitness and Nutrition work together to transform your physical and mental health. Drawing on her own experiences of overcoming depression and a raft of injuries to achieve her Olympic dream, Kelly shares her tips on how to make positive changes to your mindset, exercise and diet to help you perform at your highest level. Keep your body strong and improve your running performance, fuel your body with deliciously healthy meals and attain a winning mindset with advice from one of Britain's most recognisable and admired athletes.

The winner of the Man Booker Prize, this "expertly written, perfectly constructed" bestseller (The Guardian) is now a Starz miniseries. It is 1866, and Walter Moody has come to stake his claim in New Zealand's booming gold rush. On the stormy night of his arrival, he stumbles across a tense gathering of 12 local men who have met in secret to discuss a series of unexplained events: a wealthy man has vanished, a prostitute has tried to end her life, and an enormous cache of gold has been discovered in the home of a luckless drunk. Moody is soon drawn into a network of fates and fortunes that is as complex and exquisitely ornate as the night sky. Richly evoking a mid-nineteenth-century world of shipping, banking, and gold rush boom and bust, The Luminaries is at once a fiendishly clever ghost story, a gripping page-turner, and a thrilling novelistic achievement. It richly confirms that Eleanor Catton is one of the brightest stars in the international literary firmament.

Publishers Weekly's Best Books of 2017 For fans of Donna Tartt and Megan Abbott, a novel about a woman whose family and identity are threatened by the secrets of her past, from the New York Times bestselling author of She’s Not There On a warm August night in 1980, six college students sneak into the dilapidated ruins of Philadelphia’s Eastern State Penitentiary, looking for a thrill. With a pianist, a painter and a teacher among them, the friends are full of potential. But it’s not long before they realize they are locked in—and not alone. When the friends get lost and separated, the terrifying night ends in tragedy, and the unexpected, far-reaching consequences reverberate through the survivors’ lives. As they go their separate ways, trying to move on, it becomes clear that their dark night in the prison has changed them all. Decades later, new evidence is found, and the dogged detective investigating the cold case charges one of them—celebrity chef Jon Casey— with murder. Only Casey’s old friend Judith Carrigan can testify to his innocence. But Judith is protecting long-held secrets of her own – secrets that, if brought to light, could destroy her career as a travel writer and tear her away from her fireman husband and teenage son. If she chooses to help Casey, she risks losing the life she has fought to build and the woman she has struggled to become. In any life that contains a “before” and an “after,” how is it possible to live one life, not two? Weaving deftly between 1980 and the present day, and told in an unforgettable voice, Long Black Veil is an intensely atmospheric thriller that explores the meaning of identity, loyalty, and love. Readers will hail this as Boylan’s triumphant return to fiction.

Don't miss Enola Holmes: The Case of the Missing Marquess! Now a Netflix original movie starring Millie Bobby Brown, Henry Cavill, and Helena Bonham Carter! Enola Holmes--younger sister to Sherlock Holmes--is back on another case! (Cover may vary) Everyone knows Dr. Watson is Sherlock Holmes's right-hand man, so when he goes missing, it's a shock. Even Sherlock hasn't the slightest clue as to where he could be. Enola is intrigued but wary; she's still hiding from her older brothers, and getting involved could prove to be disastrous. But Enola can't help but investigate, especially when she learns that a bizarre bouquet--with flowers all symbolizing death--has been delivered to the Watson residence. Enola knows she must act quickly, but can she find Dr. Watson in time? Praise for Enola Holmes: The Case of the Missing Marquess: An Edgar Award Nominee! "Empowered, capable, and smart . . . [with] an impactful message that you can do anything if you set your mind to it."--Millie Bobby Brown, Stranger Things * "Enola shows herself to be an intelligent, rational, resourceful, and brave protagonist. Readers will look forward to hearing this heroine's unique voice again." --Publishers Weekly, starred review * "This is a terrific package. Springer not only provides two fine mysteries, breathtaking adventure, and key-eyed description, but she also offers a worthy heroine." --Booklist, starred review

A Handbook for When Things Go Wrong

Personal Best

The Real Life of the Hottentot Venus

Kelly Holmes

Fatty Legs

A Novel of Suspense Featuring Mary Russell and Sherlock Holmes

The Autobiography

After fourteen-year-old Enola Holmes seeks the missing Duquessa Del Campo in the seedy underbelly of nineteenth-century London, she finally reaches an understanding with her brothers Sherlock and Mycroft.

