

Twin Ambitions My Autobiography

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The Class Erich Segal 2014-11-12 From world-renowned author Erich Segal comes a powerful and moving saga of five extraordinary members of the Harvard class of 1958 and the women with whom their lives are intertwined. Five lives, five love stories: Danny Rossi, the musical prodigy, risks it all for Harvard, even a break with his domineering father. Yet his real problems are too much fame too soon—and too many women. Ted Lambros spends his four years as a commuter, an outsider. He is obsessed by his desire to climb to the top of the Harvard academic ladder, heedless of what it will cost him in personal terms. Jason Gilbert, the Golden Boy—handsome, charismatic, a brilliant athlete—learns at Harvard that he cannot ignore his Jewish background. Only in tragedy will he find his true identity. George Keller, a refugee from Communist Hungary, comes to Harvard with the barest knowledge of English. But with ruthless determination, he masters not only the language but the power structure of his new country. Andrew Eliot is haunted by three centuries of Harvard ancestors who cast giant shadows on his confidence. It is not until the sad and startling events of the reunion that he learns his value as a man. Their explosive story begins in a time of innocence and spans a turbulent quarter century, culminating in their dramatic twenty-five year reunion at which they confront their classmates—and the balance sheet of their own lives. Always at the center; amid the passion, laughter, and glory, stands Harvard—the symbol of who they are and who they will be. They were a generation who made the rules—then broke them—whose glittering successes, heartfelt tragedies, and unbridled ambitions would stun the world. Praise for *The Class* "Erich Segal's best."—Pittsburgh Press "First class entertainment."—Cosmopolitan "An absorbing page-turner."—Publishers Weekly "A panoramic saga."—Philadelphia Inquirer

Autobiography of a Yogi Paramahansa Yogananda 2009-01-01 The autobiography of Paramahansa Yogananda (1893 - 1952) details his search for a guru, during which he encountered many spiritual leaders and world-renowned scientists. When it was published in 1946 it was the first introduction of many westerners to yoga and meditation. The famous opera singer Amelita Galli-Curci said about the book: "Amazing, true stories of saints and masters of India, blended with priceless superphysical information-much needed to balance the Western material efficiency with Eastern spiritual efficiency-come from the vigorous pen of Paramhansa Yogananda, whose teachings my husband and myself have had the pleasure of studying for twenty years."

Long Walk to Freedom Nelson Mandela 2008-03-11 The book that inspired the major new motion picture *Mandela*: Long Walk to Freedom. Nelson Mandela is one of the great moral and political leaders of our time: an international hero whose lifelong dedication to the fight against racial oppression in South Africa won him the Nobel Peace Prize and the presidency of his country. Since his triumphant release in 1990 from more than a quarter-century of imprisonment, Mandela has been at the center of the most compelling and inspiring political drama in the world. As president of the African National Congress and head of South Africa's anti-apartheid movement, he was instrumental in moving the nation toward multiracial government and majority rule. He is revered everywhere as a vital force in the fight for human rights and racial equality. *LONG WALK TO FREEDOM* is his moving and exhilarating autobiography, destined to take its place among the finest memoirs of history's greatest figures. Here for the first time, Nelson Rolihlahla Mandela tells the extraordinary story of his life--an epic of struggle, setback, renewed hope, and ultimate triumph.

Testament of Youth Vera Brittain 1994 An autobiographical account of a young nurse's involvement in World War I

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.

Air Traffic Gregory Pardlo 2019-03-19 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.

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.

Twin Allen Shawn 2010-12-30 A heartbreaking yet deeply hopeful memoir about life as a twin in the face of autism. When Allen Shawn and his twin sister, Mary, were two, Mary began exhibiting signs of what would be diagnosed many years later as autism. Understanding Mary and making her life a happy one appeared to be impossible for the Shawns. At the age of eight, with almost no warning, her parents sent Mary to a residential treatment center. She never lived at home again. Fifty years later, as he probed the sources of his anxieties in *Wish I Could Be There*, Shawn realized that his fate was inextricably linked to his sister's, and that their natures were far from being different. *Twin* highlights the difficulties American families coping with autism faced in the 1950s. Shawn also examines the secrets and family dramas as his father, William, became editor of *The New Yorker*. *Twin* reconstructs a parallel narrative for the two siblings, who experienced such divergent fates yet shared talents and proclivities. Wrenching, honest, understated, and poetic, *Twin* is at heart about the mystery of being inextricably bonded to someone who can never be truly understood.

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.

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

Seven Pillars of Wisdom T.E. Lawrence 1935 T.E. Lawrence (1888 - 1935), known as "Lawrence of Arabia" was a British archaeologist, army officer, and writer. *Seven Pillars of Wisdom* is an autobiographical account of his participation in the Arab Revolt. The illustrations and maps are included in this version.

Double Bind: Women on Ambition Robin Romm 2017-04-11 "Bold, absorbing, insightful, and wise. . . . Read it: the truth is inside."—Cheryl Strayed, author of *Wild* and *Tiny Beautiful Things* "A work of courage and ferocious honesty" (Diana Abu-Jaber), *Double Bind* could not come at a more urgent time. Even as major figures from Gloria Steinem to Beyoncé embrace the word "feminism," the word "ambition" remains loaded with ambivalence. Many women see it as synonymous with strident or aggressive, yet most feel compelled to strive and achieve—the seeming contradiction leaving them in a perpetual double bind. Ayana Mathis, Molly Ringwald, Roxane Gay, and a constellation of "nimble thinkers . . . dismantle this maddening paradox" (*O, The Oprah Magazine*) with candor, wit, and rage. Women who have made landmark achievements in fields as diverse as law, dog sledding, and butchery weigh in, breaking the last feminist taboo once and for all. "Both intimate and scalable" (*Atlantic.com*), *Double Bind* finally seizes "ambition" from the roster of dirty words.

