

Kelly Holmes Black White Gold My Autobiography

Creolizing Europe critically interrogates creolization as the decolonial, rhizomatic thinking necessary for understanding the cultural and social transformations set in motion through trans/national dislocations. Exploring the usefulness, transferability, and limitations of creolization for thinking post/coloniality, raciality and othering not only as historical legacies but as immanent to and constitutive of European societies, this volume develops an interdisciplinary dialogue between the social sciences and the humanities. It juxtaposes US-UK debates on 'hybridity', 'mixed-race' and the 'Black Atlantic' with Caribbean and Latin American theorizations of cultural mixing in order to engage with Europe as a permanent scene of Édouard Glissant's creolization. Further, through a comparative methodological angle, the focus on Europe is broadened in order to understand the role of Europe's colonial past in the shaping of its post/migrant and diasporic present. 'Europe' thus becomes an expanded and contested term, unthinkable without reference to its historical legacies and possible futures. While not all the contributions in this volume explicitly address Édouard Glissant's approach to creolization, they all engage with aspects of his thinking. All of the chapters explore the usefulness, transferability, and limitations of creolization to the European context. As such, this edited collection offers a significant contribution and intervention in the fields of European Studies, Postcolonial Studies, and Cultural Studies on two levels. First, by emphasizing that race and "cultural mixing" are central to any thinking about and theorization on/of Europe, and second, by applying Glissant's perspective to a variety of empirical work on diasporic spaces, conviviality, citizenship, aesthetics, race, racism, sexuality, gender, cultural representation and memory.

Using a topics-based approach organized around provocative questions about the interaction of sports, culture and society, *Sports in Society* presents an accessible introduction to research and theory in the sociology of sport. This new edition continues the legacy of the previous editions while introducing new material and examples that bring theory to life. Current debates in sports, such as how youth participation can be increased or sport funding allocated, have been integrated throughout the text to provide a holistic view of society. An Online Learning Centre accompanies this book offering a range of lecturer support materials as well as resources and tests for students.

WINNER TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD Think, move and eat like a double Olympic champion! *Running Life* is Dame Kelly Holmes's inspirational and practical guide to how Mindset, Fitness and Nutrition work together to transform your physical and mental health. Drawing on her own experiences of overcoming depression and a raft of injuries to achieve her Olympic dream, Kelly shares her tips on how to make positive changes to your mindset, exercise and diet to help you perform at your highest level. Keep your body strong and improve your running performance, fuel your body with deliciously healthy meals and attain a winning mindset with advice from one of Britain's most recognisable and admired athletes.

Briefly surveys the history of African Americans in sports and profiles notable black athletes from Jesse Owens to the present, including Kipchoge Keino, Muhammad Ali, the Williams sisters, and Usain Bolt.

With its winning mix of gripping narrative and easy-to-implement performance-raising tips, this book has become a best-selling classic. It's garnered 5-star reviews and wide-ranging endorsements – from Sebastian Coe and Dame Kelly Holmes to Lord Digby Jones

"Mary Russell and Sherlock Holmes turn the Riviera upside-down to crack their most captivating case yet in the New York Times bestselling series that Lee Child called "the most sustained feat of imagination in mystery fiction today." It's summertime on the Riviera, where the Jazz Age is busily reinventing the holiday delights of warm days on golden sand and cool nights on terraces and dance floors. Just up the coast lies a more traditional pleasure ground: Monte Carlo, where fortunes are won, lost, stolen, and hidden away. So when Mary Russell and Sherlock Holmes happen across the Côte d'Azur in this summer of 1925, they find themselves pulled between the young and the old, hot sun and cool jazz, new friendships and old loyalties, childlike pleasures and very grownup sins.."

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.

"Young people now more than ever need the tools and resources to support their mental wellbeing and help fulfil their potential. This book will be invaluable in helping them achieve this." —DAME KELLY HOLMES "This is truly a brilliant book! Having worked with young people for over 25 years in both sport and education, this is quite simply a MUST read!" —DREW POVEY from Channel 4's *Educating Greater Manchester*

"Paul's wonderful book, crammed with insight, action, humour and hope will help you create a better future, not only for yourself but for all of us." —RICHARD GERVER, Speaker, author and education expert "A hugely helpful book for both young people and adults alike. I loved it."

