

Twin Tracks The Autobiography

“ Warm, witty, imaginative. . . . This is a rich and winning book. ” —The New Yorker From Zora Neale Hurston, one of the most important African American writers of the twentieth century, comes her riveting autobiography—now available in a limited Olive Edition. First published in 1942 at the height of her popularity, *Dust Tracks on a Road* is Zora Neale Hurston ’ s candid, funny, bold, and poignant autobiography—an imaginative and exuberant account of her childhood in the rural South and her rise to a prominent place among the leading artists and intellectuals of the Harlem Renaissance. As compelling as her acclaimed fiction, Hurston ’ s very personal literary self-portrait offers a revealing, often audacious glimpse into the life—public and private—of an extraordinary artist, anthropologist, chronicler, and champion of the Black experience in America. Full of the wit and wisdom of a proud, spirited woman who started off low and climbed high, *Dust Tracks on a Road* is a rare treasure from one of literature ’ s most cherished voices.

Today, more than fifty years after the Salk vaccine was declared safe and effective against polio, the virus remains an active killer andcrippler in several Third World countries—a fact that most of us around the globe have forgotten. But Janice Flood Nichols will never forget. A childhood victim of the 1953 Dewitt, New York, polio epidemic, her personal and professional life have been profoundly shaped by her experience. Nichols lost her twin brother, Frankie, to the disease and suffered temporary paralysis, leading her to choose a career as a rehabilitation counselor. Despite setbacks, Nichols has never lost her optimism. In this heartwarming memoir, she offers an intimate account of her miraculous steps to healing, the simple ways she continues to celebrate her brother's short but joyous life, and her unwavering determination to help eradicate the virus from the world. *Twin Voices* provides a unique and timely glimpse into one of the twentieth century's most deadly diseases.

Twin TracksThe AutobiographyBiteback Publishing

Wall Street Journal, "Favorite Books of the Year 2013" Cosmopolitan, "Best Books of the Year for Women" Library Journal, "Best Books of 2013" Salon, "Best Books of 2013" "Haunting... more than a beautifully written memoir. [A] powerful and raw love letter."—The Washington Post A blazingly passionate memoir of identity and love: when a charismatic and troubled young woman dies tragically, her identical twin must struggle to survive Christa Parravani and her identical twin, Cara, were linked by a bond that went beyond siblinghood, beyond sisterhood, beyond friendship. Raised up from poverty by a determined single mother, the gifted and beautiful twins were able to create a private haven of splendor and merriment between themselves and then earn their way to a prestigious college and to careers as artists (a photographer and a writer, respectively) and to young marriages. But, haunted by childhood experiences with father figures and further damaged by being raped as a young adult, Cara veered off the path to robust work and life and in to depression, drugs and a shocking early death. A few years after Cara was gone, Christa read that when an identical twin dies, regardless of the cause, 50 percent of the time the surviving twin dies within two years; and this shocking statistic rang true to her. "Flip a coin," she thought, "those were my chances of survival." First, Christa fought to stop her sister's downward spiral; suddenly, she was struggling to keep herself alive. Beautifully written, mesmerizingly rich and true, Christa Parravani's account of being left, one half of a whole, and of her desperate, ultimately triumphant struggle for survival is informative, heart-wrenching and unforgettably beautiful.

My Autobiography

Unfaithful Music & Disappearing Ink

Double Exposure

A Memoir of Twins Separated and Reunited

Neil Patrick Harris

The Elephant in the Room

One Life

Discover how mindfulness can enhance your running and make you a happier, more fulfilled person. By applying mental fitness training to your running regime, you tap into a powerful mind-body connection that not only optimizes sporting performance, but also boosts happiness both on and off the trails. Mindful Running brings together scientific research, expert analysis, and elite athlete contributions to reveal how relating to your surroundings in a new way can help you run longer and faster, as well as offer a boost to your overall mental, emotional, and physical health. For both the competitive and everyday runner in mind, Mackenzie L. Havey introduces an innovative, approachable, and authoritative guide to increase self-awareness, develop concentration, and improve endurance. Not only does this have the potential to translate into better performance, it can play a role in training you to endure life's challenges with greater ease and find joy in all things big and small. Mindful Running is a total fitness regime.

A personal introspective by the influential pop songwriter and performer traces his Liverpool upbringing, artistic influences, creative pursuit of punk sounds, and emergence in the MTV world.

