

## *Red And Me My Coach My Lifelong Friend*

**The former UCLA men's basketball coach reflects on his career, his life outside of basketball, and the impact some of his top players had on the NBA.**

**No matter who you are No matter what you've been through Grace Trail(R) will connect where you are now with where you want to go. You can walk the trail anywhere, anytime, with anyone by just showing up and asking the questions shared in this book. Created by acclaimed life coach Anne Barry Jolles in 2012 to help her cope with the worry of having a son in combat in Afghanistan, Grace Trail has guided thousands of people to begin a simple conversation around joy, hope and resiliency. Plymouth, MA is the site of the original, beloved path, but it is not the only one. Grace Trail can be walked anywhere, from the comfort of the reader's kitchen to the office or any outdoor spot. Filled with easy to implement ideas, inspirational anecdotes, humor, compassion and realistic optimism, this book offers readers practical, immediate tools to take "5 Steps Toward Your Best Life.(R)" By asking and reflecting on key questions about the five components of GRACE - Gratitude, Release, Acceptance, Challenge and Embrace - you will find that you are walking off your worries and accessing hope. Move toward the life you were meant to live with Grace Trail. Grace Trail is the Trail that leads you back to you.**

**Coaching is an essential skill for leaders. But for most busy, overworked managers, coaching employees is done badly, or not at all. They're just too busy, and it's too hard to change. But what if managers could coach their people in 10 minutes or less? In Michael Bungay Stanier's The Coaching Habit, coaching becomes a regular, informal part of your day so managers and their teams can work less hard and have more impact. Coaching is an art and it's far easier said than done. It takes courage to ask a question rather than offer up advice, provide an answer, or unleash a solution. Giving another person the opportunity to find their own way, make their own mistakes, and create their own wisdom is both brave and vulnerable. It can also mean unlearning our "fix it" habits. In this practical and inspiring book, Michael shares seven transformative questions that can make a difference in how we lead and support. And, he guides us through the tricky part - how to take this new information and turn it into habits and a daily practice. -Brené Brown, author of Rising Strong and Daring Greatly Drawing on years of experience training more than 10,000 busy managers from around the globe in practical, everyday coaching skills, Bungay Stanier reveals how to unlock your peoples' potential. He unpacks seven essential coaching questions to demonstrate how---by saying less and asking more--you can develop coaching methods that produce great results. - Get straight to the point in any conversation with The Kickstart Question - Stay on track during any interaction with The AWE Question - Save hours of time for yourself with The Lazy Question, and hours of time for others with The Strategic Question - Get to the heart of any interpersonal or external challenge with The Focus Question and The Foundation Question - Finally, ensure others find your coaching as beneficial as you do with The Learning Question A fresh, innovative take on the traditional how-to manual, the book combines insider information with research based in neuroscience and behavioural economics, together with interactive training tools to turn practical advice into practiced habits. Dynamic question-and-answer sections help identify old habits and kick-start new behaviour, making sure you get the most out of all seven chapters. Witty and conversational, The Coaching Habit takes your work--and your workplace--from good to great.**

**Trinity of Coaching: God, You, and Your Life Coach is a practical guide for coaches, coaching clients, ministers, and laypeople. Packed with research-supported techniques, practical advice, and life application lessons, this book is an excellent tool to help you integrate your Christian faith and Biblical principles into your coaching sessions and daily activities.**

**One Womans Inspiring Story of Transformation in a Model for Reclaiming YOUR Life**

**My Coach, My Lifelong Friend**

**Coach Wooden and Me**

**Empire of Thieves**

**Coach**

**Use It**

**Coach to Coach**

**A bi-racial boy named Christian, spends an interesting day learning about race, color and stereotypes. By the end of the day, he learns to embrace all of who he is. He knows that the world is full of white, black, brown, red and yellow people, but he also sees that there are many**

mixed children like him, who are in between these basic colors.

