

Twin Ambitions My Autobiography

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Twin Ambitions – My Autobiography Mo Farah 2014-04-01 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 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. 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 realize his dream.

Monster Mountain Chase! Mo Farah 2017-07-13 From Olympic gold medal winner Mo Farah and bestselling author of *Oi Frog!*, Kes Gray, comes a fun fiction series which will get kids reading, and running too! After returning home from a long cross-country run, it's time for Mo and his friends to decide where to go on their next running adventure. Sandwiches at the ready, the friends head somewhere beautiful, with glistening snow and sparkling lakes ... The Rocky Mountains! But crossing states is tiring work, and with lots of new creatures (and monsters!) to meet along the way, will Mo and friends ever get time for a sandwich break? Here comes Bigfoot ... RUN! Follow Mo on his madcap adventures as his running skills go from strength to strength. The perfect book to share and read aloud. The nation watched with bated breath as Mo Farah seized Olympic gold in the 10,000m and 5000m – he's been a national treasure ever since. In this adventurous series father of three, Mo Farah, combines two lifelong passions – literacy and exercise. Children's books by Mo Farah: *Ready Steady Mo*, *Go Mo Go: Monster Mountain Chase!*, *Go Mo Go: Dinosaur Dash!*, *Go Mo Go: Seaside Sprint!*

Alexander Hamilton Henry Cabot Lodge 1882

The Thing About Life Is That One Day You'll Be Dead David Shields 2011-03-03 Mesmerized and somewhat unnerved by his 97-year-old father's vitality and optimism, David Shields undertakes an original investigation of our flesh-and-blood existence, our mortal being. Weaving together personal anecdote, biological fact, philosophical doubt, cultural criticism, and the wisdom of an eclectic range of writers and thinkers – from Lucretius to Woody Allen – Shields expertly renders both a hilarious family portrait and a truly resonant meditation on mortality.

Coming Up for Air: What I Learned from Sport, Fame and Fatherhood Tom Daley 2021-10-14 Longlisted for Autobiography of the Year, Sports Book Awards 2022 The Instant Sunday Times Bestseller 'Honest and moving – everything a memoir should be' The Sun 'An illuminating look at what it takes to be an Olympian ... in this story, passion reigns supreme' *Cosmopolitan*

Growing Up Getty James Reginato 2022-07-05 An enthralling and comprehensive look into the contemporary state of one of the wealthiest—and most misunderstood—family dynasties in the world, perfect for fans of *Succession*, *The House of Gucci*, *The Cartiers*, and *Fortune's Children*. Oil magnate J. Paul Getty, once the richest man in the world, is the patriarch of an extraordinary cast of sons, grandchildren, and great-grandchildren. While some have been brought low by mental illness, drug addiction, and one of the most sensational kidnapping cases of the 20th century, many of Getty's heirs have achieved great success. In addition to Mark Getty, a cofounder of Getty Images, and Anne G. Earhart, an award-winning environmentalist, others have made significant marks in a variety of fields, from music and viticulture to politics and LGBTQ rights. Now, across four continents, a new generation of lively, unique, and even outrageous Gettys are emerging, and not coasting on the dynasty's still-immense wealth. August Getty designs extravagant gowns worn by Katy Perry, Cher, and other stars; his sibling, Nats—a fellow LGBTQ rights activist who announced his gender transition following his wedding to transgender icon Gigi Gorgeous—produces a line of exclusive streetwear. Their fascinating cousins include Balthazar, a multi-

hyphenate actor-director-DJ-designer, and Isabel, a singer-songwriter-MBA candidate. A far-flung yet surprisingly close-knit group, the ascendant Gettys are bringing this iconic family onto the global stage in the 21st century. Through extensive research, including access to J. Paul Getty's diaries and love letters, and fresh interviews with family members and friends, *Growing Up Getty* offers an inside look into the benefits and burdens of being part of today's world of the ultra-wealthy.