Integrating both Maori myth and New Zealand reality, The Bone People became the most successful novel in New Zealand publishing history when it appeared in 1984. Set on the South Island beaches of New Zealand, a harsh environment, the novel chronicles the complicated relationships between three emotional outcasts of mixed European and Maori heritage. Kerewin Holmes is a painter and a loner, convinced that "to care for anything is to invite disaster." Her isolation is disrupted one day when a six-year-old mute boy, Simon, breaks into her house. The sole survivor of a mysterious shipwreck, Simon has been adopted by a widower Maori factory worker, Joe Gillayley, who is both tender and horribly brutal toward the boy. Through shifting points of view, the novel reveals each character's thoughts and feelings as they struggle with the desire to connect and the fear of attachment. Compared to the works of James Joyce in its use of indigenous language and portrayal of consciousness, The Bone People captures the soul of New Zealand. After twenty years, it continues to astonish and enrich readers around the world.

Eight-year-old Margaret Pokiak has set her sights on learning to read, even though it means leaving her village in the high Arctic. Faced with unceasing pressure, her father finally agrees to let her make the five-day journey to attend school, but he warns Margaret of the terrors of residential schools. At school Margaret soon encounters the Raven, a black-cloaked nun with a hooked nose and bony fingers that resemble claws. She immediately dislikes the strong-willed young Margaret. Intending to humiliate her, the heartless Raven gives gray stockings to all the girls — all except Margaret, who gets red ones. In an instant Margaret is the laughingstock of the entire school. In the face of such cruelty, Margaret refuses to be intimidated and bravely gets rid of the stockings. Although a sympathetic nun stands up for Margaret, in the end it is this brave young girl who gives the Raven a lesson in the power of human dignity. Complemented by archival photos from Margaret Pokiak-Fenton ' s collection and striking artworks from Liz Amini-Holmes, this inspiring first-person account of a plucky girl ' s determination to confront her tormentor will linger with young readers.

FINALIST FOR THE PULITZER PRIZE • NATIONAL BESTSELLER • A bewitching story collection from a writer hailed as " the most darkly playful voice in American fiction " (Michael Chabon) and " a national treasure " (Neil Gaiman). NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BookPage • BuzzFeed • Chicago Tribune • Kirkus Reviews • NPR • San Francisco Chronicle • Slate • Time • Toronto Star • The Washington Post She has been hailed by Michael Chabon as " the most darkly playful voice in American fiction " and by Neil Gaiman as " a national treasure. " Now Kelly Link ' s eagerly awaited new collection—her first for adult readers in a decade—proves indelibly that this bewitchingly original writer is among the finest we have. Link has won an ardent following for her ability, with each new short story, to take readers deeply into an unforgettable, brilliantly constructed fictional universe. The nine exquisite examples in this collection show her in full command of her formidable powers. In " The Summer People, " a young girl in rural North Carolina serves as uneasy caretaker to the mysterious, never-quite-glimpsed visitors who inhabit the cottage behind her house. In " I Can See Right Through You, " a middle-aged movie star makes a disturbing trip to the Florida swamp where his former on- and off-screen love interest is shooting a ghost-hunting reality show. In " The New Boyfriend, " a suburban slumber party takes an unusual turn, and a teenage friendship is tested, when the spoiled birthday girl opens her big present: a life-size animated doll. Hurricanes, astronauts, evil twins, bootleggers, Ouija boards, iguanas, The Wizard of Oz, superheroes, the Pyramids . . . These are just some of the talismans of an imagination as capacious and as full of wonder as that of any writer today. But as fantastical as these stories can be, they are always grounded by sly humor and an innate generosity of feeling for the frailty—and the hidden strengths—of human beings. In Get in Trouble, this one-of-a-kind talent expands the boundaries of what short fiction can do. Praise for Get in Trouble " Ridiculously brilliant . . . These stories make you laugh while staring into the void. " —The Boston Globe " When it comes to literary magic, Link is the real deal: clever, surprising, affecting, fluid and funny. " —San Francisco Chronicle

The Olympians

From Risk to Retirement

The Luminaries

Southern Women Artists in the Johnson Collection

Talent to Triumph

The Case of the Gypsy Goodbye

YESSS!

