

Twin Ambitions My Autobiography

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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.

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.

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.

Identical Strangers Elyse Schein 2007-10-02 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

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.

My Friend Ella Angela Garry 2016-04-28 Ella is a naughty, fun-loving little girl - a little misunderstood by all, apart from her best friend. "My friend Ella," about loving and accepting ourselves for who we really are, is Angela Garry's first storybook for small children.

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

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

Boots and Saddles Elizabeth Bacon Custer 1999-05 Boots and Saddles is in reality a bright and sunny sketch of the life of Mrs. Custer's late husband, General George A. Custer, who fell at the battle of Little Big Horn. After the war, General Custer was sent to the Indian frontier. His wife was of the party and she is able to give in minute detail the story of her husband's varied career since she was almost always near the scene of his adventures. She touches on themes little canvassed by the civilian, and makes a volume equally redolent of a loving devotion to an honored husband and attractive as a picture of necessary duty by the soldier. Book jacket.

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.

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

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.

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

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.

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 Girls Lori Lansens 2009-02-24 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.

But I'm Not Depressed Lia Rees 2017-03-28 Brain injury plunged Lia into a world of distortion and chaos, where her own thoughts and senses could no longer be trusted. Searching for medical help, she found doubt and manipulation instead. *But I'm Not Depressed* is a bleak but ultimately hopeful tale, and a slap in the face to the culture of psychobabble.

Alexander Hamilton Henry Cabot Lodge 1882

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.

Father's Day 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.

We Are All Completely Beside Ourselves Karen Joy Fowler 2013-05-30 The New York Times bestselling author of *The Jane Austen Book Club* introduces a middle-class American family that is ordinary in every way but one in this novel that won the PEN/Faulkner Award and was a finalist for the Man Booker Prize. Meet the Cooke family: Mother and Dad, brother Lowell, sister Fern, and Rosemary, who begins her story in the middle. She has her reasons. "I was raised with a chimpanzee," she explains. "I tell you Fern was a chimp and already you aren't thinking of her as my sister. But until Fern's expulsion...she was my twin, my funhouse mirror, my whirlwind other half and I loved her as a sister." As a child, Rosemary never stopped talking. Then, something happened, and Rosemary wrapped herself in silence. In *We Are All Completely Beside Ourselves*, Karen Joy Fowler weaves her most accomplished work to date—a tale of loving but fallible people whose well-intentioned actions lead to heartbreaking consequences. "A gripping, big-hearted book...through the tender voice of her protagonist, Fowler has a lot to say about family, memory, language, science, and indeed the question of what constitutes a human being."—Khaled Hosseini

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.

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!

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.

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.

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.