Many executives overlook the single-most critical aspect of leadership. Have you? The most important driver of overall success is your own self-leadership. Without it, your career may stall. Why? Because how you lead yourself directly impacts your ability to lead others, and that, in turn, can prevent you from reaching your full career potential. Self-leadership. It begins and ends with YOU(tm). In *Leading YOU(tm): The power of self-leadership to build your executive brand and drive career success*, Senior Executive Coach Brenda Bence reveals the 15 most damaging self-leadership behaviors she regularly sees in her practice. She then provides you with dozens of tips and techniques you can immediately apply to correct or improve these behaviors. Packed with real-life executive coaching case studies from around the globe, this book will help you: \* Strengthen your Executive Presence and build an outstanding leadership brand. \* Quit acting like a victim of your calendar, your time, and "the system." \* Utilize powerful mind management techniques to stop limiting behaviors. \* Learn how to successfully manage "up" to bosses and "across" to peers. \* Promote yourself without bragging, to help you gain visibility and the job you want. \* Successfully influence others even if you don't have an official title or authority. *Leading YOU(tm)* not only cuts to the core of what's needed for effective self-leadership, but it's also the only book to identify and explain the relationship between self-leadership and a winning leadership brand--the Trademarked YOU(tm)®. Together with the award-winning companion book, *Would YOU Want to Work for YOU(tm)?*, this book will become your go-to resource for advancing in your career through the power of authentic self-leadership. "Brenda Bence makes it clear: Great leadership is all about self-leadership and learning how to manage YOU as well as you manage others. A great read!" - Philip Yuen, CEO, Deloitte Southeast Asia "You may excel at managing others, but unless you look inward to manage yourself first, your career is likely to stagnate rather than ignite. *Leading YOU(tm)* is a must read." - Peter Walker, CEO Asia Pacific, ThyssenKrupp Elevator As the CEO of a small business, you know what it means to hit the ceiling. Business leaders often struggle with four primary barriers to growth: people, profit, control, and traction. The heroic efforts you relied on to build your business from the ground up, aren't adequate to take it to the next level. What you need are the three essential resources in the Optimize for Growth Model: \* A business operating system helps CEOs articulate a shared vision and build the organization, process, accountability and productivity to achieve their goals. \* A peer advisory network provides valuable insights and advice from other leaders who share their experiences in a trusted and confidential setting to leverage the wisdom of the group. \* A business coach keeps the CEO accountable and acts as a necessary sounding board and advisor to shape key leadership skills. In his work with growing organizations in all industries, Jonathan B. Smith has helped executives implement the Optimize for Growth Model to foster their success. The book features stories of CEOs from various industries plus Jonathan's own experience building an INC 500 company. Every business owner eventually stalls on the road to growth. CEOs who bring in the right resources can make the difference between staying stuck and catapulting the organization to greater profits, productivity, and traction. The Optimize for Growth Model provides the framework to scale up. Are you ready to optimize for growth? Take our assessment at [ChiefOptimizer.com/assessment](http://ChiefOptimizer.com/assessment). Red Auerbach, one of the greatest coaches in sports history, died on October 28, 2006. Bill Russell, the star center on the Auerbach teams that won eleven championships in thirteen years, said little in public at the time. His relationship with his coach had been so deeply personal that he could not express it with a brief comment. Auerbach and Russell--one a short, brash Jew from Brooklyn; the other a tall, intense African-American from Louisiana and Oakland--were far more than just coach and player. Through thirteen years of building a sports dynasty together, one that remains among the greatest of all time, their relationship evolved into a rare example of deep male friendship: confident, supportive, understanding, founded in common goals, even as their feelings remained largely unspoken. *Red and Me* is an extraordinary book: an homage to a peerless coach; an inspiring story of mutual success; and perhaps the best depiction of male friendship ever put on the page.

Practical Solutions for Emotional Mastery

Say Less, Ask More & Change the Way You Lead Forever

Half Past Midnight

Secrets to Success in the Youth Game

Find Your Footing and Move Toward the Life You Were Meant to Live

The Coaching Habit

Grace Trail

*Breaking through glass ceilings in the workplace is dangerous business. There is now an easier (and safer) way for women to rise and succeed professionally. The Glass Elevator: A Guide to Leadership Presence for Women on the Rise shares the 9 critical skills that will enhance your ability to engage, connect, and influence in the workplace. Have you been holding yourself back by: - Not speaking up at meetings when you have value to add? - Failing to promote yourself to seniors in the workplace? - Shying away from challenges because you lack confidence? - Neglecting*

*your networking inside and outside the company? - Living in a state of overwhelm at home and work? The author - one of New York's leading Executive Coaches - will teach you how to stop retreating and start ascending, employing the same expertise she uses to help her executive clients rise to the top. With Ground Floor Quizzes, Elevator Workouts, and Power Profiles of women leaders, this engaging book helps you master the must-have skills that will propel you upward. Pursue your professional aspirations one floor at a time by riding The Glass Elevator. This autobiography follows the life of Anna Shaw (1847-1919) from her birth in Newcastle-on-Tyne, England through her presidency of the National American Woman Suffrage Association. Shaw immigrated with her genteel but financially pressed family to America in 1851. They settled first in New Bedford and then in Lawrence, Massachusetts, finally migrating in 1859 to a pioneer farmstead in northern Michigan, where Anna performed much of the subsistence labor during her father's long absences. The first part of her narrative emphasizes her efforts to gain an education and take up a ministerial career. After two years at Albion College, she attended Boston Theological School (1876-1878) and accepted a pastorate in East Dennis, Cape Cod, after graduation; later she also took temporary charge of the Congregational Church in Dennis. After her ordination had been blocked by members of the New England Conference of the Methodist Episcopal Church opposed to ordaining women, Shaw was ordained by the 1880 Conference of the Methodist Protestant Church in Tarrytown, N.Y. From Pele to Messi to Neymar, futsal is acknowledged as a key ingredient to developing world class players and teams. Winning Futsal discusses in detail the skills and strategies needed to produce a well organized futsal team and program. Your journey to becoming an outstanding futsal coach starts here. In 2015 Rob Bell put his ideas into play with Ballistic United Futsal Club of Pleasanton, California. His teams went on to dominate USFF's NorthWest Regional & National tournaments, taking home two age group championships at each. Following Nationals, six BUFC players received invitations to train at La Masia, FC Barcelona's famed youth academy. Now you can learn his techniques and tactics in this easy to understand book. With humor, insight, and straightforwardness, Coach Rob sheds light on the nuances of this great game. A must read for every aspiring futsal coach."*