You want to be a loving parent who guides your kids towards a life of happiness and success. But the chaos of parenting life leaves you feeling overwhelmed, stressed, or just vaguely annoyed all the time. (Or maybe it's not so vague.) With this practical guide for busy parents and a bonus printable workbook, you'll know how to:
*** Stop feeling overwhelmed. Get a handle on the swirling chaos of to-do items and appointments and "should"s in your head.**
*** Set yourself up for a happy day, every day. Find out the ingredients you need in your day in order to become your happiest self.**
*** Catch yourself before you lose your cool. Learn what to do when you lose your patience with a temper-taming toolkit of proven tools to get you back on track.**
*** Heal after the storm. For the days when you do lose your cool, you'll get the exact steps to flush the bad mojo from your body and repair the relationship with your child (or your partner). This book gives you the best science-backed tools that you need as a busy parent to become your happiest self.**

Mary Russell and Sherlock Holmes turn the Riviera upside down to crack their most captivating case yet in the New York Times bestselling series that Lee Child called "the most sustained feat of imagination in mystery fiction today." It's summertime on the Riviera, and the Jazz Age has come to France's once-sleepy beaches. From their music-filled terraces, American expatriates gaze along the coastline at the lights of Monte Carlo, where fortunes are won, lost, stolen, and sometimes hidden away. When Mary Russell and Sherlock Holmes arrive, they find their partnership pulled between youthful pleasures and old sins, hot sun and cool jazz, new affections and enduring loyalties. Russell falls into easy friendship with an enthralling American couple, Sara and Gerald Murphy, whose golden life on the Riviera has begun to attract famous writers and artists--and some of the scoundrels linked with Monte Carlo's underworld. The Murphy set will go on to inspire everyone from F. Scott Fitzgerald to Pablo Picasso, but in this summer of 1925, their importance for Russell lies in one of their circle's recent additions: the Holmeses' former housekeeper, Mrs. Hudson, who hasn't been seen since she fled England under a cloud of false murder accusations. When a beautiful young man is found dead in Mrs. Hudson's front room, she becomes the prime suspect in yet another murder. Russell is certain of Mrs. Hudson's innocence; Holmes is not. But the old woman's colorful past has been a source of tension between them before, and now the dangerous players who control Monte Carlo's gilded casinos may stop at nothing to keep the pair away from what Mrs. Hudson's youthful history could bring to light. The Riviera is a place where treasure can be false, where love can destroy, and where life, as Mary Russell and Sherlock Holmes will discover, can be cheap--even when it is made of solid gold.

Don't miss Enola Holmes: The Case of the Missing Marquess! Now a Netflix original movie starring Millie Bobby Brown, Henry Cavill, and Helena Bonham Carter! Enola Holmes--younger sister to Sherlock Holmes--is back on another case! (Cover may vary) Enola is thrown into a tailspin when she receives a desperate message from her old friend, Lady Cecily. Enola knows she must help her friend before it's too late - but she doesn't know how!