—DR KATE MIDDLETON, Psychologist and director of the Mind & Soul Foundation Discover how to make the most of being You! **YESSS!** The *SUMO Secrets to Being a Positive, Confident Teenager* uncovers the secrets of overcoming the challenges and also embracing the opportunities of one of life's most difficult stages: the teenage years. **YESSS!** is full of vibrant, exciting advice that will motivate and equip readers to overcome the insecurities and confusion that can often characterize our teenage years. Sunday Times bestselling author and speaker, Paul McGee aka *The SUMO Guy*, shows teenagers (and the people who both care for and support them) how to harness practical strategies to: Take responsibility for their lives Own and understand their feelings Build a more positive mindset Develop a healthy image of themselves Realize that it's OK to not always feel OK Recover from setbacks and develop perseverance Aspire, set goals, and dare to dream Perfect for every teenager and all those involved in supporting them, **YESSS!** shows young people what it's like to live with confidence, resilience, hope, and happiness.

With a foreword by David Olusoga Patrick Vernon's landmark 100 Great Black Britons campaign of 2003 was one of the most successful movements to focus on the role of people of African and Caribbean descent in British history. Frustrated by the widespread and continuing exclusion of the black British community from the mainstream popular conception of 'Britishness', despite black people having lived in Britain for over a thousand years, Vernon set up a public poll in which anyone could vote for the black Briton they most admired. The response to this campaign was incredible. As a result, a number of black historical figures were included on the national school curriculum and had statues and memorials erected and blue plaques put up in their honour. Mary Seacole was adopted by the Royal College of Nursing and was given the same status as Florence Nightingale. Children and young people were finally being encouraged to feel pride in their history and a sense of belonging in Britain. Now, with this book, Vernon and Osborne have relaunched the campaign with an updated list of names and accompanying portraits - including new role models and previously little-known historical figures. Each entry explores in depth the individual's contribution to British history - a contribution that too often has been either overlooked or dismissed. In the wake of the 2018 Windrush

scandal, and against the backdrop of Brexit, the rise of right-wing populism and the continuing inequality faced by black communities across the UK, the need for this campaign is greater than ever.

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.

I expected a hero to save us all. Turns out, I was thinking of the wrong part of the story. In the beginning, we aren't saved. The world is broken. There are only pieces and grief. Depending on the story, the fruit of grief is vengeance or justice or hardened resolve. The pieces must be gathered and flames kindled before I'm reforged. I don't know what shape I will take. Those pieces might become a hero...or a monster. A mad king's genocide destroyed Alea's home and left her sanity in tatters. The struggle between the gods and their creators fills the world with war. Caught in the crossfire of a conflict she knows little about, Alea only wants a quiet life. Trouble is, the darkness roiling in her mind may be the one thing that could end the bloodshed. A storm brews within her, and not even the gods will be safe when it breaks upon the world.

Everybody has something they long for – be it succeeding in a new career, losing weight, getting out of debt, or even just getting more organised in life! These things can seem overwhelmingly difficult to achieve, but the good news is that many of the qualities that are required to succeed are simple skills, attitudes and mindsets that can be learned. Her incredible journey from up-and-coming young hopeful to double Olympic champion has taught Kelly Holmes all about what it takes to bring your dreams to fruition, and she is passionate about helping people realise their potential. In this book, she teaches you the six steps that she believes everyone needs in order to move from a no-can-do position to glory and success. Let her help you to:

- discover what you really want from life
- fast-track success with the right preparation
- overcome any confidence crisis
- tap into the willpower you never knew you had
- turn problems to your advantage
- * find the fulfilment you've been looking for.

Advertising has traditionally communicated messages to consumers with strong local and national identities. However, increasingly, products, producers, advertising agencies and media are becoming internationalized. In the development of strategies that appeal to a large multinational consumer base, advertising language takes on new 'multilingual' features. The author explores the role of advertising language in this new globalized environment, from a communicative theory point of view, as well as from a close linguistic analysis of some major advertising campaigns within a multicultural and multilingual marketplace.