*Billy Johnson doesn't give it a second thought when he joins in with his friends making fun of a little girl in a wheelchair. Then Pauly comes into his life, and Billy not only learns a valuable lesson about compassion and acceptance but he gets a new best friend! Grades 3-4*

*Red and Me LP*

*Memoirs of a Security Contractor*  
*God, You and Your Life Coach*  
*Red and Me*  
*Optimize for Growth*  
*The Red City*

After the collision claimed her mother's life and left her with a memory full of holes, Lilly Noble is sent away to boarding school on the gloomy island of Raven's Landing, Maine. Though feeling exiled and abandoned by her father, she is determined to fill in the blanks the accident left in her mind. When she meets the hypnotically charming and strangely intense Murosky Skaggs, his unnatural curiosity and careful attentions toward her raise her suspicions. His stories don't add up. Lilly's search for the truth beneath his lies causes her life to take a thrilling and terrifying twist. What she doesn't realize is the closer she gets to revealing his dark secret, the closer she comes to regaining her memory and unmasking her mother's murderer. But something else, something far more sinister is lurking just off the coast. It's been there, waiting for her. Lilly's quest for answers puts her and those around her in mortal danger, and once she starts down that path, there is no turning away from her destiny, if she can survive.

Young Adult Paranormal

What do three-year-olds, teddy bears, and great leaders have in common? They all know the value of lots of hugs. Sure, kids and teddy bears are natural huggers, but leaders, managers, executives? Obviously, in the workplace, we are talking about metaphorical hugs-the small, everyday acts of recognition that make employees feel appreciated, validated, and recognized for the efforts and contributions they make for the success of the business. Great managers know that. They know that these small acts of recognition will help them to realize their full potential and the full potential of their people. All of us are driven by a strong need to be appreciated (or "hugged," if you will) rather than rejected and hurt. The power of helping others, of acknowledging others, of making them feel good, of teaching and inspiring them, the power of thanking them, of simply being nice to them-of being able to give them a virtual "hug"-is immense. It's far more rewarding than one can imagine, far more satisfying, and delivers far more tangible and positive results than people realize. Think about it, being scolded, put-down, or even bullied, makes employees shut down, check out, and disengage, with disastrous consequences to the success of the business. Recognition, on the other hand, is a powerful motivator. It's the fuel that drives people to higher levels of achievement, engagement, and fulfillment. Learning easy ways to recognize and appreciate your employees will enhance their dedication, motivation, accountability, and satisfaction on the job and, therefore, will be a potent driver to increase your organization's productivity, minimize mistakes, and improve bottom-line results. "Gimme a Hug" explains how the basic human need for a "hug" manifests itself in the workplace, the various disguises it hides behind, and how to manage and deal with it to make yourself and the people you interact with better and more fulfilled in many ways. Shows how to become a better manager and get better results from your people, simply by learning to express your appreciation for them and for what they do. Includes lots of simple, proven tips and techniques that you can apply immediately to unlock the true potential in

your employees. Features stories and examples, sample dialogues, and practical tools and exercises to help you implement the "give a hug, get a hug" philosophy into your management style. Teaches you how to recognize and maximize everyday, on-the-job "coaching moments," and how to provide constructive feedback to your employees. "Gimme a Hug" proves and demonstrates that this "hug" thing is not a "soft and mushy" issue but rather a major element and management technique that will generate far better bottom-line results and create a real culture of success "Gimme a Hug" reveals how small, simple, everyday acts of recognition can make a big difference in your business, and to the people who work there."