On the 50th anniversary of the Apollo 11 moon landing, renowned psychologist Richard Wiseman reveals the powerful life lessons behind our greatest achievement. The historic moon landings were achieved against remarkable odds and within the space of just a few years. How do we uncover the secrets of this astronomical success to our own goals, to achieve the impossible in work and in life? Psychologist Richard Wiseman brings his expertise in psychology, and self-help in this unique and powerful guide to achieving the impossible in work and in life. The result of intensive research and interviews with surviving members of the Apollo mission-control team, *Moonshot* delivers eight key lessons on teamwork, leadership, perseverance, creativity, and more, each one a vital part of the mindset for success. Filled with never-before-told stories and fresh insights, *Moonshot* is the science of success--and empowers each of us to achieve the impossible.

Documents the award-winning writer's experiences of living, working, and raising twin sons in Rome during the year following his receipt of the Rome Prize stipend, a period during which he attended the vigil of the dying John Paul II, brought his children on a snowy visit to the Papal States, and befriended numerous locals. Reprint. 35,000 first printing.

How Meditative Running can Improve Performance and Make you a Happier, More Fulfilled Person

The Autobiography of an Ex-Colored Man

Incomparable

Twin Voices

My Life As an Identical Twin and What I've Learned about Everyone's Struggle to Be Singular

One and the Same

The Glass Castle

In this memoir, Neil Patrick Harris shares intimate and hilarious stories about everything from his early days in LA, life on the How I Met Your Mother set, secrets from backstage at award shows, and family life with David,

Harper, and Gideon. He also lets you, the reader, choose which path you want him to follow.--Adapted from publisher description.

The spiritual leader and modern-day prophet of Eckankar reveals how he went from a shy Wisconsin farm boy to a master of his spiritual destiny. "Tucked away in the hidden places of this book are clues on how you too may reach the glories of God", says Klemp.

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

The protagonist of this fictional autobiography wrestles with race in America from the perspective of someone who learns that he is considered black but also that he can pass as white if he wants to. His personal ambitiousness and racial ambivalence makes him a sort of American Hamlet: undone by indecision. Will he be "a credit to his race" by advancing an African-American heritage he loves and appreciates in the face of a hostile culture, or will he retreat into the mediocrity of a safe, white, middle-class family life? Along the way, he shares his penetrating observations about race relations in the American north and south, about the "freemasonry" of subterranean black American culture, about the emerging bohemian jazz subculture in New York City, and about traditions of African American religious music and oratory. This book is part of the Standard Ebooks project, which produces free public domain ebooks.

Why You Get More Done When You Work Less

Verity

Let's Take the Long Way Home

Australian Dictionary of Biography, Volume 19

Rest

Miles

Her

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.

Sit back and relax and learn about why overworking and under resting can be harmful to yourself and your career. "Rest is such a valuable book. If work is our national religion, Pang is the philosopher reintegrating our bifurcated selves."---Arianna Huffington, New York Times Book Review Overwork is the new normal. Rest is something to do when the important things are done-but they are never done. Looking at different forms of rest, from sleep to vacation, Silicon Valley futurist and business consultant Alex Soojung-Kim Pang dispels the myth that the harder we work the better the outcome. He combines rigorous scientific research with a rich array of examples of writers, painters, and thinkers---from Darwin to Stephen King---to challenge our tendency to see work and relaxation as antithetical. "Deliberate rest," as Pang calls it, is the true key to productivity, and will give us more energy, sharper ideas, and a better life. Rest offers a roadmap to rediscovering the importance of rest in our lives, and a convincing argument that we need to relax more if we actually want to get more done.

A powerful and gripping human story of the 2012 London Olympics hero On August 4, 2012, 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 UK national treasure. Seven days later, Mo seized his second gold at the 5000m to go where no British distance runner had 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, with just a few words of English, and a natural talent for running. His secondary school PE teacher Alan

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In December 2014 Caroline Flack danced her way into the nation's hearts when she raised the BBC's coveted Strictly Come Dancing Glitterball. Known for her throaty laugh, edgy humour and quick-fire wit, showcased on some of Britain's most popular spin-off shows, 2015 saw her thrust into the mainstream, hosting ITV's flagship talent show, The X Factor, with Olly Murs. In Storm in a C Cup, Caroline reveals the laughter and pain behind the TV persona, from a sheltered Norfolk childhood shared with her twin sister, through her madcap student days, to the challenging career ladder leading to eventual TV success, not forgetting its dark shadow, when intrusive media attention turned the dream into a nightmare. She takes us behind the cameras at some of TV's most successful reality shows, including the tensions, stresses and unlikely friendships of the three-month adventure that was Strictly. Caroline wears her heart on her sleeve, documenting her joys and heartbreaks with the humour, resilience and unflinching emotional honesty that have made her of one of television's most popular celebrities working in television today.