Air Traffic Gregory Pardlo 2018-04-10 From the beloved Pulitzer Prize-winning poet: an extraordinary memoir and blistering meditation on fatherhood, race, addiction, and ambition. Gregory Pardlo's father was a brilliant and charismatic man--a leading labor organizer who presided over a happy suburban family of four. But when he loses his job following the famous air traffic controllers' strike of 1981, he succumbs to addiction and exhausts the family's money on more and more ostentatious whims. In the face of this troubling model and disillusioned presence in the household, young Gregory rebels. Struggling to distinguish himself on his own terms, he hustles off to Marine Corps boot camp. He moves across the world, returning to the United States only to take a job as a manager-cum-barfly at his family's jazz club. *Air Traffic* follows Gregory as he builds a life that honors his history without allowing it to define his future. Slowly, he embraces the challenges of being a poet, a son, and a father as he enters recovery for alcoholism and tends to his family. In this memoir, written in lyrical and sparkling prose, Gregory tries to free himself from the overwhelming expectations of race and class, and from the tempting yet ruinous legacy of American masculinity. *Air Traffic* is a richly realized, deeply felt ode to one man's remarkable father, to fatherhood, and to the frustrating yet redemptive ties of family. It is also a scrupulous, searing examination of how manhood can be fashioned in our cultural landscape.

Paula Paula Radcliffe 2005 "Updated to include her New York, London, and Helsinki victories"---P. [4] of cover.

ALEX FERGUSON My Autobiography Alex Ferguson 2013-10-24 Sir Alex Ferguson's compelling story is always honest and revealing he reflects on his managerial career that embraced unprecedented European success for Aberdeen and 26 triumphant seasons with Manchester United. Sir Alex Ferguson's best-selling autobiography has now been updated to offer reflections on events at Manchester United since his retirement as well as his teachings at the Harvard Business School, a night at the Oscars and a boat tour round the Hebrides, where he passed unrecognised. The extra material adds fresh insights and detail on his final years as United's manager. Both the psychology of management and the detail of football strategy at the top level can be complex matters but no-one has explained them in a more interesting and accessible way for the general reader than Sir Alex does here. MY AUTOBIOGRAPHY is revealing, endlessly entertaining and above all inspirational.

Dreams From My Father Barack Obama 2007-06-03 An international bestseller which has sold over a million copies in the UK, *Dreams From My Father* is a refreshing, revealing portrait of a young man asking big questions about identity and belonging. The son of a Black African father and a white American mother, Barack Obama recounts an emotional odyssey, retracing the migration of his mother's family from Kansas to Hawai'i, then to his childhood home in Indonesia. Finally he travels to Kenya, where he confronts the bitter truth of his father's life and at last reconciles his divided inheritance. Written nearly fifteen years before becoming president, *Dreams from My Father* is an unforgettable read. It illuminates not only Obama's journey, but also our universal desire to understand our history and what makes us who we are.

The Fact of a Body Alex Marzano-Lesnevich 2017-05-18 'Part memoir, part true crime, wholly brilliant.' - Paula Hawkins, author of *The Girl on the Train*. When law student Alexandria Marzano-Lesnevich is asked to work on a death-row hearing for convicted murderer and child molester Ricky Langley, she finds herself thrust into the tangled story of his childhood. As she digs deeper and deeper into the case she realizes that, despite their vastly different circumstances, something in his story is unsettlingly, uncannily familiar. *The Fact of a Body* is both an enthralling memoir and a groundbreaking, heart-stopping investigation into how the law is personal, composed of individual stories, and proof that arriving at the truth is more complicated, and powerful, than we could ever imagine.

Wings of Fire Avul Pakir Jainulabdeen Abdul Kalam 1999 Avul Pakir Jainulabdeen Abdul Kalam, The Son Of A Little-Educated Boat-Owner In Rameswaram, Tamil Nadu, Had An Unparalleled Career As A Defence Scientist, Culminating In The Highest Civilian Award Of India, The Bharat Ratna. As Chief Of The Country'S Defence Research And Development Programme, Kalam Demonstrated The Great Potential For Dynamism And Innovation That Existed In Seemingly Moribund Research Establishments. This Is The Story Of Kalam'S Rise From Obscurity And His Personal And Professional Struggles, As Well As The Story Of Agni, Prithvi, Akash, Trishul And Nag--Missiles That Have Become Household Names In India And That Have Raised The Nation To The Level Of A Missile Power Of International Reckoning.

Love's Work Gillian Rose 1995 A crisis in the author's life forces her to examine the issues of love, friendship, sex, illness, and death.