Red and Me My Coach, My Lifelong Friend Harper Collins

Paul "Chuck Norris" Yurkin has never been one to give up. A product of the inner city projects, he pulled himself up by the bootstraps and enlisted in the Marine Corps-serving proudly in Desert Storm before beginning a fifteen-year career with the Myrtle Beach police force. But when he saw the efforts of his policing failing to create any positive change, it wasn't long before Yurkin became jaded by the system as a whole. Seeking a new life for himself and his daughters, he met up with a private contracting firm and began training for a trip to sunny Afghanistan, where he would work on training the fledgling Afghan National Police. In the midst of two weeks of training in Virginia, he earned the nickname that would stick with him for years to come-and met three best friends that remained by his side through dangerous missions, misadventures, and the frustrations of being stationed abroad. In *Memoirs of a Security Contractor*, Yurkin tells the true story of his time as a security contractor in Afghanistan in candid detail-in an eye-opening tale of determination, friendship, and never giving up.

Known Shippable, Will Not Fix

Spirit Check

Brain Wreck

An Empowering Story About How to Be a Great Leader

Memoir, Myths, and Methods for Inventive Career Transitions

I Am Tan

Brag-worthy, Cost Effective Dates from a Professional Dating Coach

The Doomsday Clock gauges the threat of nuclear war. Currently, the clock is set at six minutes before midnight. What happens after the hands reach midnight? Survivalist Leeland Dawcett finds out when he and his family are plunged into the nightmare of their country returned to a third-world state. No phones. No computers. No television. At first, Leeland thinks basic survival is the answer. Until he crosses the path of the wrong guy... Someone who wants to do more than just survive...

Do you ever wish you could be more romantic, suave, or just get fast bragging points without putting in a lot of energy? That's where this book comes in... Whether it's the first date, fifth date, or 500th date you're looking for, this book has you covered. In this #1 Amazon best-selling book you will learn... \* FIFTY powerful, unique, cost-effective dates to impress your partner with \* What women are ACTUALLY looking for on a date (Hint: It's not what you think) \* How to completely eliminate the awkwardness of payment on any dates \* Nine romantic date structures that will have her bragging about you to her friends and family for months \* How to start your dates (Do this wrong and you're shooting yourself in the foot before you even pick her up) \* The SIX different styles of dates that you can fit to your specific personality \* Powerful date structures and ground rules that will empower you to be able to plan your own personalized dates I personally guarantee that you will be able to build more romance, spontaneity, and connection into your relationship - no matter what stage it's in. This will be a secret weapon that you can keep on your phone/computer and use to continuously WOW your partner(s). Every one of the dates that I have put in this book has passed three major criteria before it lands on these pages. It has to be 1) powerful; 2) time efficient; and 3) cost effective. Enjoy your book!

Is high gear attainable for today's women and the next generation? Yes! *Women in High Gear* is a first-of-its-kind look at how women in business, on-rampers, and aspiring executives can discern and discover a path to high gear. Whether that looks like financial independence, starting a business, ascending to the C-suite, securing a board seat, or making superconnections, high gear is clearly within reach. Entrepreneurs and small business owners Anne Deeter Gallaher and Amy D. Howell join forces in *Women in High Gear* to tell their stories of two divergent paths to reach the same goal. In 13 easy-to-read and easy-to-relate-to chapters, Amy and Anne lay out their own journeys to high gear and show how others can connect the dots for growth and success. They combine big business principles with small business DNA in hopes that their experiences will shorten the business learning curve of women. Living the realities of staying at home and staying on the fast track, Anne and Amy help women of all ages understand the necessities for emotional resilience, harnessing the softs skills, exhibiting leadership, mastering self-discipline, understanding the bottom line, connecting on social media, and building a personal brand. Wherever you stand in your business journey, Anne and Amy challenge you to charge ahead with confidence and fresh perspectives. The world needs what you

have to offer—high gear awaits! Acclaim for *Women in High Gear*: "Anne Deeter Gallaher and Amy D. Howell are keenly attuned to the need for mentoring, guidance, and inspiration to help prepare current and future generations of women for leadership in business and society. In *Women in High Gear*, Anne and Amy have artfully woven their own high gear journeys to both mark a path for growth and to steer readers clear of roadblocks. They blend advice, personal experience, insight, and accountability in hopes of shortening the learning curves of other women." Kim S. Phipps, Ph.D. President, Messiah College "In a business world steeped in too much self-help blather, Amy and Anne stand up for accountability, distinctiveness, mental toughness, responsibility, hard work, compassion, and appropriate compromise—the values that forge great leaders. This book is inspiring, true, and even better—entertaining!" Mark W. Schaefer College Educator, Entrepreneur, International Speaker, and Author of *Return on Influence* and *The Tao of Twitter* "Women in High Gear is proof of the power of storytelling—at which Anne Deeter Gallaher and Amy D. Howell excel. They turn their hard-won personal and professional experiences into illuminating and engaging examples for others to follow. Early and mid-career professionals will find *High Gear* immediately useful, but even seasoned executives (like me) will see in Amy and Anne's experiences new approaches to today's challenges." Kathleen A. Pavelko President/CEO, WITF, Harrisburg, PA "This book is for anyone wanting to soar to higher goals in business." Philip H. Trenary CEO, Phil Trenary Associates; Former CEO, Pinnacle Airlines Corporation "After reading *Women in High Gear*, I immediately wrote out my high gear goals for the next five years. This book is for any woman with a big dream for her life!" Rachael Dymski Author "Wonder duo Anne and Amy provide valuable insight into how independent, driven women can dominate the professional business landscape." Susan R. Ewing Director of Social & Digital Media, Hershey Harrisburg Regional Visitors Bureau "Women in High Gear is the modern guide to overcoming obstacles and achieving success without breaking a sweat—and doing it all in 4-inch heels. Anne and Amy have hit a homerun!" Kaitlin Sawyer Public Relations/Marketing Professional, Hawaii