This complicated case has Enola hunting down clues all over London until she finally discovers the awful truth: Lady Cecily is being held prisoner! Enola must risk her own freedom and join forces with her brother, the famed Sherlock Holmes, to free Cecily. Can Enola trust her brother, and can they save Cecily in time? Praise for Enola Holmes: The Case of the Missing Marquess: An Edgar Award Nominee! "Empowered, capable, and smart . . . [with] an impactful message that you can do anything if you set your mind to it."--Millie Bobby Brown, Stranger Things * "Enola shows herself to be an intelligent, rational, resourceful, and brave protagonist. Readers will look forward to hearing this heroine's unique voice again." --Publishers Weekly, starred review * "This is a terrific package. Springer not only provides two fine mysteries, breathtaking adventure, and key-eyed description, but she also offers a worthy heroine." --Booklist, starred review

With its winning mix of gripping narrative and easy-to-implement performance-raising tips, this book has become a best-selling classic. It’s garnered 5-star reviews and wide-ranging endorsements - from Sebastian Coe and

Dame Kelly Holmes to Lord Digby Jones

Happy You, Happy Family

The SUMO Secrets to Being a Positive, Confident Teenager

Citizens

Paula

Get in Trouble

What Women Want

When our institutions treat people as citizens rather than consumers, everything changes. Unleashing the power of everyone equips us to face the challenges of economic insecurity, climate crisis, public health threats, and polarisation. Written by a co-founder of the New Citizenship Project, Citizens is an upbeat handbook, full of insights, clear e

Kelly Holmes made history when she brought home double gold in the 2004 Olympics, becoming a national hero. She won Sports Personality of the Year, was given a Damehood, fully backed London's successful 2012 Olympic bid and became a superstar on the red carpet as well as a much acclaimed and consulted professional in the sporting world. Now in her staggeringly honest updated autobiography she reveals the times she fought back tears to battle against injury and win gold, plus the emotional decision she made to retire from athletics. Including details of her unsettled childhood, trials in the army and a struggle with self harm, Kelly's amazing determination carries through to make this inspirational and powerful autobiography a tale of triumph over adversity and a model for readers of all ages and backgrounds.

"A young girl who is empowered, capable, and smart...the Enola Holmes book series convey an impactful message that you can do anything if you set your mind to it, and it does so in an exciting and adventurous way."--Millie Bobby Brown
Enola Holmes is back! Nancy Springer's nationally bestselling series and breakout Netflix sensation returns to beguile readers young and old in Enola Holmes and the Black Barouche. Enola Holmes is the much younger sister of her more famous brothers, Sherlock and Mycroft. But she has all the wits, skills, and sleuthing inclinations of them both. At fifteen, she's an independent young woman--after all, her name spelled backwards reads 'alone'--and living on her own in London. When a young professional woman, Miss Letitia Glover, shows up on Sherlock's doorstep, desperate to learn more about the fate of her twin sister, it is Enola who steps up. It seems her sister, the former Felicity Glover, married the Earl of Dunhench and per a curt note from the Earl, has died. But Letitia Glover is convinced this isn't the truth, that she'd know--she'd feel--if her twin had died. The Earl's note is suspiciously vague and the death certificate is even more dubious, signed it seems by a John H. Watson, M.D. (who denies any knowledge of such). The only way forward is for Enola to go undercover--or so Enola decides at the vehement objection of her brother. And she soon finds out that this is not the first of the Earl's wives to die suddenly and vaguely--and that the secret to the fate of the missing Felicity is tied to a mysterious black barouche that arrived at the Earl's home in the middle of the night. To uncover the secrets held tightly within the Earl's hall, Enola is going to require help--from Sherlock, from the twin sister of the missing woman, and from an old friend, the young Viscount Tewkesbury, Marquess of Basilwether! Enola Holmes returns in her first adventure since the hit Netflix movie brought her back on the national bestseller lists, introducing a new generation to this beloved character and series.

A girl tries to make friends with a chained dog she meets along her path. When she realizes that the dog growls at others and is not going to accept her offers of friendship, she learns to profit that she cannot make every encounter a friendly one and continues to enjoy the friendly animals she does meet.

