

# **Cant Swim Cant Ride Cant Run My Triathlon Journey From Common Man To Ironman**

PLEASE NOTE - this is a replica of the print book and you will need paper and a pencil to complete the exercises. Practice makes perfect with this exciting guide to learning English. Work your way up with the ultimate self-study course that is easy to use and quick to learn. This practice book has a huge variety of bite-sized, attractively presented exercises to drill the language skills taught in English for Everyone Level 1 Beginner Practice Book. Hundreds of activities and accompanying audio cover listening, speaking, reading, and writing to reinforce language skills. You'll expand your English vocabulary with topics like introducing yourself, your job, and hobbies and interests. Get to grips with grammar rules, including using apostrophes and joining sentences, and perfect your pronunciation with audio exercises by native speakers. Eye-catching illustrations and step-by-step explanations keep content simple and straightforward for easy learning. Level 1 Beginner Practice Book is part of DK's best-selling English for Everyone series. It is suitable for all levels of English language learners and

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provides the perfect reading companion for study, exams, work, or travel. With audio material available on the accompanying website and Android/iOS app, there has never been a better time to learn English.

Cool English is a 6-level contemporary version of Join In. The Activity Book contains a large variety of entertaining activities which facilitate the practice and reinforcement of the language in different situations and contexts. It also includes colourful stickers containing the principal vocabulary of the unit, as well as a variety of activities which stimulate the different forms of intelligence, especially musical and linguistic.

Continuing Andy's inspirational journey from where Can't Swim, Can't Ride, Can't Run left off, a chronicle of his attempt to complete two Ironman triathlons six weeks apart. A 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run make the Ironman triathlon one of the hardest one-day endurance challenges on the planet. Now take those events and transfer them to a volcanic rock with cruel winds, searing sun, rough seas, and nosebleed-inducing hills, and you have Ironman Lanzarote. Why, then, would Andy Holgate—who admittedly has never swum in the sea, who can't cope with the wind, sun, or even stairs—take on such an extreme challenge? Simple: because he can. Already in his 40th year,

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would Andy make it to his 41rst? Would Lanzarote prove one triathlon too far-or will Andy succeed against the odds and live to swim, ride, and run another day?

This second edition updates a course which has proven to be a perfect fit for classes the world over. The Teacher's Resource Book contains the content for the A and B Combos for Starter level in one volume. All unit numbers and page references correspond to the Combos. It contains extra photocopiable grammar and communication activities and full pages of teaching tips and ideas specially written by methodology expert, Mario Rinvoluceri. A Combo Testmaker Audio CD/CD-ROM which allows teachers to create and edit their own tests is also available separately, as is Classware for the full edition which integrates the Student's Book, class audio and video.

Master Your Mind and Defy the Odds - Clean Edition

In the Water They Can't See You Cry  
A Straight-Talking Guide to Business Success and Personal Riches

Let's Learn English

A Look at Life with Four Legs and a Tail  
English in Mind Starter A and B Combo  
Teacher's Resource Book

*Four Corners is an integrated four-skills English*

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*course for adults and young adults. The interleaved Four Corners Teacher's Edition with Assessment Audio CD/CD-ROM, Level 1 features complete teaching instructions, optional activities, photocopiable video activity sheets, video teaching notes, audio and video scripts, language summaries, and Student Book and Workbook answer keys. The Assessment CD-ROM provides a complete assessment program, including oral and written quizzes, as well as unit tests in printable PDF and Microsoft Word® formats.*

*Stories for Young Readers, Book 1, Teacher's Answer Key, by Kinney Brothers Publishing, provides teachers with puzzle and question exercise answers. The book content is the same as the student's book and provides ESL readings with questions, grammatical explanations, exercises, and puzzles for beginning students. This textbook presents English in clear, grammatically simple, and direct language. Teachers can utilize the stories and exercises in a variety of ways, including listening comprehension, reading, writing, and conversation. Most importantly, the textbook has been designed to extend students' skills and interest in developing their ability to communicate in English.*

*In a culture where children are over scheduled and pressured constantly to achieve, what happens when you let your children do nothing*