From Fredrik Backman, New York Times bestselling author of *Beartown*, comes a heart-wrenching story of the ways loyalty, friendship, and love carry a small community through its darkest days. After everything that the citizens of Beartown have gone through, they are struck yet another blow when they hear that their beloved local junior hockey team will soon be disbanded. What makes it worse is the obvious satisfaction that all the former Beartown players, who now play for a rival team in Hed, take in that fact. As the tension between the two towns simmers, a surprising newcomer is handpicked to try to save the Beartown club. Soon a new team starts to take shape around Amat, the fastest player you'll ever see; Benji, the intense lone wolf; and Vidar, a born-to-be-bad troublemaker. But bringing this team together proves to be a challenge as old bonds are broken, new ones are formed, and the enmity with Hed grows more and more heated. As the big game between Beartown and Hed approaches, the not-so-innocent pranks and incidents between the communities pile up. By the time the last game is finally played, a resident of Beartown will be dead, and the people of both towns will be forced to wonder if, after all they've been through, the game they love can ever return to something simple and innocent. *Us Against You* is a declaration of love for all the big and small, bright and dark stories that form and colour our communities. Compelling and heartbreaking, it's a roller-coaster ride of emotions and a showcase for "Fredrik Backman's pitch-perfect dialogue and unparalleled understanding of human nature" (Shelf Awareness).

Coaching for Calm, Confident Power

Max Opposite

They Call Me Coach

Lilly Noble & Actual Magic

Disguised Blessings

"Gimme a Hug"

The Facts of My Life

*Whether losing a job by layoff or by choice, this memoir and guide offers solace, insights, and actions to navigate a transition that can be traumatic, turbulent, and triumphant. Reading Nancy's story is like having a conversation with a trusted confidant and coach.*

*At 8,000 miles away from home, a business professional delivers a polished presentation to a group of executives. And within two hours, she forgets how to walk. Talking becomes too strenuous. She is struck by an odd series of neurological deficits that baffle her and a dozen doctors ... for 27 months. Brain Wreck is a must read for anyone who has witnessed the frustration of a mysterious illness. This is a story of determination and an unrelenting journey to save one's mind. With humor and unabashed honesty, the author restores a shattered spirit while striving to be "normal."*

*Venturing through life with his stuffed animal companion and seeing the world from beneath the rim of his favorite red cap, Spencer wonders at the amazing sights of New York City when tipping his cap to broaden his view, in a sumptuously illustrated story that features the stuffed animal hiding in each spread. Simultaneous.*

*Babies are so easy to love. It feels so natural to love a newborn child unconditionally. The love just naturally flows out of us. Nobody has to teach us. Nobody has to ask us. Nobody has to convince us. It just happens. How wonderful it would be if we could always love, cherish, and appreciate our children as gorgeous, loving, angels. How great it would be to carry our*

love with us and maintain it powerfully forever. We can do that. We simply need to be nudged to remember. We just need to be reminded what we hold dear and precious. We only need to take time out for a few moments and bask in the memory (and the present moment reality) of what is so amazingly and divinely wonderful about our gifts from the divine. This book is one of those reminders. Read this to your children so they (and you) remember how much you love them.

What's Wrong with Pauly?