The Biography of Amanda Gorman

Reading Jackie

The Fact of a Body

A Murder and a Memoir

Storm in a C Cup

Four Seasons in Rome

Amanda Gorman Book

Amy Purdy, who inspired a nation on Dancing with the Stars and has been called a hero by Oprah Winfrey, reveals the intimate details of her triumphant comeback from the brink of death to making history as a Paralympic snowboarder. In this poignant and uplifting memoir, Dancing With the Stars sensation Amy Purdy reveals the story of how losing her legs led her to find a spiritual path. When the Las Vegas native was just nineteen, she contracted bacterial meningitis and was given less than a two percent chance of survival. In a near-death experience, she saw three figures who told her: "You can come with us, or you can stay. No matter what happens in your life, it's all going to make sense in the end." In that moment, Amy chose to live. Her glimpse of the afterlife—coupled with a mysterious premonition she'd had a month before—became the defining experiences that put Amy's life on a new trajectory after her legs had to be amputated. She wouldn't just beat meningitis and walk again; she would go on to create a life filled with bold adventures, big dreams, and boundless vitality—and share that spirit with the world. In 2014, Amy—the only competitor, male or female, with two prosthetic legs—claimed a bronze medal for the U.S. Paralympic team in adaptive snowboarding. She then became a contestant on season eighteen of Dancing With the Stars, and viewers were captivated as the girl with bionic legs managed to out-dance her competitors all the way to the finale. Amy's journey is a testament to the resilience of the human spirit and the capacity we all have to dream bigger, defy expectations, and rewrite our stories. Amy was given a second chance for a reason—to use her life to inspire others. Her powerful memoir urges us to live life to the fullest, because we are all a lot more capable than we could ever imagine.

"Complex and challenging... push[es] the boundaries of writing about trauma." —The New York Times "A True Crime Masterpiece" – Vogue Entertainment Weekly "Must" List and Best Books of the Year So Far Real Simple's Best New Books Guardian Best Book of the Year Lambda Literary Award Winner Chautauqua Prize Winner "The Fact of a Body is one of the best books I've read this year. It's just astounding." — Paula Hawkins, author of Into the Water and The Girl on the Train "This book is a marvel. The Fact of a Body is equal parts gripping and haunting and will leave you questioning whether any one story can hold the full truth." — Celeste Ng, author of the New York Times bestselling Everything I Never Told You and Little Fires Everywhere Before Alex Marzano-Lesnevich begins a summer job at a law firm in Louisiana, working to help defend men accused of murder, they think their position is clear. The child of two lawyers, they are staunchly anti-death penalty. But the moment convicted murderer Ricky Langley's face flashes on the screen as they review old tapes—the moment they hear him speak of his crimes -- they are overcome with the feeling of wanting him to die. Shocked by their reaction, they dig deeper and deeper into the case. Despite their vastly different circumstances, something in his story is unsettlingly, uncannily familiar. Crime, even the darkest and most unsayable acts, can happen to any one of us. As Alex pores over the facts of the murder, they find themselves thrust into the complicated narrative of Ricky's childhood. And by examining the details of Ricky's case, they are forced to face their own story, to unearth long-buried family secrets, and reckon with a past that colors their view of Ricky's crime. But another surprise awaits: They weren't the only one who saw their life in Ricky's. An intellectual and emotional thriller that is also a different kind of murder mystery, THE FACT OF A BODY is a book not only about how the story of one crime was

constructed -- but about how we grapple with our own personal histories. Along the way it tackles questions about the nature of forgiveness, and if a single narrative can ever really contain something as definitive as the truth. This groundbreaking, heart-stopping work, ten years in the making, shows how the law is more personal than we would like to believe -- and the truth more complicated, and powerful, than we could ever imagine.

An upcoming book to be published by Penguin Random House.

Twin Tracks is a landmark book of real-world stories that investigates the nature of change and divines as never before the unlikely origins of many aspects of contemporary life. In each of the work's twenty-five narratives, we discover how the different outcomes of an important historical event in the past often come together again in the future. Each chapter starts with an event -- such as the U.S. attack on Tripoli in 1804 -- that generates two divergent series of consequences. After tracking each pathway as it ranges far and wide through time and space, Burke shows how the paths finally and unexpectedly converge in the modern world. Twin Tracks pinpoints the myriad ways the future is shaped, whether by love, war, accident, genius, or discovery. For instance, in "The Marriage of Figaro to Stealth Fighter," Burke's twin tracks start with the composer of the opera and the French spy from whose play he stole the plot. The tracks then encompass, among other things, freemasonry, the War of Independence, Captain Cook, jellyfish, Jane Austen, and audio tape. Ultimately, the convergence of the two Figaro tracks sets the stage for the development of Gulf War Stealth aircraft. Wonderfully accessible and lucidly written, Twin Tracks offers an amusing and instructive new view of the past and the future.