Mindset, fitness & nutrition for positive wellbeing

A Novel

The Confidence Men

Podium

Steampunk! An Anthology of Fantastically Rich and Strange Stories

6 simple steps to achieve success

Enola Holmes and the Black Barouche

In the first major YA steampunk anthology, fourteen top storytellers push the genre's mix of sci-fi, fantasy, history, and adventure in fascinating new directions. Imagine an alternate universe where romance and technology reign. Where tinkers and dreamers craft and re-craft a world of automatons, clockworks, calculating machines, and other marvels that never were. Where scientists and schoolgirls, fair folk and Romans, intergalactic bandits, utopian revolutionaries, and intrepid orphans solve crimes, escape from monstrous predicaments, consult oracles, and hover over volcanoes in steam-powered airships. Here, fourteen masters of speculative fiction, including two graphic storytellers, embrace the genre's established themes and refashion them in surprising ways and settings as diverse as Appalachia, ancient Rome, future Australia, and alternate California. Visionaries Kelly Link and Gavin J. Grant have invited all-new explorations and expansions, taking a genre already rich, strange, and inventive in the extreme and challenging contributors to remake it from the ground up. The result is an anthology that defies its genre even as it defines it.

Looking back at her lengthy career just four years before her death, modernist painter Nell Blaine said, "Art is central to my life. Not being able to make or see art would be a major deprivation." The Virginia native's creative path began early, and, during the course of her life, she overcame significant barriers in her quest to make and even see art, including serious vision problems, polio, and paralysis. And then there was her gender. In 1957 Blaine was hailed by Life magazine as someone to watch, profiled alongside four other emerging painters whom the journalist praised "not as notable women artists but as notable artists who happen to be women." In Central to Their Lives, twenty-six noted art historians offer scholarly insight into the achievements of female artists working in and inspired by the American South. Spanning the decades between the late 1890s and early 1960s, this volume examines the complex challenges these artists faced in a traditionally conservative region during a period in which women's social,

cultural, and political roles were being redefined and reinterpreted. The presentation—and its companion exhibition—features artists from all of the Southern states, including Dusti Bongé, Anne Goldthwaite, Anna Hyatt Huntington, Ida Kohlmeyer, Lois Mailou Jones, Alma Thomas, and Helen Turner. These essays examine how the variables of historical gender norms, educational barriers, race, regionalism, sisterhood, suffrage, and modernism mitigated and motivated these women who were seeking expression on canvas or in clay. Whether working from studio space, in spare rooms at home, or on the world stage, these artists made remarkable contributions to the art world while fostering future generations of artists through instruction, incorporating new aesthetics into the fine arts, and challenging the status quo. Sylvia Yount, the Lawrence A. Fleischman Curator in Charge of the American Wing at the Metropolitan Museum of Art, provides a foreword to the volume. Contributors:Sara C. ArnoldDaniel BelascoLynne BlackmanCarolyn J. BrownErin R. Corrales-DiazJohn A. CuthbertJuliee DeckerNancy M. DollJane W. FaquinElizabeth C. HamiltonElizabeth S. HawleyMaia JalenakKaren Towers KlacsmannSandy McCainDwight McInvaillCourtney A. McNeilChristopher C. OliverJulie PierottiDeborah C. PollackRobin R. SalmonMary Louise Soldo SchultzMartha R. SeverensEvie TorronoStephen C. WicksKristen Miller Zohn Kelly Holmes made history when she brought home double gold in the 2004 Olympics, becoming a national hero. She won Sports Personality of the Year, was given a Damehood, fully backed London's successful 2012 Olympic bid and became a superstar on the red carpet as well as a much acclaimed and consulted professional in the sporting world. Now in her staggeringly honest updated autobiography she reveals the times she fought back tears to battle against injury and win gold, plus the emotional decision she made to retire from athletics. Including details of her unsettled childhood, trials in the army and a struggle with self harm, Kelly's amazing determination carries through to make this inspirational and powerful autobiography a tale of triumph over adversity and a model for readers of all ages and backgrounds