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*at all? Pam Lobley decided to slow down and give her family a summer that was a throwback to the 1950s. Can she recreate that wholesome, mythical era? Is that even a good idea? Author is a play expert for parenting publications*

*"Bubbling over with useful ideas." —Independent*

*"Hard-wired to reality. Hype free and brutally honest." —Business Age*

*"Practical, down-to-earth advise of great value to would-be entrepreneurs." —Sir Adrian Cadbury*

*"I was hooked. A really useful DIY manual for success." —Personnel Today*

*"Exhilaration. Fright. Bewilderment. Exultation." —Career Development International*

*"A Complete toolkit for the ambitious entrepreneur. Success, happiness and your first million within your grasp." —The Citizen*

*"A gem of a book. A source of ideas and inspiration to any manager." — Professor Richard Teare, Oxford Brookes University*

*"A good easy read. I agree with everything." —Philip Vale, Durham University Business School*

*"That depth of understanding entrepreneurial business which can only come from doing it." —Baron Prestoungrange, Co-founder, MCB University Press*

*"Recommended reading for any frustrated executive considering going it alone." —Gulf Business*

*There are better ways to becoming a millionaire than trudging to your local store to buy a lottery ticket every week. The fact is your chances are 14 million to one. If you entered the lottery once every week, then—sure—you can*

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*expect to win. About once in every two hundred and seventy thousand years! But still there are those who believe that if they sit and listen as number after number is called out on the TV, that this will be their week. Their lucky break. Then there are those that know that they must do more than watch spinning balls to make their lives a success; that in order to do more, to have more, to become master of their own destiny—they must change. They must act. And this book is for them. Enter Richard Dobbins and Barrie O. Pettman, two self-made millionaires who reveal the secrets of their fantastic business achievements and personal fortunes. What Self-Made Millionaires Really Think, Know and Do does not rely on a mystical system, flimsy hype or unbelievable get-rich-quick schemes. Instead it offers practical and realistic advice for turning your brilliant ideas into a money-making business reality. What Self-Made Millionaires Really Think, Know and Do guides you from business idea to market acclaim. You will discover the secrets of real business - from thinking creatively and setting clear goals to negotiating skills, leadership and liberating time management. It is illustrated throughout with superb success stories and anecdotes from the authors' remarkable careers. Dobbins and Pettman provide a complete toolkit for the ambitious entrepreneur. They provide proven methods for getting what you want in life; success, happiness*

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*and your first million. It's not an easy walk in the park, but if you are serious about dramatically changing your life, it's all within your grasp. And it's all in here.*

*Can't Swim, Can't Ride, Can't Run*

*Cool English Level 4 Activity Book*

*Complete Key for Schools Student's Pack*

*(Student's Book Without Answers with CD-ROM,*

*Workbook Without Answers with Audio CD)*

*Pigs Can't Swim*

*Join Us for English*

*They Can't Take that Away from Me*

*"A book of fun facts about animals of all sizes, shapes, and species!"--*

*This book is both a lesson in true grit and determination, but its goal is one that is attainable. Andy isn't a sporting superstar, he holds down a 9-5 job and all the pressures that go with it; he isn't blessed with speed and talent; there are no multi-million pound sponsorship deals; yet this remarkable "e;common man"e; is inspiring in a way that some of today's sporting superstars have forgotten how to be. You wouldn't recognize Andy in the street, yet his story provides valuable lessons to us all: "e;Never give up"e; and "e;Anything is possible."e; Can't Swim, Can't Ride, Can't Run follows Andy Holgate's epic journey from being an overweight librarian to an Ironman triathlete. Before he could even begin the rollercoaster ride which amassed more punctures than Andy cares to remember, this*

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would-be Superman had first to buy a second-hand bike and take swimming lessons. Along the way, he ended up in hospital, dealt with family crises, encountered crocodiles and deadly amoebas, and persuaded his friends that doing an Ironman event is what normal people do on their stag weekend. This is the inspirational, amusing and moving story of how one normal bloke learnt how to fall off a bike and not injure himself, to run a marathon despite two dodgy knees, and most importantly how not to drown.