The Autobiography of F.B.I. Special Agent Dale Cooper

Room to Dream

Dust Tracks on a Road

A Twin Autobiography

Moonshot

One Fat Man's Quest to Get Smaller in a Growing America

An instant New York Times bestseller! "Rapinoe's 'signature pose' from the 2019 FIFA Women's World Cup is synonymous to the feeling we got when finishing this book: heart full, arms wide and ready to take up space in this world."—USA Today Megan Rapinoe, Olympic gold medalist and two-time Women's World Cup champion, reveals for the first time her life both on and off the field. Guided by her personal journey into social justice, brimming with humor, humanity, and joy, she urges all of us to ask ourselves, What will you do with your one life? Only four years old when she kicked her first soccer ball, Megan Rapinoe developed a love – and clear talent – for the game at a young age. But it was her parents who taught her that winning was much less important than how she lived her life. From childhood on, Rapinoe always did what she could to stand up for what was right—even if it meant going up against people who disagreed. In One Life, Megan Rapinoe invites readers on a remarkable journey, looking back on both her victories and her failures, and pulls back the curtain on events we know only from the headlines. After the 2011 World Cup, discouraged by how few athletes were open about their sexuality, Rapinoe decided to come out publicly as gay and use her platform to advocate for marriage equality. Recognizing the power she had to bring attention to critical issues, in 2016 she took a knee during the national anthem in solidarity with former NFL player Colin Kaepernick to protest racial injustice and police brutality—the first high-profile white athlete to do so. The backlash was immediate, but it couldn't compare to the overwhelming support. Rapinoe became a force of change. Here for the first time, Rapinoe reflects upon some of the most pivotal moments in her life and career – from her realization in college that she was gay, through the disputes with soccer coaches and officials over her decision to kneel, to the first time she met her now-fiancé WNBA champion Sue Bird, and up through suing the US Soccer Federation over gender discrimination and equal pay. Throughout, Rapinoe makes clear the obligation we all have to speak up, and the impact each of us can have on our communities. Deeply personal and inspiring, One Life reveals that real, concrete change lies within all of us, and asks: If we all have the same resource—this one precious life, made up of the decisions we make every day—what are you going to do? "One Life makes it clear that Rapinoe's greatest accomplishments may ultimately come away from the soccer pitch. She's a new kind of American hero."—San Francisco Chronicle

Miles discusses his life and music from playing trumpet in high school to the new instruments and sounds from the Caribbean. The instant #1 New York Times bestseller! "It's the best memoir I've ever read." —Oprah Winfrey "Will Smith isn't holding back in his bravely inspiring new memoir . . . An ultimately heartwarming read, Will provides a humane glimpse of the man behind the actor, producer and musician, as he bares all his insecurities and trauma." —USA Today Winner of the NAACP Image Award for Outstanding Literary Achievement One of the most dynamic and globally recognized entertainment forces of our time opens up fully about his life, in a brave and inspiring book that traces his learning curve to a place where outer success, inner happiness, and human connection are aligned. Along the way, Will tells the story in full of one of the most amazing rides through the worlds of music and film that anyone has ever had. Will Smith's transformation from a West Philadelphia kid to one of the biggest rap stars of his era, and then one of the biggest movie stars in Hollywood history, is an epic tale—but it's only half the story. Will Smith thought, with good reason, that he had won at life: not only was his own success unparalleled, his whole family was at the pinnacle of the entertainment world. Only they didn't see it that way: they felt more like star performers in his circus, a seven-days-a-week job they hadn't signed up for. It turned out Will Smith's education wasn't nearly over. This memoir is the product of a profound journey of self-knowledge, a reckoning with all that your will can get you and all that it can leave behind. Written with the help of Mark Manson, author of the multi-million-copy bestseller The Subtle Art of Not Giving a F*ck, Will is the story of how one person mastered his own emotions, written in a way that can help everyone else do the same. Few of us will know the

pressure of performing on the world's biggest stages for the highest of stakes, but we can all understand that the fuel that works for one stage of our journey might have to be changed if we want to make it all the way home. The combination of genuine wisdom of universal value and a life story that is preposterously entertaining, even astonishing, puts Will the book, like its author, in a category by itself.

THE INSTANT NEW YORK TIMES BESTSELLER A raw, honest, and revealing co-memoir by Brie and Nikki Bella: twin sisters, WWE Hall of Fame inductees, and stars of the hit E! shows Total Bellas and Total Divas. As twins, the Bellas have always competed. Legend has it that Nikki drop-kicked Brie in the womb so that she could make her grand entrance first. But the rest of the world often treated them as identical and even interchangeable, so they decided to do something about it. After they made it into WWE, the Bellas accomplished so much together: bringing in young girls and women while building the Bella Army, helping the transition of female performers from Divas to Superstars, starring in Total Divas and Total Bellas, and founding companies like Birdiebee, Nicole + Brizee Beauty, and Bonita Bonita Wine. Though their early journey began with loss, abuse, and plenty of rough times, these challenges “shined the diamond.” They resolved to be survivors and the heroes of their own stories, and to take control and responsibility for their lives. Eventually, they would come to show girls everywhere that they can do anything. The Bellas may be identical twins—but as individuals, they have proven themselves Incomparable.