Women in High Gear Anne Deeter Gallaher 2013-03 Is high gear attainable for today's women and the next generation? Yes! *Women in High Gear* is a first-of-its-kind look at how women in business, on-rampers, and aspiring executives can discern and discover a path to high gear. Whether that looks like financial independence, starting a business, ascending to the C-suite, securing a board seat, or making superconnections, high gear is clearly within reach. Entrepreneurs and small business owners Anne Deeter Gallaher and Amy D. Howell join forces in *Women in High Gear* to tell their stories of two divergent paths to reach the same goal. In 13 easy-to-read and easy-to-relate-to chapters, Amy and Anne lay out their own journeys to high gear and show how others can connect the dots for growth and success. They combine big business principles with small business DNA in hopes that their experiences will shorten the business learning curve of women. Living the realities of staying at home and staying on the fast track, Anne and Amy help women of all ages understand the necessities for emotional resilience, harnessing the soft skills, exhibiting leadership, mastering self-discipline, understanding the bottom line, connecting on social media, and building a personal brand. Wherever you stand in your business journey, Anne and Amy challenge you to charge ahead with confidence and fresh perspectives. The world needs what you have to offer—high gear awaits! Acclaim for *Women in High Gear*: "Anne Deeter Gallaher and Amy D. Howell are keenly attuned to the need for mentoring, guidance, and inspiration to help prepare current and future generations of women for leadership in business and society. In *Women in High Gear*, Anne and Amy have artfully woven their own high gear journeys to both mark a path for growth and to steer readers clear of roadblocks. They blend advice, personal experience, insight, and accountability in hopes of shortening the learning curves of other women." Kim S. Phipps, Ph.D. President, Messiah College "In a business world steeped in too much self-help blather, Amy and Anne stand up for accountability, distinctiveness, mental toughness, responsibility, hard work, compassion, and appropriate compromise—the values that forge great leaders. This book is inspiring, true, and even better-entertaining!" Mark W. Schaefer College Educator, Entrepreneur, International Speaker, and Author of *Return on Influence* and *The Tao of Twitter* "Women in High Gear is proof of the power of storytelling—at which Anne Deeter Gallaher and Amy D. Howell excel. They turn their hard-won personal and professional experiences into illuminating and engaging examples for others to follow. Early and mid-career professionals will find *High Gear* immediately useful, but even seasoned executives (like me) will see in Amy and Anne's experiences new approaches to today's challenges." Kathleen A. Pavelko President/CEO, WITF, Harrisburg, PA "This book is for anyone wanting to soar to higher goals in business." Philip H. Trenary CEO, Phil Trenary Associates; Former CEO, Pinnacle Airlines Corporation "After reading *Women in High Gear*, I immediately wrote out my high gear goals for the next five years. This book is for any woman with a big dream for her life!" Rachael Dymski Author "Wonder duo Anne and Amy provide valuable insight into how independent, driven women can dominate the professional business landscape." Susan R. Ewing Director of Social & Digital Media, Hershey Harrisburg Regional Visitors Bureau "Women in High Gear is the modern guide to overcoming obstacles and achieving success without breaking a sweat—and doing it all in 4-inch heels. Anne and Amy have hit a homerun!" Kaitlin Sawyer Public Relations/Marketing Professional, Hawaii

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.

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.

Notes on an Execution Danya Kukafka 2022-01-25 NATIONAL BESTSELLER "Defiantly populated with living women . . . beautifully drawn, dense with detail and specificity . . . Notes on an Execution is nuanced, ambitious and compelling." —Katie Kitamura, *NEW YORK TIMES BOOK REVIEW* (Editors' Choice) "A searing portrait of the complicated women caught in the orbit of a serial killer. . . . Compassionate and thought-provoking." —BRIT BENNETT, #1 New York Times bestselling author of *The Vanishing Half* Recommended by New York Times Book Review • Los Angeles Times • Washington Post • Entertainment Weekly • Esquire • Good Housekeeping • USA Today • BuzzFeed • Goodreads • Real Simple • Marie Claire • Rolling Stone • Business Insider • Bustle • PopSugar • The Millions • The Guardian • and many more! In the tradition of *Long Bright River* and *The Mars Room*, a gripping and atmospheric work of literary suspense that deconstructs the story of a serial killer on death row, told primarily through the eyes of the women in his life—from the bestselling author of *Girl in Snow*. Ansel Packer is scheduled to die in twelve hours. He knows what he's done, and now awaits execution, the same chilling fate he forced on those girls, years ago. But Ansel doesn't want to die; he wants to be celebrated, understood. Through a kaleidoscope of women—a mother, a sister, a homicide detective—we learn the story of Ansel's life. We meet his mother, Lavender, a seventeen-year-old girl pushed to desperation; Hazel, twin sister to Ansel's wife, inseparable since birth, forced to watch helplessly as her sister's relationship threatens to devour them all; and finally, Saffy, the detective hot on his trail, who has devoted herself to bringing bad men to justice but struggles to see her own life clearly. As the clock ticks down, these three women sift through the choices that culminate in tragedy, exploring the rippling fissures that such destruction inevitably leaves in its wake. Blending breathtaking suspense with astonishing empathy, *Notes on an Execution* presents a chilling portrait of womanhood as it simultaneously unravels the familiar narrative of the American serial killer, interrogating our system of justice and our cultural obsession with crime stories, asking readers to consider the false promise of looking for meaning in the psyches of violent men. "Poetic and mesmerizing . . . Powerful, important, intensely human, and filled with a unique examination of tragedy, one where the reader is left with a curious emotion: hope." —USA TODAY "A profound and staggering experience of empathy that challenges us to confront what it means to be human in our darkest moments. . . . I relished every page of this brilliant and gripping masterpiece."—ASHLEY AUDRAIN, New York Times bestselling author of *The Push*

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.