Experience Martin Amis 2014-09-17 Martin Amis is one of the most gifted and innovative writers of our time. With *Experience*, he discloses a private life every bit as unique and fascinating as his bestselling novels. The son of the great comic novelist Kingsley Amis, Martin Amis explores his relationship with this father and writes about the various crises of Kingsley's life. He also examines the life and legacy of his cousin, Lucy Partington, who was abducted and murdered by one of Britain's most notorious serial killers. *Experience* also deconstructs the changing literary scene, including Amis' portraits of Saul Bellow, Salman Rushdie, Allan Bloom, Philip Larkin, and Robert Graves, among others. Not since Nabokov's *Invitation to a Beheading*, *Memory* has such an implausible life been recorded by such an inimitable talent. Profound, witty, and ruthlessly honest, *Experience* is a literary event.

Jessica Ennis: Unbelievable - From My Childhood Dreams To Winning Olympic Gold Jessica Ennis 2012-11-08 On 4 August 2012 Jessica Ennis kicked off what some described as the greatest night in British sporting

history. For her it was the end of a long, winding, and sometimes harrowing road. Nobody was under more pressure at the London Olympics than 'the face of the Games'. Yet Jessica delivered the heptathlon gold medal, and the huge outpouring of relief she showed afterwards hinted at the roller-coaster journey she had been on. Behind the smiles and politeness, Jessica has endured much. Bullied at school for being small, she proved to critics and rivals alike that size really didn't matter. Hers is an inspiring tale of following your dreams no matter what life throws at you. In 2008 Jessica thought her career might be over when she was injured on the eve of the Olympic Games in Beijing. But she overcame this setback to rebuild her career and technique, becoming the world and European champion in successive years. Her biggest test was yet to come, though, when her rivals overhauled her in the build-up to London. Unbelievable is a refreshingly candid account of her rise to fame in a highly charged world in which body image issues and drug abuses lurk. From the unique pressures facing her, to behind-the-scenes glimpses into the greatest show on earth, and a revealing account of her love-hate relationship with her long-term coach, Jessica reveals the truth behind the smiles for the first time. Unbelievable includes exclusive behind-the-scenes photos. This is the story of how the girl next door became London's poster girl, and how an ordinary woman used an extraordinary talent to claim the title of the world's greatest all-round female sports star.

My Start-Up Life Ben Casnocha 2015-06-02 Ben Casnocha discovered he was entrepreneur at age 12 and hasn't slowed down since. In this remarkably instructive book, Ben dissects the entrepreneurship "gene," explaining that everyone has inherited it if they have an idea to make the world a better place. In Casnocha's case, he found a better way for city governments to communicate with constituents on the Web. Six years later, Comcate has dozens of municipal clients, a growing staff, and a record of excellence. This book is the story of his start-up, but also a conversation with his mentors, clients and fellow entrepreneurs about how to make a business idea work?and how to have the time of your life trying. From Pat Lencioni to Marc Benioff of salesforce.com, Ben has won over the best and brightest of the business world?now it's your turn!

Twin Ambitions - My Autobiography Mo Farah 2013-10-10 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.

Seven Pillars of Wisdom Thomas Edward Lawrence 1997 Written between 1919 and 1926, this text tells of the campaign against the Turks in the Middle East, encompassing gross acts of cruelty and revenge, ending in a welter of stink and corpses in a Damascus hospital.

Gold Rush Michael Johnson 2011-09-15 'Elite athletes aren't born. They're made.' Michael Johnson From a living icon of the Olympic Games - as both an athlete and now as a BBC broadcaster - *Gold Rush* is a compelling analysis of the fascinating combination of psychological and personal qualities, as well as internal and external factors, that go to create an Olympic champion.

Die Young with Me Rob Rufus 2016-09-20 In the tradition of John Green's *The Fault in Our Stars* and *Me and Earl and the Dying Girl*, this incredibly moving and harrowing true story of a teenager diagnosed with cancer is "a resounding affirmation of how music can lift one's spirits beyond gray skies and bad news (Kirkus Reviews)." Punk's not dead in rural West Virginia. In fact, it blares constantly from the basement of Rob and Nat Rufus-identical twin brothers with spiked hair, black leather jackets, and the most kick-ass record collection in Appalachia. To them, school (and pretty much everything else) sucks. But what can you expect when you're the only punks in town? When the brothers start their own band, their lives begin to change: they meet friends, they attract girls, and they finally get invited to join a national tour and get out of their rat box little town. But their plans are cut short when Rob is diagnosed with a rare form of cancer that has already progressed to Stage Four. Not only are his dreams of punk rock stardom completely shredded, there is a very real threat that this is one battle that can't be won. While Rob suffers through nightmarish treatments and debilitating surgery, Nat continues on their band's road to success alone. But as Rob's life diverges from his brother's, he learns to find strength within himself and through his music. *Die Young with Me* is a "raw, honest picture of the weirdness of

growing up" (Marky Ramone) and the story of a brave teen's battle with cancer and the many ways music helped him cope through his recovery.