Hodder & Stoughton admire Sir Mo's bravery in revealing his experience of being trafficked as a child. His memoir TWIN AMBITIONS, published in 2013, is based on the story he felt able to tell at the time, which we understood to be the true version of events. It is now clear that Sir Mo did not wish to share some of his difficult early experiences and we respect the decisions he made both then and now. 4 August, 2012. Super Saturday. On the most electric night in the history of British sport, Mo Farah braved the pain and punishment to seize Olympic gold in the 10,000m - and in the process went from being a talented athlete to a national treasure. Seven days later, Mo seized his second gold at the 5000m to go where no British distance runner has gone before. Records have tumbled before him: European track records at 1500m, 5000m indoors, and 10,000m; British track records at 5000m, 3000m indoors and 10k on the road have all fallen to Mohamed 'Mo' Farah: the boy from Somalia who came to Britain at the age of eight, leaving behind his twin brother, and with just a few words of English, and a natural talent for running. His secondary school PE teacher Alan Watkinson spotted his potential and began easing this human gazelle towards the racetrack. In 2001 Mo showed his promise by winning the 5000m at the European Junior Championships. Soon he was smashing a string of British and European records. He began living with a group of elite Kenyan runners, following their strict regime of run, sleep, eat and rest. Mo was determined to leave no stone uncovered in his bid for distance-running glory. After a disappointing Olympics in Beijing Mo took the bold decision to relocate to Portland, Oregon to work under legendary coach Alberto Salazar. The results were emphatic as Mo took silver at the 10,000m and then raced to gold in the 5000m at the 2011 World Championships in Daegu. Even better would soon follow at London 2012. TWIN AMBITIONS is much more than an autobiography by a great Olympic champion. It's a moving human story of a man who grew up in difficult circumstances, separated from his family at an early age, who struggled to overcome seemingly insurmountable obstacles and realise his dream.

The Case of the Peculiar Pink Fan

Track Record Hb

Will It Make The Boat Go Faster?

What Shapes a Sporting Champion?

The 3 Alarms

A Century of Gold

An Enola Holmes Mystery

Now a Netflix original movie starring Millie Bobby Brown, Henry Cavill, and Helena Bonham Carter! Meet Enola Holmes, teenaged girl turned detective and the younger sister to Sherlock Holmes. When Enola Holmes, sister to the detective Sherlock Holmes, discovers her mother has disappeared, she quickly embarks on a journey to London in search of her. But nothing can prepare her for what awaits. Because when she arrives, she finds herself involved in the kidnapping of a young marquess, fleeing murderous villains, and trying to elude her shrewd older brothers—all while attempting to piece together clues to her mother's strange disappearance. Amid all the mayhem, will Enola be able to decode the necessary clues and find her mother?

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.

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

Kelly Holmes*Black, White & Gold - My Autobiography**Random House*

How Two Prisoners of War Engineered the Most Remarkable Escape in History

How Athletes Turn Potential Into High Performance

My Story So Far

The Psychology of Sports Injury

Enola Holmes and the Boy in Buttons

Congressional Record

Stories

The ratio of those that do, compared to those that don't is incredibly small. You mightn't have found the right sport for you, you might have faced setbacks, barriers, bad luck or lack of facilities. You mightn't have the knowledge required to optimise your performance, look after your wellbeing or take a long-term approach to your sporting journey. This book is the answer. Olympic Champion, Amy Williams MBE guides you through your entire sporting journey, using her own experiences & those of some of Britain's greatest athletes to help you turn your talent into your triumph.

A long-term friendship shared by Bea, Kate and Ellen is put to the test when widowed Ellen, who has devoted herself to her children and her art gallery for more than a decade, falls in love with a stranger who brings unexpected and unwelcome changes into the trio's lives. A first novel.

What does it really take to make the podium? Which of the biological, environmental and psychological factors really shape a champion's route to the top? To answer these questions, Ben Oakley has taken the original step of combining existing research with a study of leading athletes' autobiographies. Looking at the early histories and initial challenges of serial champions in their own words, Podium sheds new light on their commonalities. A similar focus in training, similar influences around them and, above all, similar mental attributes are revealed ? and tales of individual brilliance are given a fresh twist. From Ian Thorpe, Usain Bolt and Chrissie Wellington to Victoria Pendleton, Lionel Messi and Roger Federer, all we see is a smooth progression to glory, but each is a rocky path punctuated by critical episodes, and it is the response to these events that can transform talented people into winners. Podium is fascinating reading for anyone interested in the big names at the peak of their respective sports, and essential for coaches or parents of the next budding star. This enthralling read will enrich your interpretation of champions' lives and provide a map of the complex paths through sport to the podium.