The Mind to Lead

Women in High Gear

A Novel of the Second Administration of President Washington

Escaping Cyprus

Ninety Percent Mental

The Glass Elevator

"It's about time a book came out about one of the most talented and beloved performers in the American theater. Charlotte is the consummate actress, comedienne, entertainer. Her work on stage and screen is always hilarious and somehow also gets you right in the gut. Her story is every bit as brilliant. Read it and smile." -Comedy Legend, Carl Reiner  
"To think of Charlotte Rae is to smile. Consequently, when I began to read "The Facts of My Life," I was unprepared for the emotional impact it would have on me. By the time I finished the first chapter, dealing as it does with her severely troubled son Andy, I was in tears. "As an old friend of Charlotte's, I thought I knew her fairly well. But as I read on, I discovered that the 'facts of her life' were constantly surprising (as well as amusing and engrossing)! There is so much that I don't know about Charlotte and so much that I now want to know, when the book is finally completed and published, I'll be first in line to get my copy!" -Sheldon Harnick (Composer, Fiddler on the Roof) Charlotte Rae's career spans more than seventy years, from the golden age of television to Shakespeare in the Park, the New York Cabaret scene of the late 1940's and 50's to her hit series, The Facts of Life and well beyond. Off stage and screen, Charlotte's life has been one of joy and challenge, raising an autistic son, coming to terms with alcoholism, the heartache of a broken marriage, the revelation of a gay husband and the sudden challenge of facing middle-age with financial and emotional uncertainties-an crisis she ultimately turned into the determination that brought her stardom. The Facts of My Life is the first opportunity for Charlotte fans to explore the fascinating story of her extraordinary life: poignant and hilarious, a story of courage and triumph, one that speaks for a generation of women breaking barriers, taking on challenges, overcoming personal tragedy, and paving the way for others.

Former Major League pitcher and mental skills coach for two of baseball's legendary franchises (the Boston Red Sox and San Francisco Giants) Bob Tewksbury takes fans inside the psychology of baseball. In Ninety Percent Mental, Bob Tewksbury shows readers a side of the game only he can provide, given his singular background as both a longtime MLB pitcher and a mental skills coach for two of the sport's most fabled franchises, the Boston Red Sox and San Francisco Giants. Fans watching the game on television or even at the stadium don't have access to the mind games a pitcher must play in order to get through an at-bat, an inning, a game. Tewksbury explores the fascinating psychology behind baseball, such as how players use techniques of imagery, self-awareness, and strategic thinking to maximize performance, and how a pitcher's strategy changes throughout a game. He also offers an in-depth look into some of baseball's most monumental moments and intimate anecdotes from a "who's who" of the game, including legendary players who Tewksbury played with and against (such as Mark McGwire, Craig Biggio, and Greg Maddux), game-changing managers and executives (Joe Torre, Bruce Bochy, Brian Sabean), and current star players (Jon Lester, Anthony Rizzo, Andrew Miller, Rich Hill). With Tewksbury's esoteric knowledge as a thinking-fan's player and his expertise as a "baseball whisperer", this entertaining book is perfect for any fan who wants to see the game in a way he or she has never seen it before. Ninety Percent Mental will deliver an unprecedented look at the mound games and mind games of Major League Baseball.

This novel is based on true accounts. I have conducted many interviews here in the United States and have traveled to Cyprus for additional research. The atrocities described in the novel are factual. When Turkish soldiers invade his Cypriot village in 1974, twelve-year old Haji witnesses brutal atrocities, including the torturous murders of his father and sister while his pregnant mother was repeatedly being raped. With the help of his beautiful school teacher Rebecca, (dishonored many times by Turkish soldiers) they flee their village only to face constant life-threatening danger wherever they went; as the barbaric Turkish soldiers continue to pursue them. Their struggle to survive the Turkish soldiers and then to erase their horrible memories that haunt them lead to the dramatic ending.

Arvid Falk is a young and idealistic government worker who always wanted to be a poet. When a journalist writes a newspaper exposé based on Arvid's stories about his useless government department, Arvid is fired immediately. Starting afresh he sets out to explore every corner of the Swedish society, and the hypocrisy and corruption he finds shocks him. Walking the streets of Stockholm will never be the same again once this novel gets under your skin. Named the first modern Swedish novel, 'The Red Room' (1879) is wonderfully insightful and ironic. The Charles Dickens influence is undeniable and Strindberg's writing has been rightfully compared to that of Henrik Ibsen as well. August Strindberg (1849-1912) was a world-famous Swedish playwright, who, in Sweden, was known for his novels, poems, essays and paintings as well. Along with Henrik Ibsen, Hans Christian Andersen, Søren Kierkegaard and Selma Lagerlöf he is one of the all-time most influential authors of Scandinavia.

*Leading YOU*

*The Red Room*

*Mommy and Daddy Love You Exactly As You Are!*

*50 Powerful Date Ideas*

*Us Against You*

*How to Scale Up Your Business, Your Network and You*

*An All-Star Player Turned Mental Skills Coach Reveals the Hidden Game of Baseball*

As eighteen-year-old Cheryl Hunter escapes rural Colorado for the bright lights of Europe, she does so with nothing more than an over-packed suitcase and a dream. Once there, her mind is bent on solving one problem alone: how does a small-town cowgirl pull off the feat of becoming an international supermodel? When Cheryl is abducted, raped and brutally beaten instead, she is faced with solving a much bigger problem: how does she survive? Using her journey of rising from the ashes as fuel, Hunter delivers a step-by-step method that can be applied by anyone who has ever dealt with less-than-favorable circumstances. In a world where—let's face it—life often hijacks our personal agendas, Cheryl shows you how to immediately take back the reins, design a life you love, and become the unstoppable force of nature you were born to be.