This book gives the reader a rare view of army life during WWII, as it traces the experiences and the adventures of an army private from induction, through basic training, combat in the South Pacific, occupation of Japan, and finally home. One highlight is the visit to Hiroshima two months after the bomb.

Ten unusual sheep take over when two very tired parents cannot put Baby to sleep.

And Other Fun Facts

What Kids Really Want That Money Can't Buy  
Caterpillars Can't Swim

Why Can't We Just Play?

The Grammar Gate Book 4

Kolay ve Pratik İngilizce (Yeni) + Read Me  
Yardımcı Kitabı + Kolay ve Pratik

İngilizceLite (Özet Bilgilerle Pratik  
İngilizce) + Pratik İngilizce Kartlar

New York Times Bestseller Over 2.5 million copies sold  
For David Goggins, childhood was a nightmare - poverty,

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*prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.*

*Super Minds is a seven-level course for young learners. This exciting seven-level course enhances your students' thinking skills, improving their memory along with their language skills. Super Minds develops creativity with visualisation exercises and art and craft activities, explores social values with lively stories and encourages cross-curricular thinking with fascinating 'English for school' sections. For ease of use, this Level 1 Teacher's Book is interleaved with pages from the Student's Book. It includes detailed lesson aims, clear instructions and a vast array of extra activities.*

*The Grammar Gate is an S. Chand series of eight English grammar books for the primary and middle school*

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(classes 1-8). It offers the users a graded coverage of grammar topics wherein the concepts, usage and rules of grammar are taught clearly with the help of simple explanations, lucid examples, definitions, notes and tables.

2 Kitap + İngilizce Kartlar? bir arada + Kolay ve Pratik İngilizce (Yeni) 389 Sayfa 71 Konu - Tüm İngilizce Konular? ve Pratik İngilizce Al?t?rmalar? ile birlikte. + Read Me Yardımcı Kitabı 220 Sayfa Okuma Parçalar? + Üiirler (Hem Türkçe Hem İngilizce) + Testler + Al?t?rmalar + Oyunlar + Pratik İngilizce Kartlar? (Kartlar Ç?kt? Al?n?p Kesilebilir) 22 Sayfa 110 Kart Toplam : 631 Sayfa bir arada.

Stories for Young Readers, Book 1, Teacher's Answer Key  
????????? ?? ????????????? ?????????????? ??????. ?????? ?  
?????????????????. 2-5 ????????

2 Kitap + İngilizce Kartlar?ndan Olu?an Kampanyal?  
Set - Hepsi Bir Arada  
Cantaleya

English for Everyone: Level 1: Beginner, Practice Book  
The Odyssey of an American POW

Сборник «Ключи к упражнениям» охватывает весь объем выпущенного издательством «Каро» в 2019 году популярного «Тренажера по грамматике английского языка для 2-5 классов».Выполнение большого количества упражнений успешно помогает ученикам без зубрежек и длительных усилий осваивать грамматические правила английского языка, разбираться с трудностями употребления различных языковых конструкций,

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обеспечивая тем самым высокий уровень знания языка.

Complete Key for Schools is official preparation for the Cambridge English: Key (KET) for Schools exam. It combines the best in contemporary classroom practice with engaging topics aimed at younger students. The information, practice and advice contained in the course ensure that they are fully prepared for all parts of the test, with strategies and skills to maximise their score. Informed by Cambridge's unique searchable database of real exam candidates' answers, the Cambridge English Corpus, Complete Key for Schools includes examples and exercises which tackle common problem areas at this level. This Student's Pack includes the Student's Book without answers with CD-ROM and Workbook without answers. The Audio CD contains the Audio for the Workbook exercises.

3 Kitap + İngilizce Kartları bir arada + Kolay ve Pratik İngilizce (Yeni) 389 Sayfa 71 Konu - Tüm İngilizce Konuları ve Pratik İngilizce Alıştırmaları ile birlikte. + Read Me Yardımcı Kitabı 220 Sayfa Okuma Parçaları + Şiirler (Hem Türkçe Hem İngilizce) + Testler + Alıştırmalar + Oyunlar + Kolay ve Pratik İngilizce Lite -Özet Bilgilerle Pratik İngilizce 96 Sayfa Günlük Hayatta Restoranda, Otelde, Otobüste Karşılaşabileceğimiz İngilizce İfadeler ve Cevapları + Pratik İngilizce Kartları (Kartlar Çıktı Alınıp Kesilebilir) 22 Sayfa 110 Kart Toplam : 727 Sayfa bir arada.