Will

Twin Tracks

The Unexpected Origins of the Modern World

The Girls

What Landing a Man on the Moon Teaches Us About Collaboration, Creativity, and the Mind-set for Success

Two Families, One Survivor, Unwavering Hope

Mindful Running

Describes the devastating accident and case of mistaken identity that left one family grieving for the young woman they thought was their daughter while the wrong family cared for the lone survivor, and describes the healing journey of survivor Whitney Cerak. In 1921 there burst upon the New York social scene the famous Morgan twins, Thelma and Gloria, whose names in the decade that followed came to spell glamour and excitement in that magic world of the “international set.” Two continents thrilled to Thelma Furness’s romances with Richard Bennett, Lord Furness, the Prince of Wales, Aly Khan, and Edmund Lowe. The whole world followed with bated breath the searing custody trial over young Gloria that pitted mother against daughter and shook the Vanderbilts and society. While much has been written from the outside about all of this, the two principals have never before disclosed the real truth behind the rumors and the headlines. And exciting as are their personal adventures and escapades, their story is also a portrait of an era. In every age there have been certain women who through a combination of beauty and personality have attracted the love and admiration of rich or famous men, and who seem to be the embodiments of the feminine charm of the period. The Edwardian era had its Lily Langtry, the Napoleonic its Josephine, the eighteenth century its Du Barry and its Lady Hamilton—and so on back to antiquity. In our time, among those women who have come close to fitting this role are Lady Furness and Gloria Vanderbilt. From childhood each had the elusive qualities that characterize the femme fatale. Both knew the love of many men, both suffered deeply, and now both have happily risen above the vicissitudes of their checkered careers and face the future with gallantry, humor, and without rancor or bitterness over the past. In this spirit, and with all sincerity, they have set down the story of their lives. In Double Exposure, we are given a matchless picture of life among the great—and the near-great—in the now-vanished world between the two wars. Above all, we come to know the minds and hearts and philosophy of life and love of two fascinating women, and something of the nature of fascination itself.

An autobiographical account of a young nurse's involvement in World War I

University Press returns with another short and captivating biography of one of history's most compelling figures, Amanda Gorman. Amanda Gorman was born on March 7, 1998, in Los Angeles, California. She and her twin sister were raised by a single mother – a teacher – who restricted the young Amanda's access to television and inspired in her a love for reading, writing, and language. The young Gorman was a self-described “weird child” who had a speech impediment and preferred to read books while other children her age were playing on the playground. Inspired by her mother and by a host of personal heroes that included Maya Angelou and Malala Yousafzai, Amanda excelled in school, found her voice, started a nonprofit, became a youth delegate for the United Nations, published her first poetry book at age sixteen, earned a college scholarship, graduated from Harvard University, and became the first person ever to be named National Youth Poet Laureate. On January 20, 2021, Amanda Gorman, at age twenty-two, became the youngest poet in American history to read at a presidential inauguration. Just two weeks after an angry mob had stormed the United States Capitol Building, Gorman, wearing a sunny yellow coat and a bright red headband, approached the microphone in front of that same building and

reminded a divided and battered nation that "...there is always light, if only we're brave enough to see it. If only we're brave enough to be it." This short book tells the intensely human story of a woman who is changing the world in a way that no one else can.