Long Walk To Freedom Nelson Mandela 2013-04-25 These memoirs from one of the great leaders of our time are 'essential reading for anyone who wants to understand history - and then go out and change it' Barack Obama The riveting memoirs of the outstanding moral and political leader of our time, Long Walk to Freedom brilliantly re-creates the drama of the experiences that helped shape Nelson Mandela's destiny. Emotive, compelling and uplifting, Long Walk to Freedom is the exhilarating story of an epic life; a story of hardship, resilience and ultimate triumph told with the clarity and eloquence of a born leader. 'Enthralling . . . Mandela emulates the few great political leaders such as Lincoln and Gandhi, who go beyond mere consensus and move out ahead of their followers to break new ground' Sunday Times 'The authentic voice of Mandela shines through this book . . . humane, dignified and magnificently unembittered' The Times 'Burns with the luminosity of faith in the invincible nature of human hope and dignity . . . Unforgettable' Andre Brink

26 Miles to the Moon Andrew Males 2015-04-23

Running with the Buffaloes Chris Lear 2011-04-01 Top five Best Books About Running, Runner's World Magazine Top three Best Books About Running, readers of Runner's World Magazine (December 2009) A phenomenal portrait of courage and desire that will do for college cross-country what John Feinstein's A Season on the Brink did for college basketball.

Seaside Sprint! Mo Farah 2018-03-08 From Olympic gold medal winner Mo Farah and bestselling author of Oi Frog!, Kes Gray, comes a fun fiction series which will get kids reading, and running too! Mo and his friends pack a lunch and head to the seaside for their next running adventure. It's a good job they have good trainers to run along the beach. But what's that? Could it really be a sea monster? RUN! Follow Mo on his madcap adventures as his running skills go from strength to strength. The perfect book to share and read aloud. The nation watched with bated breath as Mo Farah seized Olympic gold in the 10,000m and 5000m - he's been a national treasure ever since. In this adventurous series father of three, Mo Farah, combines two lifelong passions - literacy and exercise. Children's books by Mo Farah: Ready Steady Mo, Go Mo Go: Monster Mountain Chase!, Go Mo Go: Dinosaur Dash!, Go Mo Go: Seaside Sprint!

My Life Leon Trotsky 2012-04-05 This priceless historical document features firsthand accounts from top levels of leadership in the Russian revolutions of 1905 and 1917, chronicling the struggle to establish a dictatorship of the proletariat.

By Some Miracle I Made It Out of There Tom Sizemore 2016-03 An account of the acclaimed actor's Hollywood career and struggles with methamphetamine addiction covers his Detroit background, his relationships with various co-stars, and his experiences as a father of twin boys.

26 Marathons Meb Keflezighi 2019-03-19 NEW YORK TIMES BESTSELLER • A world-class runner and four-time Olympian shares the life lessons he's learned from each of the twenty-six marathons he's run in his storied career. "An athlete whose wisdom and lessons aren't just for runners."—The Washington Post When Meb Keflezighi—the first person in history to win both the Boston and New York City marathons as well as an Olympic marathon medal—ran his final marathon in New York City on November 5, 2017, it marked the end of an extraordinary distance-running career. Meb's last marathon was also his twenty-sixth, and each of those marathons has come with its own unique challenges, rewards, and outcomes. In 26 Marathons, Meb takes readers on those legendary races, along every hill, bend, and unexpected turn of events that made each marathon an exceptional learning experience, and a fascinating story. 26 Marathons offers the wisdom Meb has gleaned about life, family, identity, and faith in addition to tips about running, training, and nutrition. He shows runners of all levels how to apply the lessons he's learned to their own running and lives. Equal parts inspiration and practical advice, 26 Marathons provides an inside look at the life and success of one of the greatest runners living today. Praise for 26 Marathons "26 Marathons is a swift read, guaranteed to be popular with student athletes plus hard-core and recreational runners, who will undoubtedly agree that Meb is an American treasure and running ambassador who never fails to inspire."—Booklist (starred review) "26 Marathons gives great insight about the ups and downs in marathon running and how to cope with them. As Meb shows, dealing with these marathon experiences help us become better in our lives."—Eliud Kipchoge, Marathon World Record Holder and 2016 Olympic Gold Medalist "Meb's 26 Marathons is like opening a treasure chest full of inspiring stories that give behind-the-scenes glimpse into the mental and physical joys and obstacles that elite-level racing can bring. His advice on training, overcoming injuries, and adversity is for everyone. It's pure gold!"—Shalane Flanagan, 2017 TCS NYC Marathon Champion