A collection of artwork and poetry written and drawn by a real to life old cowboy. Some of the pictures are painted with acrylic and others are drawn with charcoal or pencil. It is quite a collection from an unknown Artist and poet. Need portraits,

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903-639-2190

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The New Merry-go-round

Forum

3 Kitap + İngilizce Kartlarından Oluşan Kampanyalı  
Set - 4 Kitap Hepsini Bir Arada

Four Corners Level 1 Full Contact with Self-study CD-  
ROM

A Complete Self-Study Program

*Poetry. Fiction. Gay, Lesbian, and Transgender Studies. In NEWCOMER CAN'T SWIM, Renee Gladman invites us to accompany her protagonists on their treks into, through and across variegated, mysterious soulspaces and dreamscapes, troubling the surfaces and boundaries of story and genre. Her figures touch down, chapter by chapter, onto beaches, city streets, and unmarked territories, in which echoes, shadows, and parallel presences delineate borders of the cannily strange. As the narrative flickers before us, gathering into an enthralling flow, we find ourselves recording with unmeasured exhilaration that Gladman once again is mapping one of the most original and vital courses in contemporary literature.*

*Four Corners is an integrated four-skills English course for adults and young adults. Four Corners Full Contact with Self-study CD-ROM, Level 1 includes four key components of the Four Corners series: Student's Book, Workbook, Video Activity Sheets, and Self-study CD-ROM.*

*Use the exact text found in the CanteleyaBackcover file in the cover folder for the back cover text*

*An award-winning guide counsels parents on how to instill love for life's simpler pleasures in their children, covering such topics as understanding the difference between friendships and popularity, building family rituals, media literacy, financial*

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*skills, and avoiding materialism. Reprint.*

*What Self-Made Millionaires Really Think, Know and Do*

*Newcomer Can't Swim*

*Global Edition*

*You Can't Play Outside*

*Lazy Runner*

*Solid Ground BEGINNERS' GUIDE*

**"A seven-time Olympic medalist describes her battles with depression, eating disorders and substance abuse in spite of her successful career, recounting how she hid her struggles from her loved ones before seeking help and finding renewal in the birth of her son. 75,000 first printing."**

**Ryan finds his freedom in the water, where he is not bound by gravity and his wheelchair. When he rescues his schoolmate, Jack, from the water their lives become connected, whether they like it or not. Ryan keeps Jack's secret about that day in the water, but he knows that Jack needs help. The school is full of rumors about Jack's sexuality, and he has few friends. Almost against his better judgement, Ryan decides to invite Jack on a trip to Comic Con he's planned with his best friend Cody, the captain of the school's swim team. The**

**three boys make an unlikely combination, but they will each have the chance to show whether they are brave enough to go against the stereotypes the world wants to define them by. An outrageous, hilarious, and touching memoir by the youngest of nine children in a hardscrabble, beyond-eccentric Maine family. With everything happening on Helen Peppe's backwoods Maine farm, life was wild--and not just for the animals. Sibling rivalry, rock-bottom poverty, feral male chauvinism, sex in the hayloft: everything seemed--and was--out of control. In telling her wayward family tale, Peppe manages deadpan humor, an unerring eye for the absurd, and poignant compassion for her utterly overwhelmed parents. While her feisty resilience and candor will inevitably remind readers of Jeannette Walls or Mary Karr, Peppe's wry insight and moments of tenderness with family and animals are entirely her own. As Richard Hoffman, the author of *Half the House: A Memoir* puts it: "Pigs Can't Swim is an unruly, joyous troublemaker of a book."**