"A young girl who is empowered, capable, and smart...the Enola Holmes book series convey an impactful message that you can do anything if you set your mind to it, and it does so in an exciting and adventurous way."--Millie Bobby Brown Enola Holmes is back! Nancy Springer's nationally bestselling series and breakout Netflix sensation returns to beguile readers young and old in Enola Holmes and the Black Barouche. Enola Holmes is the much younger sister of her more famous brothers, Sherlock and Mycroft. But she has all the wits, skills, and sleuthing inclinations of them both. At fifteen, she's an independent young woman--after all, her name spelled backwards reads 'alone'--and living on her own in London. When a young professional woman, Miss Letitia Glover, shows up on Sherlock's doorstep, desperate to learn more about the fate of her twin sister, it is Enola who steps up. It seems her sister, the former Felicity Glover, married the Earl of Dunhinch and per a curt note from the Earl, has died. But Letitia Glover is convinced this isn't the truth, that she'd know--she'd feel--if her twin had died. The Earl's note is suspiciously vague and the death certificate is even more dubious, signed it seems by a John H. Watson, M.D. (who denies any knowledge of such). The only way forward is for Enola to go undercover--or so Enola decides at the vehement objection of her brother. And she soon finds out that this is not the first of the Earl's wives to die suddenly and vaguely--and that the secret to the fate of the missing Felicity is tied to a mysterious black barouche that arrived at the Earl's home in the middle of the night. To uncover the secrets held tightly within the Earl's hall, Enola is going to require help--from Sherlock, from the twin sister of the missing woman, and from an old friend, the young Viscount Tewkesbury, Marquess of Basilwether! Enola Holmes returns in her first adventure since the hit Netflix movie brought her back on the national bestseller lists, introducing a new generation to this beloved character and series.

On 24 September 2000 at the Sydney Olympics, Denise Lewis won the gold medal for the heptathlon. Although quite badly injured after the fifth event, she gritted her teeth and pulled through to achieve an excellent throw in the javelin, and finished the 800m with enough points to win her the gold. Although she had already won double gold at the European and Commonwealth games in 1998, and silver at the World Championships in Seville in 1999, her Olympic win really shot to fame. This is an amazing individual with a winning combination of talent, intelligence and looks. Growing up in Wolverhampton in a one-parent family Denise has learned that you can't have everything you want at once. At the age of 14 she would do the 3-hour round trip to Birmingham to be trained by coach Darrell Bunn. 'I questioned myself sometimes when I was tired and it rained. I thought "I don't want to do this today," but you rise above it.' She is an excellent role model and feels that it is important to show that women can be successful in whatever they try to do. So this book will not only be the autobiography of an amazing sportswoman, it will be an inspiration for anyone who has a talent, anyone who has a dream and the determination to follow it through to the ultimate achievement.

She was not expected to survive. She became the lady in the mask. In October 1999, Pam Warren's life was turned on its head when she sustained horrific injuries in the Paddington rail crash. The casualties numbered thirty-one dead and over five hundred injured. Pam underwent scores of operations to rebuild her burnt body, and had to wear a plastic mask over her face for twenty-three hours a day over an eighteen-month period. Unwittingly, she became the public face of the disaster. Over a decade on from that terrible event, *From Behind the Mask* charts the true inside story of Pam's journey from victim to survivor and campaigner. Following the crash she became the UK's leading spokesperson for improving rail safety, battling with rail management executives and the government - and winning. She was branded a troublemaker, but Pam and fellow members of the Paddington Survivors' Group helped bring about great improvements on our railways. For years Pam remained focused on that campaign. Now, for the first time, she can tell us all what really happened. It is an inspirational story of determination and courage.

The autobiography of the fastest man of all time and a superstar whose talent and charisma have made him one of the most famous people on the planet.

#1 NEW YORK TIMES BESTSELLER • Meghan, The Duchess of Sussex's first children's book, *The Bench*, beautifully captures the special relationship between father and son, as seen through a mother's eyes. The book's storytelling and illustration give us snapshots of shared moments that evoke a deep sense of warmth, connection, and compassion. This is your bench Where you'll witness great joy. From here you will rest See the growth of our boy. In *The Bench*, Meghan, The Duchess of Sussex, touchingly captures the evolving and expanding relationship between father and son and reminds us of the many ways that love can take shape and be expressed in a modern family. Evoking a deep sense of warmth, connection, and compassion, *The Bench* gives readers a window into shared and enduring moments between a diverse group of fathers and sons—moments of peace and reflection, trust and belief, discovery and learning, and lasting

comfort. Working in watercolor for the first time, Caldecott-winning, bestselling illustrator Christian Robinson expands on his signature style to bring joy and softness to the pages, reflecting the beauty of a father's love through a mother's eyes. With a universal message, this thoughtful and heartwarming read-aloud is destined to be treasured by families for generations to come.