"Young people now more than ever need the tools and resources to support their mental wellbeing and help fulfil their potential. This book will be invaluable in helping them achieve this." —DAME KELLY HOLMES "This is truly a brilliant book! Having worked with young people for over 25 years in both sport and education, this is quite simply a MUST read!" —DREW POVEY from Channel 4's Educating Greater Manchester "Paul's wonderful book, crammed with insight, action, humour and hope will help you create a better future, not only for yourself but for all of us." —RICHARD GERVER, Speaker, author and education expert "A hugely helpful book for both young people and adults alike. I loved it." —DR KATE MIDDLETON, Psychologist and director of the Mind & Soul Foundation Discover how to make the most of being You! YESSS! The SUMO Secrets to Being a Positive, Confident Teenager uncovers the secrets of overcoming the challenges and also embracing the opportunities of one of life's most difficult stages: the teenage years. YESSS! is full of vibrant, exciting advice that will motivate and equip readers to overcome the insecurities and confusion that can often characterize our teenage years. Sunday Times bestselling author and speaker, Paul McGee aka The SUMO Guy, shows teenagers (and the people who both care for and support them) how to harness practical strategies to: Take responsibility for their lives Own and understand their feelings Build a more positive mindset Develop a healthy image of themselves Realize that it's OK to not always feel OK Recover from setbacks and develop perseverance Aspire, set goals, and dare to dream Perfect for every teenager and all those involved in supporting them, YESSS! shows young people what it's like to live with confidence, resilience, hope, and happiness.

The Case of the Missing Marquess

Find Your Recipe for Happiness in the Chaos of Parenting Life

How Great Athletes Think, Train, and Thrive

Why the Key to Fixing Everything Is All of Us

Poverty, Survival & Hope in an American City (Pulitzer Prize Winner)

Central to Their Lives

Twin Ambitions - My Autobiography

PULITZER PRIZE WINNER • A “vivid and devastating” (The New York Times) portrait of an indomitable girl—from acclaimed journalist Andrea Elliott “From its first indelible pages to its rich and startling conclusion, Invisible Child had me, by turns, stricken, inspired, outraged, illuminated, in tears, and hungering for reimmersion in its Dickensian depths.”—Ayad Akhtar, author of Homeland Elegies ONE OF THE TEN BEST BOOKS OF THE YEAR: The New York Times • ONE OF THE BEST BOOKS OF THE YEAR: The Atlantic, The New York Times Book Review, Time, NPR, Library Journal In Invisible Child, Pulitzer Prize winner Andrea Elliott follows eight dramatic years in the life of Dasani, a girl whose imagination is as soaring as the skyscrapers near her Brooklyn shelter. In this sweeping narrative, Elliott weaves the story of Dasani’s childhood with the history of her ancestors, tracing their passage from slavery to the Great Migration north. As Dasani comes of age, New York City’s homeless crisis has exploded, deepening the chasm between rich and poor. She must guide her siblings through a world riddled by hunger, violence, racism, drug addiction, and the threat of foster care. Out on the street, Dasani becomes a fierce fighter “to protect those who I love.” When she finally escapes city life to enroll in a boarding school, she faces an impossible question: What if leaving poverty means abandoning your family, and yourself? A work of luminous and riveting prose, Elliott’s Invisible Child reads like a page-turning novel. It is an astonishing story about the power of resilience, the importance of family and the cost of inequality—told through the crucible of one remarkable girl. Winner of the J. Anthony Lukas Book Prize • Finalist for the Bernstein Award and the PEN/John Kenneth Galbraith Award