Dinosaur Dash! Mo Farah 2017-10-05 From Olympic gold medal winner Mo Farah and bestselling author of Oi Frog!, Kes Gray, comes a fun fiction series which will get kids reading, and running too! Mo and his friends are jogging in the local park when Mo suggests they run backwards for fun. But what they hadn't bargained for was running back in TIME. There are DINOSAURS everywhere . . . and they are hungry. Luckily Mo and his friends are wearing good trainers. It's a good job they love to run! Follow Mo on his madcap adventures as his running skills go from strength to strength. The perfect book to share and read aloud. The nation watched with bated breath as Mo Farah seized Olympic gold in the 10,000m and 5000m - he's been a national treasure ever since. In this adventurous series father of three, Mo Farah, combines two lifelong passions - literacy and exercise. Children's books by Mo Farah: Ready Steady Mo, Go Mo Go: Monster Mountain Chase!, Go Mo Go: Dinosaur Dash!, Go Mo Go: Seaside Sprint!

Terra Nova Eric W. Sanderson 2013-06-04 A look at what the American lifestyle has done to the environment—and how to move toward a better future. In the last century, three powerful forces—oil, cars, and suburbs—buoyed the American dream. Yet now, the quality of life in the United States is declining due to these same three forces. Our dependence on oil is a root cause of wars, recessions, and natural

disasters. Cars consume an outsize share of our incomes and force us to squander time in traffic. Meanwhile, expensive, spread-out suburbs devour farmland—and in a vicious cycle, further entrench our reliance on cars and oil. In *Terra Nova*, conservation ecologist Eric W. Sanderson—the national bestselling author of *Mannahatta*—offers concrete steps toward a solution. He delves into natural history, architecture, chemistry, and politics, to show how the American relationship to nature has shaped our past, and how it can affect our future. Illustrated throughout with maps, charts, and infographics, *Terra Nova* demonstrates that it is indeed possible to achieve a better world. “Sanderson commendably outlines ‘a new way of life . . . designed to sustain American prosperity, health, and freedom for generations to come.’” —Publishers Weekly

Two Hours Ed Caesar 2015-10-27 "In this spellbinding book, journalist Ed Caesar takes us into the world of elite marathoners: some of the greatest runners on earth. Through the stories of these rich characters, like Kenyan Geoffrey Mutai, around whom the narrative is built, Caesar traces the history of the marathon as well as the science, physiology, and psychology involved in running so fast for so long. And he shows us why this most democratic of races retains its brutal, enthralling appeal—and why we are drawn to test ourselves to the limit, "—Amazon.com.

Twin Tracks Roger Bannister 2014-04-17 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.

Brave Enough Jessie Diggins 2020-03-10 Travel with Olympic gold medalist Jessie Diggins on her compelling journey from America's heartland to international sports history, navigating challenges and triumphs with rugged grit and a splash of glitter Pyeongchang, February 21, 2018. In the nerve-racking final seconds of the women's team sprint freestyle race, Jessie Diggins dug deep. Blowing past two of the best sprinters in the world, she stretched her ski boot across the finish line and lunged straight into Olympic immortality: the first ever cross-country skiing gold medal for the United States at the Winter Games. The 26-year-old Diggins, a four-time World Championship medalist, was literally a world away from the small town of Afton, Minnesota, where she first strapped on skis. Yet, for all her history-making achievements, she had never strayed far from the scrappy 12-year-old who had insisted on portaging her own canoe through the wilderness, yelling happily under the unwieldy weight on her shoulders: "Look! I'm doing it!" In *Brave Enough*, Jessie Diggins reveals the true story of her journey from the American Midwest into sports history. With candid charm and characteristic grit, she connects the dots from her free-spirited upbringing in the woods of Minnesota to racing in the bright spotlights of the Olympics. Going far beyond stories of races and ribbons, she describes the challenges and frustrations of becoming a serious athlete; learning how to push through and beyond physical and psychological limits; and the intense pressure of competing at the highest levels. She openly shares her harrowing struggle with bulimia, recounting both the adversity and how she healed from it in order to bring hope and understanding to others experiencing eating disorders. Between thrilling accounts of moments of triumph, Diggins shows the determination it takes to get there—the struggles and disappointments, the fun and the hard work, and the importance of listening to that small, fierce voice: I can do it. I am brave enough.