Established in 1982, People of Today annually recognises over 20,000 individuals who are positively influencing Britain and inspiring others through their achievements and leadership. Entry is by invitation only. The objective criteria for inclusion and removal are strictly maintained, ensuring it is the only publication of its type whose membership accurately reflects people of influence today. Expert nomination panels guarantee People of Today is uniquely current and trusted and encompasses over 40 sectors, from academia, law and business to charity, sport and the arts.

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"In a small town in Maine, recently widowed Eveleth "Evvie" Drake rarely leaves her house. Everyone in town, including her best friend, Andy, thinks grief keeps her locked inside, and she doesn't correct them. In New York, Dean Tenney, former major-league pitcher and Andy's childhood friend, is struggling with a case of the "yips": he can't throw straight anymore, and he can't figure out why. An invitation from Andy to stay in Maine for a few months seems like the perfect chance to hit the reset button. When Dean moves into an apartment at the back of Evvie's house, the two make a deal: Dean won't ask about Evvie's late husband, and Evvie won't ask about Dean's baseball career. Rules, though, have a funny way of being broken--and what starts as an unexpected friendship soon turns into something more. But before they can find out what might lie ahead, they'll have to wrestle a few demons: the bonds they've broken, the plans they've changed, and the secrets they've kept. They'll need a lot of help, but in life, as in baseball, there's always a chance--right up until the last out"--

What does it really take to make the podium? Which of the biological, environmental and psychological factors really shape a champion's route to the top? To answer these questions, Ben Oakley has taken the original step of combining existing research with a study of leading athletes' autobiographies. Looking at the early histories and initial challenges of serial champions in their own words, Podium sheds new light on their commonalities. A similar focus in training, similar influences around them and, above all, similar mental attributes are revealed ? and tales of individual brilliance are given a fresh twist. From Ian Thorpe, Usain Bolt and Chrissie Wellington to Victoria Pendleton, Lionel Messi and Roger Federer, all we see is a smooth progression to glory, but each is a rocky path punctuated by critical episodes, and it is the response to these events that can transform talented people into winners. Podium is fascinating reading for anyone interested in the big names at the peak of their respective sports, and essential for coaches or parents of the next budding star. This enthralling read will enrich your interpretation of champions' lives and provide a map of the complex paths through sport to the podium.

"This book is a message from autistic people to their parents, friends, teachers, coworkers and doctors showing what life is like on the spectrum. It's also my love letter to autistic people. For too long, we have been forced to navigate a world where all the road signs are written in another language." With a reporter's eye and an insider's perspective, Eric Garcia shows what it's like to be autistic across America. Garcia began writing about autism because he was frustrated by the media's coverage of it; the myths that the disorder is caused by vaccines, the narrow portrayals of autistic people as white men working in Silicon Valley. His own life as an autistic person didn't look anything like that. He is Latino, a graduate of the University of North Carolina, and works as a journalist covering politics in Washington D.C. Garcia realized he needed to put into writing what so many autistic people have been saying for years; autism is a part of their identity, they don't need to be fixed. In *We're Not Broken*, Garcia uses his own life as a springboard to discuss the social and policy gaps that exist in supporting those on the spectrum. From education to healthcare, he explores how autistic people wrestle with systems that were not built with them in mind. At the same time, he shares the experiences of all types of autistic people, from those with higher support needs, to autistic people of color, to those in the LGBTQ community. In doing so, Garcia gives his community a platform to articulate their own needs, rather than having others speak for them, which has been the standard for far too long.

This is the story of Sally Gunnell's progress from modest origins in Essex to becoming 400-metre hurdles world-record holder, Olympic champion and world champion. It describes the combination of talent, commitment, hard work and desire to win that have enabled her to succeed.