Mark Twain's Autobiography Mark Twain 1924

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.

Father's Day Buzz Bissinger 2012 The author recounts a father-son road trip during which he gained insight into the worldviews, challenges, and talents of his socially challenged savant son, Zach.

26 Marathons Meb Keflezighi 2021-02-16 **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

Dreams from My Father Barack Obama 2007-01-09 #1 **NEW YORK TIMES BESTSELLER • ONE OF ESSENCE'S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS** In this iconic memoir of his early days, Barack Obama "guides us straight to the intersection of the most serious questions of identity, class, and race" (*The Washington Post Book World*). "Quite extraordinary."—Toni Morrison In this lyrical, unsentimental, and compelling memoir, the son of a black African father and a white American mother searches for a workable meaning to his life as a black American. It begins in New York, where Barack Obama learns that his father—a figure he knows more as a myth than as a man—has been killed in a car accident. This sudden death inspires an emotional odyssey—first to a small town in Kansas, from which he retraces the migration of his mother's family to Hawaii, and then to Kenya, where he meets the African side of his family, confronts the bitter truth of his father's life, and at last reconciles his divided inheritance. Praise for *Dreams from My Father* "Beautifully crafted . . . moving and candid . . . This book belongs on the shelf beside works like James McBride's *The Color of Water* and Gregory Howard Williams's *Life on the Color Line* as a tale of living astride America's racial categories."—Scott Turow "Provocative . . . Persuasively describes the phenomenon of belonging to two different worlds, and thus belonging to neither."—*The New York Times Book Review* "Obama's writing is incisive yet forgiving. This is a book worth savoring."—Alex Kotlowitz, author of *There Are No Children Here* "One of the most powerful books of self-discovery I've ever read, all the more so for its illuminating insights into the problems not only of race, class, and color, but of culture and ethnicity. It is also beautifully written, skillfully layered, and paced like a good novel."—Charlayne Hunter-Gault, author of *In My Place* "Dreams from My Father is an exquisite, sensitive study of this wonderful young author's journey into adulthood, his search for community and his place in it, his quest for an understanding of his roots, and his discovery of the poetry of human life. Perceptive and wise, this book will tell you something about yourself whether you are black or white."—Marian Wright Edelman

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.

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

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* has such an implausible life been recorded by such an inimitable talent. Profound, witty, and ruthlessly honest, *Experience* is a literary event.

Running for My Life Lopez Lomong 2012 Offers the true story of a Sudanese boy who, through unyielding faith, overcame a wartorn nation to become an American citizen and an Olympic contender.

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.

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.

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.

Monster Mountain Chase! Mo Farah 2017-07-13 From Olympic gold medal winner Mo Farah and bestselling author 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!

The Thing About Life is That One Day You'll Be Dead David Shields 2008-02-05 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. *The Thing About Life* provokes us to contemplate the brevity and radiance of our own sojourn on earth and challenges us to rearrange our thinking in crucial and unexpected ways.

Kelly Holmes Kelly Holmes 2011-05-31 Kelly Holmes made history when she brought home double gold in the 2004 Olympics, becoming a national hero. She won Sports Personality of the Year, was given a Damehood, fully backed London's successful 2012 Olympic bid and became a superstar on the red carpet as well as a much acclaimed and consulted professional in the sporting world. Now in her staggeringly honest updated autobiography she reveals the times she fought back tears to battle against injury and win gold, plus the emotional decision she made to retire from athletics. Including details of her unsettled childhood, trials in the army and a struggle with self harm, Kelly's amazing determination carries through to make this inspirational and powerful autobiography a tale of triumph over adversity and a model for readers of all ages and backgrounds.

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.

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!*

Twin Ambitions Mo Farah 2013 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.

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 2017-10-03 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! This must-read picture book debut includes bright vibrant illustrations and rhyming text.

Madam Secretary Madeleine Albright 2013-01-22 "One of the most diverting political bios in recent memory." -- Entertainment Weekly Revised and updated with a new epilogue, *Madam Secretary* is the moving and inspiring memoir of one of the most distinguished public figures in American history, seven-time New York Times bestselling author and former Secretary of State Madeleine Albright A national bestseller on its first publication in 2003, *Madam Secretary* is the riveting personal story of former Secretary of State Madeleine Albright. For eight years, during Bill Clinton's two presidential terms, Albright was an active participant in some of the most dramatic events of our time—from the pursuit of peace in the Middle East to NATO's humanitarian intervention in Kosovo. In this thoughtful memoir, one of the most admired women in American history shares her remarkable story, including thoughts on her upbringing in Czechoslovakia and her role as a wife and mother, and provides an insider's view on global affairs during this period of extraordinary turbulence. *Madam Secretary* offers an inimitable blend of Albright's warm humor, personal recollection, and riveting insight on events that shaped our nation and our world.

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.

Alexander Hamilton Henry Cabot Lodge 1882

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.

My Art, My Life Diego Rivera 2012-04-26 A richly revealing document offering many telling insights into the mind and heart of a giant of 20th-century art. "Engrossing as a novel." — Chicago Sunday Tribune. 21 halftones.

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.

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 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.

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.