**A journal for the teacher of english**

**outside the United States.**

**Four Corners Level 1 Teacher's Edition  
with Assessment Audio CD/CD-ROM**

**Red Herrings Can't Swim**

**Baby Can't Sleep**

**If I Can't Be At Your Feet**

**Tips for Parenting in a Commercial World**

**What I Did When I Realized My Kids Were  
Way Too Busy**

The *Lazy Runner* follows Laura Fountain from starting out as a novice runner-unfit, clueless about running, and incredibly lazy-to finishing her first marathon, and beyond. At first unable to run 400 meters without stopping, Laura has now completed five marathons, the most recent in under four hours. Along the way, Laura learns countless lessons about running, most of them the hard way. But most importantly, this self-confessed couch potato learns to love running. As well as offering inspiration and motivation to get out there and run, her book offers tips on how to make running easier and more enjoyable. Offering practical information on buying the right kit, choosing the best race, and what to do on race day, it also tackles the important running questions you might be embarrassed to ask-like when will it get easier? And what happens if I need the toilet?

Bittersweet and evocative, *They Can't Take That Away From Me* explores the irony of human resilience amidst the atrocity of war, and in that survival the unconquerable loss of a man's most cherished dream."--BOOK JACKET.

Buku ini disusun dengan tujuan menyediakan bahan ajar mata pelajaran bahasa Inggris untuk siswa SMP dengan acuan Standar Isi mata pelajaran bahasa Inggris tahun 2013. Bahan ajar ini dirancang untuk pemakaian secara nasional

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dan oleh karenanya guru di seluruh Indonesia dapat menggunakannya langsung di dalam kelas atau dengan melakukan adaptasi seperlunya menyesuaikan KTSP masing-masing. Materi dan tugas pembelajaran dikembangkan dengan prinsip-prinsip Pendekatan Komunikatif untuk mengembangkan kompetensi siswa dalam keempat keterampilan berbahasa, yaitu menyimak, berbicara, membaca, dan menulis. Selain itu materi dan tugas pembelajaran secara integratif mengembangkan kecakapan hidup dalam arti luas dan peningkatan kesadaran akan kebinekaan. Materi dan tugas-tugas pembelajaran dalam buku ini diorganisasikan ke dalam dua siklus pembelajaran, yaitu siklus lisan dan siklus tulis. Sementara siklus lisan menekankan pengembangan keterampilan menyimak dan berbicara, siklus tulis mengembangkan keterampilan membaca dan menulis. Sesuai dengan prinsip keterpaduan dalam pembelajaran bahasa, kedua siklus tersebut mengembangkan keempat keterampilan berbahasa secara terintegrasi. Selain itu, untuk keperluan pengayaan dan evaluasi, setiap chapter dilengkapi dengan tugas terstruktur berupa evaluasi. Materi dan kegiatan pembelajaran dalam buku ini lebih dikembangkan untuk mendorong terjadinya learning pada diri siswa. Kegiatan-kegiatan belajar dikembangkan untuk menjadikan siswa secara individu, berpasangan, dan kelompok kecil secara aktif belajar bahasa Inggris melalui kegiatan memahami dan menggunakan bahasa Inggris untuk mengekspresikan gagasan dan perasaan secara alami. Guru lebih bertindak sebagai fasilitator, pemberi feedback, dan pendorong siswa agar berani mengekspresikan dirinya dengan tidak mengabaikan pentingnya akurasi berbahasa. Dengan kegiatan-kegiatan pembelajaran dan peran guru yang demikian, siswa terbimbing dan memperoleh fasilitasi dalam berlatih mengekspresikan dirinya sehingga secara bertahap akhirnya

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mampu berkomunikasi dengan baik.

If I Can't Be At Your Feet . . . a unique and inspiring account of life through a dog's eyes. Gunther Denali is a rambunctious, well-educated, wise, curious, and creative soul swirled into one vivacious black Labrador Retriever. He encourages us to live each day to the fullest and play as hard as we can because tomorrow is promised to no one. Whether Gunther is fishing for salmon on Lake Michigan, going to a Jimmy Buffett concert, exploring Indiana University's campus, or getting into the refrigerator anytime he is hungry, he dances through life and highlights our soul purpose.