All In is Laura Massaro's honest, raw and personal story of how she became one of the greatest squash players the UK has ever produced. From a shy, young athlete sometimes crippled by nerves and self-doubt, to a World No.1 and World Champion in an intense, gruelling sport, All In takes you on a deeply personal and inspiring journey. Laura is candid about the struggles of balancing relationships off the court with success on it, not least with her coach and husband Danny, and she takes you behind the scenes on the darkly competitive world of the professional squash circuit. From her battles on court to her fight behind the scenes to establish equal prizemoney at squash's biggest tournament, this is a rollercoaster ride of emotions that takes the reader into the head and heart of one of the world's most accomplished sportswomen. All In is a story of tears, turmoil and, ultimately, triumph. – Featuring guest chapters from Laura's close team as well actual diary entries from the time, Laura Massaro's All In gives an in-depth insight into the realities of competing at the highest level of one of the world's most gruelling sports. – "Laura Massaro

embodies everything when it comes to being ALL IN. Her story is inspiring because it shows that you don't have to be the most talented, the fastest or the most skilful in order to reach the top. What you need is the mindset and Laura's mindset made her one of the toughest competitors out there." Amanda Sobhy No.1 US squash player "A unique insight into one of Britain's unsung sporting champions." Nick Matthew, former World No.1 squash player

A one-armed computer technician, a radical blonde bombshell, an aging academic, and a sentient all-knowing computer lead the lunar population in a revolution against Earth's colonial rule

If you're a mum who wants to run, there's nothing stopping you! When busy mum Leanne Davies set up a social media group for her and a couple of friends to encourage one another to go running, she never imagined it would quickly become a nationwide network of thousands of women, all sharing a passion for the sport and a penchant for colourful compression socks. Gathering the very best of the advice and tips from the Run Mummy Run network, Leanne and co-writer Lucy have created this comprehensive beginner's guide to running that includes sections on: • From starting with a Couch To 5k plan to building up the confidence to race • Fitting in running around work and family life • Overcoming barriers to exercise • How to keep on running when motivation wanes, and much more! Not just your average practical go-to, this book is filled with down-to-earth advice, training schedules and inspirational stories that'll help you to be fit, healthy and happy.

FINALIST FOR THE PULITZER PRIZE • NATIONAL BESTSELLER • A bewitching story collection from a writer hailed as "the most darkly playful voice in American fiction" (Michael Chabon) and "a national treasure" (Neil Gaiman). NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BookPage • BuzzFeed • Chicago Tribune • Kirkus Reviews • NPR • San Francisco Chronicle • Slate • Time • Toronto Star • The Washington Post She has been hailed by Michael Chabon as "the most darkly playful voice in American fiction" and by Neil Gaiman as "a national treasure." Now Kelly Link's eagerly awaited new collection—her first for adult readers in a decade—proves indelibly that this bewitchingly original writer is among the finest we have. Link has won an ardent following for her ability, with each new short story, to take readers deeply into an unforgettable, brilliantly constructed fictional universe. The nine exquisite examples in this collection show her in full command of her formidable powers. In "The Summer People," a young girl in rural North Carolina serves as uneasy caretaker to the mysterious, never-quite-glimpsed visitors who inhabit the cottage behind her house. In "I Can See Right Through You," a middle-aged movie star makes a disturbing trip to the Florida swamp where his former on- and off-screen love interest is shooting a ghost-hunting reality show. In "The New Boyfriend," a suburban slumber party takes an unusual turn, and a teenage friendship is tested, when the spoiled birthday girl opens her big present: a life-size animated doll. Hurricanes, astronauts, evil twins, bootleggers, Ouija boards, iguanas, The Wizard of Oz, superheroes, the Pyramids . . . These are just some of the talismans of an imagination as capacious and as full of wonder as that of any writer today. But as fantastical as these stories can be, they are always grounded by sly humor and an innate generosity of feeling for the frailty—and the hidden strengths—of human beings. In *Get in Trouble*, this one-of-a-kind talent expands the boundaries of what short fiction can do. Praise for *Get in Trouble* "Ridiculously brilliant . . . These stories make you laugh while staring into the void."—The Boston Globe "When it comes to literary magic, Link is the real deal: clever, surprising, affecting, fluid and funny."—San Francisco Chronicle

Acclaimed Canadian poet Steven Price has conjured a stunning debut novel that explores what we ask from each other, and how much we are prepared to give. Set in the city of Victoria, British Columbia, *Into That Darkness* opens at the moment when a massive earthquake hits the entire west coast with devastating results. Amid the destruction of the city, survivors are left to negotiate a calamity in which bonds of civility are pushed to their limits and often broken. When Arthur Lear hears a voice crying in the rubble, he finds himself descending deep under a collapsed building in a desperate attempt to save a young boy and his mother. But what he discovers there will change him forever — as circumstances lead him across the city's broken landscape, through the chaos of its hospitals and streets, in a harrowing search for the mother's lost daughter. Over the days that follow, Lear's very sense of humanness will be tested and compromised, as he faces the limits of himself and his fellow survivors, in his long journey home. A novel for our age of anxiety and fear, Steven Price delivers a powerful story about the physical manifestation of the darker things lurking in our culture, in ourselves.