American Sniper

Autobiography of a Modern Prophet

The Autobiography

Testament of Youth

Identical Strangers

An Autobiographical Study of the Years 1900-1925

A Memoir of Friendship

It was a blustery late spring day in 1954 and a young Oxford medical student flung himself over the line in a mile race. There was an agonising pause, and then the timekeeper announced the record: three minutes, fifty-nine point four seconds. But no one heard anything after that first word - 'three'. One of the most iconic barriers of sport had been broken, and Roger Bannister had become the first man to run a mile in under four minutes. To this day, more men have conquered Mount Everest than have achieved what the slender, unassuming student managed that afternoon. Sixty years on and the letters still arrive on Roger Bannister's doormat, letters testifying to the enduring appeal of the four-minute mile and the example it set for the generation of budding athletes who were inspired to attempt the impossible. In this frank memoir, Sir Roger tells the full story of the talent and dedication that made him not just one of the most celebrated athletes of the last century but also a distinguished doctor, neurologist and one of the nation's best-loved public figures. With characteristically trenchant views on drugs in sport, the nature of modern athletics and record breaking, the extraordinary explosion in running as a leisure activity, and the Olympic legacy, this rare and brilliant autobiography gives a fascinating insight into the life of a man who has lived life to the fullest. In Lori Lansens' astonishing second novel, readers come to know and love two of the most remarkable characters in Canadian fiction. Rose and Ruby are twenty-nine-year-old conjoined twins. Born during a tornado to a shocked teenaged mother in the hospital at Leaford, Ontario, they are raised by the nurse who helped usher them into the world. Aunt Lovey and her husband, Uncle Stash, are middle-aged and with no children of their own. They relocate from the town to the drafty old farmhouse in the country that has been in Lovey's family for generations. Joined to Ruby at the head, Rose's face is pulled to one side, but she has full use of her limbs. Ruby has a beautiful face, but her body is tiny and she is unable to walk. She rests her legs on her sister's hip, rather like a small child or a doll. In spite of their situation, the girls lead surprisingly separate lives. Rose is bookish and a baseball fan. Ruby is fond of trash TV and has a passion for local history. Rose has always wanted to be a writer, and as the novel opens, she begins to pen her autobiography. Here is how she begins: I have never looked into my sister's eyes. I have never bathed alone. I have never stood in the grass at night and raised my arms to a beguiling moon. I've never used an airplane bathroom. Or worn a hat. Or been kissed like that. I've never driven a car. Or slept through the night. Never a private talk. Or solo walk. I've never climbed a tree. Or faded into a crowd. So many things I've never done, but oh, how I've been loved. And, if such things were to be, I'd live a thousand lives as me, to be loved so exponentially. Ruby, with her marvellous characteristic logic, points out that Rose's autobiography will have to be Ruby's as well — and how can she trust Rose to represent her story accurately? Soon, Ruby decides to chime in with chapters of her own. The novel begins with Rose, but eventually moves to Ruby's point of view and then switches back and forth. Because the girls face in slightly different directions, neither can see what the other is writing, and they don't tell each other either. The reader is treated to sometimes overlapping stories told in two wonderfully distinct styles. Rose is given to introspection and secrecy. Ruby's style is "tell-all" — frank and decidedly sweet. We learn of their early years as the town "freaks" and of Lovey's and Stash's determination to give them as normal an upbringing as possible. But when we meet them, both Lovey and Stash are dead, the girls have moved back into town, and they've received some ominous news. They are on the verge of becoming the oldest surviving craniopagus (joined at the head) twins in history, but the question of whether they'll live to celebrate their thirtieth birthday is suddenly impossible to answer. In *Rose and Ruby*, Lori Lansens has created two precious characters, each distinct and loveable in their very different ways, and has given them a world in Leaford that rings absolutely true. The girls are unforgettable. *The Girls* is nothing short of a tour de force.

Draws on archives and interviews with authors, colleagues, and friends to examine Jacqueline Kennedy Onassis' time as an editor, revealing both the serious and the mischievous woman underneath the glamorous public image.

Volume 19 of the Australian Dictionary of Biography (ADB) contains concise biographies of individuals who died between 1991 and 1995. The first of two volumes for the 1990s, it presents a colourful montage of late twentieth-century Australian life, containing the biographies of significant and representative Australians. The volume is still in the shadow of World War II with servicemen and women who enlisted young appearing, but these influences are dimming and there are now increasing numbers of non-white, non-male, non-privileged and non-straight subjects. The 680 individuals recorded in volume 19 of the ADB include Wiradjuri midwife and Ngunnawal Elder Violet Bulger; Aboriginal rights activist, poet, playwright and artist Kevin Gilbert; and Torres Strait Islander community leader and land rights campaigner Eddie Mabo. HIV/AIDS child activists Tony Lovegrove and Eve Van Grafhorst have entries, as does conductor Stuart Challender, 'the first Australian celebrity to go public' about his HIV/AIDS condition in 1991. The arts are, as always, well-represented, including writers Frank Hardy, Mary Durack and Nene Gare, actors Frank Thring and Leonard Teale and arts patron Ian Potter. We are beginning to see the effects of the steep rise in postwar immigration flow through to the ADB. Artist Joseph Stanislaw Ostoja-Kotkowski was born in Poland. Pilar Moreno de Otaegui, co-founded the Spanish Club of Sydney. Chinese restaurateur and community leader Ming Poon (Dick) Low migrated to Victoria in 1953. Often we have a dearth of information about the domestic lives of our subjects; politician Olive Zakharov, however, bravely disclosed at the Victorian launch of the federal government's campaign to Stop Violence Against Women in 1993 that she was a survivor of domestic violence in her second marriage. Take a dip into the many fascinating lives of the Australian Dictionary of Biography.