NATIONAL BESTSELLER • The Great Escape for the Great War: the astonishing true story of two World War I prisoners who pulled off one of the most ingenious escapes of all time. FINALIST FOR THE EDGAR® AWARD • ONE OF THE BEST BOOKS OF THE YEAR: The Washington Post, NPR • “Fox unspools Jones and Hill’s delightfully elaborate scheme in nail-biting episodes that advance like a narrative Rube Goldberg machine.”—The New York Times Book Review Imprisoned in a remote Turkish POW camp during World War I, having survived a two-month forced march and a terrifying shootout in the desert, two British officers, Harry Jones and Cedric Hill, join forces to bamboozle their iron-fisted captors. To stave off despair and boredom, Jones takes a handmade Ouija board and fakes elaborate séances for his fellow prisoners. Word gets around, and one day an Ottoman official approaches Jones with a query: Could Jones contact the spirit world to find a vast treasure rumored to be buried nearby? Jones, a trained lawyer, and Hill, a brilliant magician, use the Ouija board—and their keen understanding of the psychology of deception—to build a trap for their captors that will ultimately lead them to freedom. A gripping nonfiction thriller, The Confidence Men is the story of one of the only known con games played for a good cause—and of a profound but unlikely friendship. Had it not been for “the Great War,” Jones, the Oxford-educated son of a British lord, and Hill, a mechanic on an Australian sheep ranch, would never have met. But in pain, loneliness, hunger, and isolation, they formed a powerful emotional and intellectual alliance that saved both of their lives. Margalit Fox brings her “nose for interesting facts, the ability to construct a taut narrative arc, and a Dickens-level gift for concisely conveying personality” (Kathryn Schulz, New York) to this tale of psychological strategy that is rife with cunning, danger, and moments of high farce that rival anything in Catch-22.

We were all made for greatness. But so many of us end up chasing the wrong thing in life. We focus on work over family, and success over significance. And when our lives come to an end, we are filled with regret. What if the secret to living a meaningful and fulfilled life wasn't as hard as it sounds? What if you didn't have to sacrifice success to be present to your loved ones?What if you didn't have to sacrifice your health to achieve success?What if focusing on a few key areas changed everything?And what if change was as simple as setting an alarm?Eric Partaker's story will challenge you to remember what's most important and start living a life that truly matters.Are you ready to set your three alarms and wake up to the challenge of living life fully alive?

Everybody has something they long for - be it succeeding in a new career, losing weight, getting out of debt, or even just getting more organised in life! These things can seem overwhelmingly difficult to achieve, but the good news is that many of the qualities that are required to succeed are simple skills, attitudes and mindsets that can be learned. Her incredible journey from up-and-coming young hopeful to double Olympic champion has taught Kelly Holmes all about what it takes to bring your dreams to fruition, and she is passionate about helping people realise their potential. In this book, she teaches you the six steps that she believes everyone needs in order to move from a no-can-do position to glory and success. Let her help you to:
• discover what you really want from life
• fast-track success with the right preparation
• overcome any confidence crisis
• tap into the willpower you never knew you had
• turn problems to your advantage
* find the fulfilment you've been looking for.

Running Life

Animus

The Case of the Bizarre Bouquets

Invisible Child

The Bone People

The story of Team GB's double Olympic champion

The Champion's Mind

The Psychology of Sports Injury: From Risk to Retirement provides a critical overview of the psychology of sports injury, covering the 5Rs of sports injury: risk, response, rehabilitation, return to sport and retirement. Drawing on a range of expert international perspectives from the fields of sport psychology and sport and exercise medicine, The Psychology of Sports Injury covers the psychological considerations associated with sports injuries, prior to the onset of injury through to supporting athletes with post-injury retirement. In addition to this injury lifespan perspective, the book features special interest topics including anterior cruciate ligament injury, sport-related concussion, spinal cord injury and the role of coaches in achieving athlete and team medical outcomes. Additionally, case studies provide the opportunity to apply learning from each chapter. By covering the sports injury journey from risk factors to retirement and including athlete mental health during sports injury, The Psychology of Sports Injury is an essential text for students, instructors, and practitioners in sports psychology, sport and exercise medicine and other related fields.

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.

The Enduring World of Sherlock Holmes

A Simple System to Transform Your Health, Wealth, and Relationships Forever

Proceedings and Debates of the ... Congress

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Olympic-winning Strategies for Everyday Success - Second Edition