This compilation, comprising a Baker's (street) Dozen of his adventures, re-creates the gas-lit, fog-enshrouded world of Victorian London as once more Sherlock Holmes urges - Come, Watson, the game is afoot!

A NEW YORK TIMES TOP 10 BOOK OF 2021 LONGLISTED FOR THE 2021 NATIONAL BOOK AWARD IN FICTION ONE OF BARACK OBAMA'S FAVORITE 2021 READS AN INSTANT NATIONAL BESTSELLER A BEST BOOK OF 2021 FROM Washington Post, Vogue, Time, Oprah Daily, New York Times "Intimacies is a haunting, precise, and morally astute novel that reads like a psychological thriller.... Katie Kitamura is a wonder." —Dana Spiotta, author of *Wayward* and *Eat the Document* "One of the best novels I've read in 2021." —Dwight Garner, *The New York Times* A novel from the author of *A Separation*, an electrifying story about a woman caught between many truths. An interpreter has come to The Hague to escape New York and work at the International Court. A woman of many languages and identities, she is looking for a place to finally call home. She's drawn into simmering personal dramas: her lover, Adriaan, is separated from his wife but still entangled in his marriage. Her friend Jana witnesses a seemingly random act of violence, a crime the interpreter becomes increasingly obsessed with as she befriends the victim's sister. And she's pulled into an explosive political controversy when she's asked to interpret for a former president accused of war crimes. A woman of quiet passion, she confronts power, love, and violence, both in her personal intimacies and in her work at the Court. She is soon pushed to the precipice, where betrayal and heartbreak threaten to overwhelm her, forcing her to decide what she wants from her life.

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

One second in time may separate the great athlete from the merely good. Seb Coe has made every second count. From an early age he has been driven to be the best at everything he does. Since the moment Coe stood alongside a 'scrubby' municipal running track in Sheffield, he knew that sport could change his life. It did. Breaking an incredible twelve world records and three of them in just forty-one days, Seb became the only athlete to take gold at 1500 metres in two successive Olympic Games (Moscow 1980 and Los Angeles 1984). The same passion galvanised Coe in 2005, when he led Britain's bid to bring the Olympic and Paralympic Games to London. He knew that if we won it would regenerate an East London landscape and change the lives of thousands of young people. It has. Born in Hammersmith and coached by his engineer father, Coe went from a secondary modern school and Loughborough University to become the fastest

middle-distance runner of his generation. His rivalry with Steve Ovett gripped a nation and made Britain feel successful at a time of widespread social discontent. From sport Coe transferred his ideals to politics, serving in John Major's Conservative government from 1992 to 1997 and developing 'sharp elbows' to become chief of staff to William Hague, leader of the Party from 1997 to 2001 and finally a member of the House of Lords. *Running My Life* is in turns exhilarating, inspiring, amusing, and extremely moving. Everyone knows where Sebastian Coe ended up. Few people realise how he got there. This is his personal journey.

Fatima Whitbread had the worst possible start in life. Abandoned as a baby, she spent much of her childhood in and out of children's homes. A brief, disastrous stay with her birth mother saw her raped by her mother's drunken boyfriend - while her mother held a knife to her throat to 'quieten her down'. Fatima was only twelve at the time. Athletics was her saviour: local athletics coach Margaret Whitbread took the young Fatima under her wing, eventually adopting her. Fatima competed in three Olympics, winning bronze at the 1984 Los Angeles Games. In 1986 she set a world record, and the following year in Rome became world champion and was voted BBC Sports Personality of the Year. But then Fatima faded from the public eye, leaving many to wonder where she had gone. After the cheering stopped, Fatima faced prejudice, penury, scandal and heartbreak. *Survivor* describes how she defeated all her demons to rise triumphantly from the ashes once again, this time as queen of the jungle. Almost 13 million people watched her on *I'm a Celebrity*, and after surviving 20 days in the Australian heat, she has millions of new fans eager to know more about Fatima the woman: the forthright, focused, slightly bossy, charismatic single mum who knows how to transform even the most devastating experiences into lessons in life. This is the unforgettable story of a true champion, who triumphed against the worst hardships imaginable.