Ready Steady Mo! Mo Farah 2016-07-26 From Olympic gold medal winner Mo Farah and bestselling author of *Oi Frog!*, Kes Gray, comes a fun and action-packed picture book that will get kids reading, and running too! So, what are you waiting for? Warm up, do the MOBOT, and then . . . Run on the pavement Run on the grass Run in the playground Perhaps not in class! Follow Mo on his madcap adventures as his running skills go from strength to strength. The perfect book to share and read aloud. With vibrant illustrations and a rhyming text. The nation watched with bated breath as Mo Farah seized Olympic gold in the 10,000m and 5000m - he's been a national treasure ever since. In this adventurous picture book father of three, Mo Farah, combines two lifelong passions - literacy and exercise. Children's books by Mo Farah: *Ready Steady Mo!*, *Go Mo Go: Monster Mountain Chase!*, *Go Mo Go: Dinosaur Dash!*, *Go Mo Go: Seaside Sprint!*

Dixie Lullaby Mark Kemp 2007-11-01 Rock & roll has transformed American culture more profoundly than any other art form. During the 1960s, it defined a generation of young people as political and social idealists, helped end the Vietnam War, and ushered in the sexual revolution. In *Dixie Lullaby*, veteran music journalist Mark Kemp shows that rock also renewed the identity of a generation of white southerners who came of age in the decade after segregation -- the heyday of disco, Jimmy Carter, and Saturday Night Live. Growing up in North Carolina in the 1970s, Kemp experienced pain, confusion, and shame as a result of the South's residual civil rights battles. His elementary school was integrated in 1968, the year Kemp reached third grade; his aunts, uncles, and grandparents held outdated racist views that were typical of the time; his parents, however, believed blacks should be extended the same treatment as whites, but also counseled their children to respect their elder relatives. "I loved the land that surrounded me but hated

the history that haunted that land," Kemp writes. When rock music, specifically southern rock, entered his life, he began to see a new way to identify himself, beyond the legacy of racism and stereotypes of southern small-mindedness that had marked his early childhood. Well into adulthood Kemp struggled with the self-loathing familiar to many white southerners. But the seeds of forgiveness were planted in adolescence when he first heard Duane Allman and Ronnie Van Zant pour their feelings into their songs. In the tradition of music historians such as Nick Tosches and Peter Guralnick, Kemp masterfully blends into his narrative the stories of southern rock bands --from heavy hitters such as the Allman Brothers Band, Lynyrd Skynyrd, and R.E.M. to influential but less-known groups such as Drive-By Truckers -- as well as the personal experiences of their fans. In dozens of interviews, he charts the course of southern rock & roll. Before civil rights, the popular music of the South was a small, often racially integrated world, but after Martin Luther King Jr.'s assassination, black musicians struck out on their own. Their white counterparts were left to their own devices, and thus southern rock was born: a mix of popular southern styles that arose when predominantly white rockers combined rural folk, country, and rockabilly with the blues and jazz of African-American culture. This down-home, flannel-wearing, ass-kicking brand of rock took the nation by storm in the 1970s. The music gave southern kids who emulated these musicians a newfound voice. Kemp and his peers now had something they could be proud of: southern rock united them and gave them a new identity that went beyond outside perceptions of the South as one big racist backwater. Kemp offers a lyrical, thought-provoking, searingly intimate, and utterly original journey through the South of the 1960s, '70s, '80s, and '90s, viewed through the prism of rock & roll. With brilliant insight, he reveals the curative and unifying impact of rock on southerners who came of age under its influence in the chaotic years following desegregation. Dixie Lullaby fairly resonates with redemption.