A science fiction adventure exploring the tireless work of a minimum wage QA grunt trying to survive in sunny California.

Have you ever wondered: What it's like to daily bet hundreds of thousands of dollars working for some of the largest professional gamblers in Las Vegas? ... How to spend a summer house sitting one of the biggest stars in the world's 11,000 square-foot mansion - without an invitation from it's celebrity owner ... Whether the life of crime - specifically, running a shoplifting ring in a middle American mall - pays? ... What causes a son to finally say enough is enough ... and decide "Today is the day I am going to kill my dad." Comedian Brandt Tobler has the answers in this funny, touching and sometimes downright unbelievable memoir of a small town Wyoming-kid turned "mall-fia" don, turned nationally touring comic. Brand tells his life story with candor, detailing the many pit stops, wrong turns, crazy connections and lucky breaks he experienced along the way to his comedy career, all while trying to balance a toxic relationship with his unreliable jailbird dad. In these pages Brandt will make you laugh (he better - it's his job!) and believe as he does that, when it comes to defining family, blood isn't always thicker than water. -- back cover.

"If you're ever going to master your emotions, the first order of business is to get out of your feelings." From the book "Spirit Check" Your attitude, behavior and mindset define your spirit, which is the seat of your emotions. Through the lens of self examination, five bold and common emotions + character flaws are exposed that derail personal, spiritual success and growth. In Spirit Check, Michelle Collins provides a persuasive commentary on the five [jealousy, intimidation, fear pride and anger], with practical solutions for immediate implementation to transform the mind, soul and spirit. Discover how biblical principles and practical solutions can aid in your goal to become whole and spiritually healthy. Commit to a healthier more excellent way of mastering your emotions, masterfully.

Winning Futsal

Helping Children Know How Much They Are Loved and How Loveable They Are

Cuffy's New York City Adventure

Losing Your Job and Finding Yourself

Don't go there. It's not safe. You'll die. And other more >> rational advice for overlanding Mexico & Central America

The Power of Self-Leadership to Build Your Executive Brand and Drive Career Success

Our 50-Year Friendship On and Off the Court

**Retiring from the NFL was the right decision, and at thirty years old, I've done things most people could only dream of. After all I've accomplished, coaching high school football should be easy...but when you've got a distraction in the form of a nerdy girl with curves, things can get complicated. She's a student, she's barely legal, and she's my best friend's daughter. I didn't know what desire was until Megan. I had no idea obsession could drive someone insane, until I saw her. I wasn't prepared for the fact that once I laid eyes on Megan my life would really begin. I have to have her, no matter what the cost. I have to breed her and bind her to me so tightly she can't ever get away. She'll be mine, even if I have to take her. Warning: this book is ridiculous, over the top, completely unbelievable, and pretty much just about breeding the heroine. If**

you're okay with that, welcome to my dirty, dirty book! Just remember, I warned you.

Thanks to advances in neuroscience including the validated effectiveness of mindfulness practice, you can be the calm, confident leader you've always known you could be - the leader people want to follow. This captivating introduction to the emerging fields of neuroleadership and mindful leadership will help you: >Stop overreacting to bad news and difficult people. >Let go of your fears of being in charge. >Stay calm, get what you want, and enjoy challenging conversations with employees, clients, and your boss. >Feel totally confident when making tough decisions. >Use links to our website packed with valuable assessments, audio, and other resources. The Mind to Lead brain-based coaching model helps leaders be less reactive, more focused, and more self-confident. Just imagine what you can accomplish with that mindset! If you're looking for a way to translate your silent mindfulness practice to your work environment, The Mind to Lead model describes specific tools and exercises for staying present and communicating calmly in even the most difficult situations. Learn how busy leaders like yourself improved their productivity and effectiveness by incorporating practical brain-based techniques---some taking only ten seconds---into their work day and leadership style. In addition to mindfulness tools, read how Suzanne's coaching clients used The Work (2011, Byron Katie International, Inc) to investigate judgmental thoughts and increase their confidence as leaders. Thanks to the plasticity of the brain and mind, you can create lasting change in yourself, your team, and your organization.