The Great Escape for the Great War: the astonishing true story of two World War I prisoners who pulled off one of the most ingenious escapes of all time. "Fox unspools Jones and Hill's delightfully elaborate scheme in nail-biting episodes that advance like a narrative Rube Goldberg machine."—The New York Times Book Review Imprisoned in a remote Turkish POW camp during World War I, having survived a two-month forced march and a terrifying shootout in the desert, two British officers, Harry Jones and Cedric Hill, join forces to bamboozle their iron-fisted captors. To stave off despair and boredom, Jones takes a handmade Ouija board and fakes elaborate séances for his fellow prisoners. Word gets around, and one day an Ottoman official approaches Jones with a query: Could Jones contact the spirit world to find a vast treasure rumored to be buried nearby? Jones, a trained lawyer, and Hill, a brilliant magician, use the Ouija board—and their keen understanding of the psychology of deception—to build a trap for their captors that will ultimately lead them to freedom. A gripping nonfiction thriller, *The Confidence Men* is the story of one of the only known con games played for a good cause—and of a profound but unlikely friendship. Had it not been for "the Great War," Jones, the Oxford-educated son of a British lord, and Hill, a mechanic on an Australian sheep ranch, would never have met. But in pain, loneliness, hunger, and isolation, they formed a powerful emotional and intellectual alliance that saved both of their lives. Margalit Fox brings her "nose for interesting facts, the ability to construct a taut narrative arc, and a Dickens-level gift for concisely conveying personality" (Kathryn Schulz, New York) to this tale of psychological strategy that is rife with cunning, danger, and moments of high farce that rival anything in *Catch-22*.

Cyberspace is all around us. We depend on it for everything we do. We have reengineered our business, governance, and social relations around a planetary network unlike any before it. But there are dangers looming, and malign forces are threatening to transform this extraordinary domain. In *Black Code*, Ronald J. Deibert, a leading expert on digital technology, security, and human rights, lifts the lid on cyberspace and shows what's at stake for Internet users and citizens. As cyberspace develops in unprecedented ways, powerful agents are scrambling for control. Predatory cyber criminal gangs such as Koobface have made social media their stalking ground. The discovery of Stuxnet, a computer worm reportedly developed by Israel and the United States and aimed at Iran's nuclear facilities, showed that state cyberwar is now a very real possibility. Governments and corporations are in collusion and are setting the rules of the road behind closed doors. This is not the way it was supposed to be. The Internet's original promise of a global commons of shared knowledge and communications is now under threat. Drawing on the first-hand experiences of one of the most important protagonists in the battle — the Citizen Lab and its global network of frontline researchers, who have spent more than a decade cracking cyber espionage rings and uncovering attacks on citizens and NGOs worldwide — *Black Code* takes readers on a fascinating journey into the battle for cyberspace. Thought-provoking, compelling, and sometimes frightening, it is a wakeup call to citizens who have come to take the Internet for granted. Cyberspace is ours, it is what we make of it, Deibert argues, and we need to act now before it slips through our grasp.

Greg Rutherford is one of the most successful British athletes of all time, winning gold at European, Commonwealth, World and Olympic levels, an achievement matched by only four others: Linford Christie, Jonathan Edwards, Sally Gunnell and Daley Thompson. Yet his route to the very top was never smooth. He always believed in himself as an athlete and sportsman, but for many years could not find an outlet that allowed him to truly excel. During his reckless teenage years, he would sometimes sleep rough and he dropped out of school, before he found the focus that would help him to get to the very top. But even then, there were still setbacks, as when he fell short in the Beijing Olympics. It served only to spur him on. In London, he became a part of 'Super Saturday' when he joined Mo Farah and Jessica Ennis in winning gold in 45 astonishing minutes of British glory. Condemned by some as a 'lucky' winner, he went on to complete his clean sweep of major titles through sheer determination to succeed. In this long-awaited memoir, he not only reveals the secrets of his remarkable success, but also has plenty to say on the issues that are dominating athletics, such as doping, and much else besides. It is a raw, passionate, entertaining and fascinating read.

Sir Arthur Ignatius Conan Doyle DL (22 May 1859 - 7 July 1930) was a Scottish physician and writer who is most noted for his fictional stories about the detective Sherlock Holmes, which are generally considered milestones in the field of