And Then We Grew Up Rachel Friedman 2019-12-31 One of Publishers Weekly's Best Books of 2019 A journey through the many ways to live an artistic life--from the flashy and famous to the quiet and steady--full of unexpected insights about creativity and contentment, from the author of *The Good Girl's Guide to Getting Lost*. Rachel Friedman was a serious violist as a kid. She quit music in college but never stopped fantasizing about what her life might be like if she had never put down her bow. Years later, a freelance writer in New York, she again finds herself struggling with her fantasy of an artist's life versus its much more complicated reality. In search of answers, she decides to track down her childhood friends from Interlochen, a prestigious arts camp she attended, full of aspiring actors, artists, dancers, and musicians, to find out how their early creative ambitions have translated into adult careers, relationships, and identities. Rachel's conversations with these men and women spark nuanced revelations about creativity and being an artist: that it doesn't have to be all or nothing, that success isn't always linear, that sometimes it's okay to quit. *And Then We Grew Up* is for anyone who has given up a childhood dream and wondered "what-if?", for those who have aspired to do what they love and had doubts along the way, and for all whose careers fall somewhere between emerging and established. Warm, whip-smart, and insightful, it offers inspiration for finding creative fulfillment wherever we end up in life.

The Autobiography of an Ex-Colored Man James Weldon Johnson 2021-01-26 A gifted musician's decision to navigate society as a white man causes an internal debate about anti-blackness and the explicit nature of intent versus impact. James Weldon Johnson presents a distinct conflict driven by a person's desires and overwhelming fear. *The Autobiography of an Ex-Colored Man* follows the story of an unnamed narrator and his unique experience as a fair-skinned Black person. As a child, he is initially unaware of his race, but his mother soon clarifies their family's ancestry. The young man's ability to pass for white allows him to negate the harsh and discriminatory treatment most Black people face. This leads to a series of events that significantly shape the way he views his place in society. James Weldon Johnson delivers a captivating tale of identity politics in the U.S. and abroad. The main character is living a life of omission that provides public gain at a personal cost. This story maintains its relevance as a critical examination of race in society. With an eye-catching new cover, and professionally typeset manuscript, this edition of *The Autobiography of an Ex-Colored Man* is both modern and readable.

The Dirtiest Race in History Richard Moore 2013-09-26 The men's 100m final at the 1988 Olympics has been described as the dirtiest race ever - but also the greatest. Aside from Johnson's blistering time, the race is infamous for its athletes' positive drug tests. This is the story of that race, the rivalry between Johnson and Lewis, and the repercussions still felt almost a quarter of a century on.

Testament of Youth Vera Brittain 1979-01-01 For nearly a decade I have wanted, with a growing sense of urgency, to write something which would show what the whole War and post-war period - roughly, from the years leading up to 1914 until about 1935 - has meant to the men and women of my generation, the generation of those boys and girls who grew up just before the War broke out. I wanted to give too, if I could, an impression of the changes which that period brought about in the minds and lives of very different groups of individuals belonging to the large section of middle-class society from which my own family comes.

My Life (Revised and Updated) Isadora Duncan 2013-05-27 A remarkable account of a wildly artistic life, finally restored to its unexpurgated form, with a revealing new introduction by Joan Acocella. The visionary choreographer and dancer Isadora Duncan (1877-1927) not only revolutionized dance in the twentieth century but blazed a path for other visionaries who would follow in her wake. While many biographies have explored Duncan's crucial role as one of the founders of modern dance, no other book has proved as critical--as both historical record and vivid evocation of a riveting life--as her autobiography. From her early enchantment with classical music and poetry to her great successes abroad, to her sensational love affairs and headline-grabbing personal tragedies, Duncan's story is a dramatic one. *My Life* still stands alone as "a great document, revealing the truth of her life as she understood it,

without reticence or apology or compromise" (New York Herald Tribune). Now, in this fully restored edition, with its risqué recollections and fervent idealism, *My Life* can be appreciated by a new generation.

Notes on an Execution Danya Kukafka 2022-01-25 Ansel Packer is scheduled to die in twelve hours. He knows what he's done, and now awaits the same fate he forced on those girls, years ago. Ansel doesn't want to die; he wants to be celebrated, understood. But this is not his story. As the clock ticks down, three women uncover the history of a tragedy and the long shadow it casts. Lavender, Ansel's mother, is a seventeen-year-old girl pushed to desperation. Hazel, twin sister to his wife, is forced to watch helplessly as the relationship threatens to devour them all. And Saffy, the detective hot on his trail, is devoted to bringing bad men to justice but struggling to see her own life clearly. This is the story of the women left behind. Blending breathtaking suspense with astonishing empathy, *Notes On An Execution* presents a chilling portrait of womanhood as it unravels the familiar narrative of the American serial killer, interrogating our cultural obsession with crime stories, and asking readers to consider the false promise of looking for meaning in the minds of violent men.