Former NBA star and Presidential Medal of Freedom recipient Kareem Abdul-Jabbar explores his 50-year friendship with Coach John Wooden, one of the most enduring and meaningful relationships in sports history. When future NBA legend Kareem Abdul-Jabbar was still an 18-year-old high school basketball prospect from New York City named Lew Alcindor, he accepted a scholarship from UCLA largely on the strength of Coach John Wooden's reputation as a winner. It turned out to be the right choice, as Alcindor and his teammates won an unprecedented three NCAA championship titles. But it also marked the beginning of one of the most extraordinary and enduring friendships in the history of sports. In Coach Wooden and Me, Abdul-Jabbar reveals the inspirational story of how his bond with John Wooden evolved from a history-making coach-player mentorship into a deep and genuine friendship that transcended sports, shaped the course of both men's lives, and lasted for half a century. Coach Wooden and Me is a stirring tribute to the subtle but profound influence that Wooden had on Kareem as a player, and then as a person, as they began to share their cultural, religious, and family values while facing some of life's biggest obstacles. From his first day of practice, when the players were taught the importance of putting on their athletic socks properly; to gradually absorbing the sublime wisdom of Coach Wooden's now famous "Pyramid of Success"; to learning to cope with the ugly racism that confronted black athletes during the turbulent Civil Rights era as well as losing loved ones, Abdul-Jabbar fondly recalls how Coach Wooden's fatherly guidance not only paved the way for his unmatched professional success but also made possible a lifetime of personal fulfillment. Full of intimate, never-before-published details and delivered with the warmth and erudition of a grateful student who has learned his lessons well, Coach Wooden and Me is at once a celebration of the unique philosophical outlook of college basketball's most storied coach and a moving testament to the all-conquering power of friendship. Instant New York Times and USA Today Bestseller President Barack Obama's Favorite Book of 2017 A Boston Globe and Huffington Post Best Book of 2017 Pick

Learn the secrets for becoming the inspirational coach everyone is waiting for Think about the coaches you've had throughout your life. Most likely, some were good, others not so good. Maybe one or two were great. One thing is undeniable: Coaches can influence your life in ways that can be negative or positive. A coach can either build you up or tear you down. The world needs better coaches in all walks of life—if you're a parent, a teacher, a co-worker, or a leader, you are also a coach. Which kind of coach do you want to be? Coach to Coach helps you answer this question and shares the secrets to bringing out the best in a person, both on and off the field. For more than twenty years, author Martin Rooney has coached professional sport stars, Olympic champions, and business leaders to high levels of performance, analyzing thousands of real-life examples of what works and what doesn't. Reading like a simple parable, this engaging book gives you an easy-to-use yet highly effective formula for becoming a better coach for your teams, in your business, and in your personal life. Packed with valuable insights and expert advice, this appealing book helps you: Learn how to be a great leader by being a great coach Create positive lives for your children and the people you work with Inspire and motivate the people around you Turn your natural skills and talents into your own unique coaching style Use proven, time-tested coaching strategies to get results Coach to Coach: An Empowering Story About How to Be a Great Leader is an ideal book for coaches, leaders, managers, entrepreneurs, educators, parents, and anyone wanting to bring out the best in those around them.

Free Roll

A Guide to Leadership Presence for Women on the Rise

Turn Setbacks Into Success

How Small Acts of Recognition Deliver Big Results and Creates a Culture of Success

Trinity of Coaching

The Story of a Pioneer

**Max Opposite***What do you do when you can't control what you do,When your brain behaves in mysterious ways,When you're only 13,And discover your life is a lie?What do you do,When your search for the truth,Plunges you into a nightmare?"Max has it all: action, adventure, international settings, a touch of romance and a sci-fi tilt. Great read for all ages." - A. H. (Auckland, New Zealand)"Rachel, do you dream?""Of course I do. Everyone does." "Do you always have the same dream?" "Ah, no, that'd be pretty weird." "I thought so." "So what's this about, Max?" "I have the same dream every single night. Always have, for as long as I can remember." "That's definitely not normal. Even recurring dreams don't stay forever." "Fast moving with a clever plot. Max kept me completely involved. Thoroughly enjoyable...waiting for the next episode." - J. G. (Sydney, Australia)"Max makes Harry Potter look wimpy! Great characters and an absolutely fantastic story." - P. L. (South Carolina, U.S.A.)***Max Opposite***Every morning, thirteen year old Max wakes from the same dream, scans his bedroom and waits for his memories to return. Every morning, when they do, he takes a deep breath and prepares for another day of humiliating events: Nicknamed 'Opposite' at school, Max is known for bizarre and inexplicable behaviour. Tired of being the fool, Max begins to question his purpose in life. What is wrong with him? Why does his mother keep secrets from him? Where does she secretly go at night?With the help of Rachel, his only friend, Max sets out to find the answers, and is quickly drawn into a world of danger far beyond any of the problems faced at school. Soon he and Rachel find themselves at odds with one of the most ruthless and wealthy criminal masterminds the world has ever known.In an international battle for survival, Max is forced to face the truth about himself, and soon realises that it's not easy being thirteen and discovering that your whole life has been a lie. It's not easy being Max Opposite.*



***An uplifting tribute to Red Auerbach by an NBA great describes how their collaborative efforts transcended race and cultural barriers to help establish the Boston Celtic's impressive record, in an account that covers such topics as their unique professional chemistry, their enduring friendship, and Auerbach's death in 2006. 400,000 first printing.***