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

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.

The Room Where It Happened John Bolton 2020-06-23 As President Trump's National Security Advisor, John Bolton spent many of his 453 days in the room where it happened, and the facts speak for themselves. The result is a White House memoir that is the most comprehensive and substantial account of the Trump Administration, and one of the few to date by a top-level official. With almost daily access to the President, John Bolton has produced a precise rendering of his days in and around the Oval Office. What Bolton saw astonished him: a President for whom getting reelected was the only thing that mattered, even if it meant endangering or weakening the nation. “I am hard-pressed to identify any significant Trump decision during my tenure that wasn't driven by reelection calculations,” he writes. In fact, he argues that the House committed impeachment malpractice by keeping their prosecution focused narrowly on Ukraine when Trump's Ukraine-like transgressions existed across the full range of his foreign policy—and Bolton documents exactly what those were, and attempts by him and others in the Administration to raise alarms about them. He shows a President addicted to chaos, who embraced our enemies and spurned our friends, and was deeply suspicious of his own government. In Bolton's telling, all this helped put Trump on the bizarre road to impeachment. “The differences between this presidency and previous ones I had served were stunning,” writes Bolton, who worked for Reagan, Bush 41, and Bush 43. He discovered a President who thought foreign policy is like closing a real estate deal—about personal relationships, made-for-TV showmanship, and advancing his own interests. As a result, the US lost an opportunity to confront its deepening threats, and in cases like China, Russia, Iran, and North Korea ended up in a more vulnerable place. Bolton's account starts with his long march to the West Wing as Trump and others woo him for the National Security job. The minute he lands, he has to deal with Syria's chemical attack on the city of Douma, and the crises after that never stop. As he writes in the opening pages, “If you don't like turmoil, uncertainty, and risk—all the while being constantly overwhelmed with information, decisions to be made, and sheer amount of work—and enlivened by international and domestic personality and ego conflicts beyond description, try something else.” The turmoil, conflicts, and egos are all there—from the upheaval in Venezuela, to the erratic and manipulative moves of North Korea's Kim Jong Un, to the showdowns at the G7 summits, the calculated warmongering by Iran, the crazy plan to bring the Taliban to Camp David, and the placating of an authoritarian China that ultimately exposed the world to its lethal lies. But this seasoned public servant also has a great eye for the Washington inside game, and his story is full of wit and wry humor about how he saw it played.

A Ghost in the Throat Doireann Ní Ghríofa 2021-05-27 An Post Irish Book Awards Nonfiction Book of the Year • A Guardian Best Book of 2020 • Shortlisted for the 2021 Rathbones Folio Prize • Longlisted for the 2021 Republic of Consciousness Prize • Shortlisted for the James Tait Black Biography Prize When we first met, I was a child, and she had been dead for centuries. On discovering her murdered husband's body, an eighteenth-century Irish noblewoman drinks handfuls of his blood and composes an extraordinary

lament. Eibhlín Dubh Ní Chonaill's poem travels through the centuries, finding its way to a new mother who has narrowly avoided her own fatal tragedy. When she realizes that the literature dedicated to the poem reduces Eibhlín Dubh's life to flimsy sketches, she wants more: the details of the poet's girlhood and old age; her unique rages, joys, sorrows, and desires; the shape of her days and site of her final place of rest. What follows is an adventure in which Doireann Ní Ghríofa sets out to discover Eibhlín Dubh's erased life—and in doing so, discovers her own. Moving fluidly between past and present, quest and elegy, poetry and those who make it, *A Ghost in the Throat* is a shapeshifting book: a record of literary obsession; a narrative about the erasure of a people, of a language, of women; a meditation on motherhood and on translation; and an unforgettable story about finding your voice by freeing another's.

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

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.

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.

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.