For Junior High School (Grade VIII) A

Kolay ve Pratik ?ngilizce (Yeni) + Read Me Yard?mc? Kitab? + Pratik ?ngilizce Kartlar

Cows Can't Jump

Can't Hurt Me

I[-III

***American English File Second Edition retains the popular methodology developed by world-renowned authors Christina Latham-Koenig and Clive Oxenden: language + motivation = opportunity. With grammar, vocabulary, and pronunciation practice in every lesson, students are equipped with a solid foundation for successful speaking. Plus - an array of digital resources provides even more choice and flexibility. Students can learn in the classroom or on the move with Online Practice. language assessment. The first goal is to explore the difference between fairness and justice in language assessment. The authors distinguish***

***internal and external dimensions of the equitable and just treatment of individuals taking language tests which are used as gatekeeping devices to determine access to education and employment, immigrant status, citizenship, and other rights.***

***The second goal is to show how the extent of test fairness can be demonstrated and improved using the tools of psychometrics, in particular the models collectively known as Rasch measurement. "This book will have an enormous impact on the field of language assessment.***

***Using Rasch analysis models to explore and identify sources of unfairness, the authors make a compelling case for fairness in the design and implementation of language assessment instruments and for justice in the interpretation and use of test results. A real strength of the book is that it guides readers through analytical techniques in an accessible way."*** Dan Douglas, Professor Emeritus, Applied Linguistics Program, Iowa State University.

***A drowned man. A sinister circus. And murder... murder... murder. Nod Blake, the cynical, wise-cracking private eye, is back. He's an aging throwback to a bygone era of detecting on the mean streets; a dinosaur of a private eye who never got the memo that he was extinct. And thanks to his over-eager secretary, he's been dumped in the midst of murder most foul. From***

***beyond the grave, victims are begging Blake to solve their murders. In the real world, he's flummoxed by vandals, threats to his life, wildly raucous suspects and a homicide detective happy to pin killings on him. Red Herrings Can't Swim in an all-new murder mystery with a sly sense of humor, set in 1979 Chicago where a maniacal killer running loose under the Big Top on Navy Pier... is the good news. Contains grim murder and outrageous laughs, peppered with adult themes and language.***

***Can't Swim, Can't Ride, Can't Run***  
***Partnership***

***Cows Can't Jump (featuring animal actions) is part of the Cows Can't Series, which includes Cows Can't Quack (animal sounds), Cows Can't Spin Silk (animal creations), Cows Can't Blow Bubbles (shapes animals make), bilingual Spanish/English editions of all four titles and Haitian Creole and French bilingual editions of Cows Can't Jump. By listening to and reading aloud these fun, educational and engaging picture books, young children will learn the names of dozens of animals - and their actions, sounds, and creations - reinforcing early reading skills and a love of books! The Cows Can't Series is perfect for young listeners and beginning readers ages newborn to six years old. Cows Can't Jump is available in multiple formats:***

***Stubby & Stout? Board-book (chunky-style format ideal for small hands), Glossy Paperback (for older children), Hardcover (full size format with board-book covers/pages) and Kindle. Cows Can't Jump is featured on the Recommended Children's Books list of the award-winning early literacy organization Parent-Child+ and has received high praise including "On my list of all-time favorite picture books", "Will fast become your child's favorite bedtime story" and "A new staple in our daily reading". The Series is published by Jumping Cow Press, which actively supports literacy programs and partners with a direct-impact foundation to provide tens of thousands of copies of the Series at no cost to Reach Out and Read, Parent-Child Home+, Pajama Program, Read to Grow, Raising a Reader, Kids Need to Read, Get Georgia Reading, Literacy, Inc. (LINC) and Read by 4th, all of which integrate the Cows Can't Series into their early childhood literacy programs. Learn more about the Cows Can't Series at [jumpingcowpress.com](http://jumpingcowpress.com). Follow Jumping Cow Press on Twitter (@cowscantjump) and Facebook (/jumpingcowpress).***

***Hippos Can't Swim***

***A Memoir***

***Things***

***American English File 3E Starter Student Book***

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***Harrap's essential English Dictionary  
Super Minds Level 1 Teacher's Book***