Broken Horses

Her Autobiography in Books

Choose Your Own Autobiography

On Twins, Insomnia, and the Biggest Funeral in the History of the World

The Autobiography of the Most Lethal Sniper in U.S. Military History

A Memoir of Polio, the Forgotten Killer

1991-1995 (A-Z)

As seen in the hit documentary *Three Identical Strangers* • “[A] poignant memoir of twin sisters who were split up as infants, became part of a secret scientific study, then found each other as adults.”—Reader’s Digest (Editors’ Choice) WINNER OF A BOOKS FOR A BETTER LIFE AWARD Elyse Schein had always known she was adopted, but it wasn’t until her mid-thirties while living in Paris that she searched for her biological mother. What she found instead was shocking: She had an identical twin sister. What’s more, after being separated as infants, she and her sister had been, for a time, part of a secret study on separated twins. Paula Bernstein, a married writer and mother living in New York, also knew she was adopted, but had no inclination to find her birth mother. When she answered a call from her adoption agency one spring afternoon, Paula’s life suddenly divided into two starkly different periods: the time before and the time after she learned the truth. As they reunite, taking their tentative first steps from strangers to sisters, Paula and Elyse are left with haunting questions surrounding their origins and their separation. And when they investigate their birth mother’s past, the sisters move closer toward solving the puzzle of their lives. Praise for *Identical Strangers* “Remarkable . . . powerful . . . [an] extraordinary experience . . . The reader is left to marvel at the reworking of individual identities required by one discovery and then another.”—Boston Sunday Globe “Absorbing.”—Wired “[A] fascinating memoir . . . Weaving studies about twin science into their personal reflections . . . Schein and Bernstein provide an intelligent exploration of how identity intersects with bloodlines. A must-read for anyone interested in what it means to be a family.”—Bust “*Identical Strangers* has all the heart-stopping drama you’d expect. But it has so much more—the authors’ emotional honesty and clear-eyed insights turn this unique story into a universal one. As you accompany the twins on their search for the truth of their birth, you witness another kind of birth—the germination and flowering of sisterly love.”—Deborah Tannen, #1 New York Times bestselling author of *You Just Don’t Understand* “A transfixing memoir.”—Publishers Weekly

Beyond the coffee and doughnuts--the real Agent Cooper. Beginning with his 13th birthday, Cooper's autobiography is a unique portrait of a man who is complex and elusive, yet hard-working and generous for a rare glimpse into the private life of the G-Man who captured America's attention.

ONE OF NPR'S BEST BOOKS OF 2019 A “warm and funny and honest...genuinely unputdownable” (Curtis Sittenfeld) memoir chronicling what it’s like to live in today’s world as a fat man, from acclaimed journalist Tommy Tomlinson, who, as he neared the age of fifty, weighed 460 pounds and decided he had to change his life. When he was almost fifty years old, Tommy Tomlinson weighed an astonishing—and dangerous—460 pounds, at risk for heart disease, diabetes, and stroke, unable to climb a flight of stairs without having to catch his breath, or travel on an airplane without buying two seats. Raised in a family that loved food, he had been aware of the problem for years, seeing doctors and trying diets from the time he was a preteen. But nothing worked, and every time he tried to make a change, it didn’t go the way he planned—in fact, he wasn’t sure that he really wanted to change. In *The Elephant in the Room*, Tomlinson chronicles his lifelong battle with weight in a voice that combines the urgency of Roxane Gay’s *Hunger* with the intimacy of Rick Bragg’s *All Over but the Shoutin’*. He also hits the road to meet other members of the plus-sized tribe in an attempt to understand how, as a nation, we got to this point. From buying a Fitbit and setting exercise goals to contemplating the Heart Attack Grill in Las Vegas, America’s “capital of food porn,” and modifying his own diet, Tomlinson brings us along on a candid and sometimes brutal look at the everyday experience of being constantly aware of your size. Over the course of the book, he confronts these issues head-on and chronicles the practical steps he has to take to lose weight by the end. “What could have been a wallow in memoir self-pity is raised to art by Tomlinson’s wit and prose” (Rolling Stone). Affecting and searingly honest, *The Elephant in the Room* is an “inspirational” (The New York Times) memoir that will resonate with anyone who has grappled with addiction, shame, or self-consciousness. “Add this to your reading list ASAP” (Charlotte Magazine).

The #1 New York Times bestselling memoir of U.S. Navy Seal Chris Kyle, and the source for Clint Eastwood’s blockbuster, Academy-Award nominated movie. “An amazingly detailed account of fighting in Iraq--a humanizing, brave story that’s extremely readable.” — PATRICIA CORNWELL, New York Times Book Review “Jaw-dropping...Undeniably riveting.” —RICHARD ROEPER, Chicago Sun-Times From 1999 to 2009, U.S. Navy SEAL Chris Kyle recorded the most career sniper kills in United States military history. His fellow American warriors, whom he protected with deadly precision from rooftops and stealth positions during the Iraq War, called him “The Legend”; meanwhile, the enemy feared him so much they named him al-Shaitan (“the devil”) and placed a bounty on his head. Kyle, who was tragically killed in 2013, writes honestly about the pain of war—including the deaths of two close SEAL teammates—and in moving first-person passages throughout, his wife, Taya, speaks openly about the strains of war on their family, as well as on Chris. Gripping and unforgettable, Kyle’s masterful account of his extraordinary battlefield experiences ranks as one of the great war memoirs of all time.

The story of Team GB's double Olympic champion

From Losing My Legs to Learning the Dance of Life

Alexander Hamilton

Twin Ambitions - My Autobiography

A Memoir

Mistaken Identity

My Life, My Tapes

NEW YORK TIMES BESTSELLER They met over their dogs. Gail Caldwell and Caroline Knapp (author of *Drinking: A Love Story*) became best friends, talking about everything from their love of books and their shared history of a struggle with alcohol to their relationships with men. Walking the woods of New England and rowing on the Charles River, these two private, self-reliant women created an attachment more profound than either of them could ever have foreseen. Then, several years into this remarkable connection, Knapp was diagnosed with cancer. With her signature exquisite prose, Caldwell mines the deepest levels of devotion, and courage in this gorgeous memoir about treasuring a best friend, and coming of age in midlife. Let ’ s *Take the Long Way Home* is a celebration of the profound transformations that come from intimate connection—and it affirms, once again, why Gail Caldwell is recognized as one of our bravest and most honest literary voices.

NEW YORK TIMES BESTSELLER • An unprecedented look into the personal and creative life of the visionary auteur David Lynch, through his own words and those of his closest colleagues, friends, and family “ Insightful . . . an impressively industrious and comprehensive

account of Lynch ' s career. " —The New York Times Book Review In this unique hybrid of biography and memoir, David Lynch opens up for the first time about a life lived in pursuit of his singular vision, and the many heartaches and struggles he ' s faced to bring his unorthodox projects to fruition. Lynch ' s lyrical, intimate, and unfiltered personal reflections riff off biographical sections written by close collaborator Kristine McKenna and based on more than one hundred new interviews with surprisingly candid ex-wives, family members, actors, agents, musicians, and colleagues in various fields who all have their own takes on what happened. Room to Dream is a landmark book that offers a onetime all-access pass into the life and mind of one of our most enigmatic and utterly original living artists. With insights into . . . Eraserhead The Elephant Man Dune Blue Velvet Wild at Heart Twin Peaks Twin Peaks: Fire Walk with Me Lost Highway The Straight Story Mulholland Drive INLAND EMPIRE Twin Peaks: The Return Praise for Room to Dream " A memorable portrait of one of cinema ' s great auteurs . . . provides a remarkable insight into [David] Lynch ' s intense commitment to the ' art life. ' " —The Guardian " This is the best book by and about a movie director since Elia Kazan ' s A Life (1988) and Michael Powell ' s A Life in Movies (1986). But Room to Dream is more enchanting or appealing than those classics. . . . What makes this book endearing is its chatty, calm account of how genius in America can be a matter-of-fact defiance of reality that won ' t alarm your dog or save mankind. It ' s the only way to dream in so disturbed a country. " —San Francisco Chronicle

New York Times Bestseller USA Today Bestseller The Globe and Mail Bestseller Publishers Weekly Bestseller Whose truth is the lie? Stay up all night reading the sensational psychological thriller that has readers obsessed, from the #1 New York Times bestselling author of It Ends With Us. Lowen Ashleigh is a struggling writer on the brink of financial ruin when she accepts the job offer of a lifetime. Jeremy Crawford, husband of bestselling author Verity Crawford, has hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. Lowen arrives at the Crawford home, ready to sort through years of Verity ' s notes and outlines, hoping to find enough material to get her started. What Lowen doesn ' t expect to uncover in the chaotic office is an unfinished autobiography Verity never intended for anyone to read. Page after page of bone-chilling admissions, including Verity's recollection of the night her family was forever altered. Lowen decides to keep the manuscript hidden from Jeremy, knowing its contents could devastate the already grieving father. But as Lowen ' s feelings for Jeremy begin to intensify, she recognizes all the ways she could benefit if he were to read his wife ' s words. After all, no matter how devoted Jeremy is to his injured wife, a truth this horrifying would make it impossible for him to continue loving her.

Journalist Abigail Pogrebin, a twin herself, offers a poignant and personal look at what it's really like to live with one's mirror image and tells the story of many twins who struggle to balance intimacy and individuality.

An Autobiography

On My Own Two Feet