

Twin Ambitions My Autobiography The Inspiring Story Of Great Britains Iconic Long Distance Athlete

As recognized, adventure as competently as experience virtually lesson, amusement, as with ease as promise can be gotten by just checking out a ebook **Twin Ambitions My Autobiography The Inspiring Story Of Great Britains Iconic Long Distance Athlete** moreover it is not directly done, you could endure even more roughly this life, in this area the world.

We give you this proper as skillfully as easy showing off to get those all. We find the money for Twin Ambitions My Autobiography The Inspiring Story Of Great Britains Iconic Long Distance Athlete and numerous ebook collections from fictions to scientific research in any way. in the course of them is this Twin Ambitions My Autobiography The Inspiring Story Of Great Britains Iconic Long Distance Athlete that can be your partner.

Earthshot - Colin Butfield 2021-09-30

The Earthshot concept is simple: Urgency + Optimism = Action. We have ten years to turn the tide on the environmental crisis, but we need the world's best solutions and one shared goal - to save our planet. It's not too late, but we need collective action now. The Earthshots are unifying, ambitious goals for our planet which, if achieved by 2030, will improve life for all of us, for the rest of life on Earth, and for generations to come. They are to: · Protect and Restore Nature · Clean our Air · Revive our Oceans · Build a Waste-Free World · Fix our Climate EARTHSHOT: HOW TO SAVE OUR PLANET is the first definitive book about how these goals can tackle the environmental crisis, from rainforests to coral reefs, via wilderness, cities and in our own homes. It is a critical contribution to the most important story of the decade.

Why I Write - George Orwell 2021-01-01

George Orwell set out 'to make political writing into an art', and to a wide extent this aim shaped the future of English literature - his descriptions of authoritarian regimes helped to form a new vocabulary that is fundamental to understanding totalitarianism. While 1984 and Animal Farm are amongst the most popular classic novels in the English

language, this new series of Orwell's essays seeks to bring a wider selection of his writing on politics and literature to a new readership. In *Why I Write*, the first in the *Orwell's Essays* series, Orwell describes his journey to becoming a writer, and his movement from writing poems to short stories to the essays, fiction and non-fiction we remember him for. He also discusses what he sees as the 'four great motives for writing' - 'sheer egoism', 'aesthetic enthusiasm', 'historical impulse' and 'political purpose' - and considers the importance of keeping these in balance. *Why I Write* is a unique opportunity to look into Orwell's mind, and it grants the reader an entirely different vantage point from which to consider the rest of the great writer's oeuvre. 'A writer who can - and must - be rediscovered with every age.' — Irish Times

Ambitious Girl - Tasha Strong 2021-01-12

"A girl is inspired by an ambitious woman to ponder the word and claim it for herself as well"--

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.

East of Eden - John Steinbeck 2002-02-05

A masterpiece of Biblical scope, and the magnum opus of one of America's most enduring authors, in a commemorative hardcover edition. In his journal, Nobel Prize winner John Steinbeck called *East of Eden* "the first book," and indeed it has the primordial power and simplicity of myth. Set in the rich farmland of California's Salinas Valley, this sprawling and often brutal novel follows the intertwined destinies of two families—the Trasks and the Hamiltons—whose generations helplessly reenact the fall of Adam and Eve and the poisonous rivalry of Cain and Abel. The masterpiece of Steinbeck's later years, *East of Eden* is a work in which Steinbeck created his most mesmerizing characters and explored his most enduring themes: the mystery of identity, the inexplicability of love, and the murderous consequences of love's absence. Adapted for the 1955 film directed by Elia Kazan introducing James Dean, and read by thousands as the book that brought Oprah's Book Club back, *East of Eden* has remained vitally present in American culture for over half a century.

I Know Why the Caged Bird Sings - Maya Angelou 2010-07-21

Here is a book as joyous and painful, as mysterious and memorable, as childhood itself. *I Know Why the Caged Bird Sings* captures the longing of lonely children, the brute insult of bigotry, and the wonder of words that can make the world right. Maya Angelou's debut memoir is a modern American classic beloved worldwide. Sent by their mother to live

with their devout, self-sufficient grandmother in a small Southern town, Maya and her brother, Bailey, endure the ache of abandonment and the prejudice of the local "powhitetrash." At eight years old and back at her mother's side in St. Louis, Maya is attacked by a man many times her age—and has to live with the consequences for a lifetime. Years later, in San Francisco, Maya learns that love for herself, the kindness of others, her own strong spirit, and the ideas of great authors ("I met and fell in love with William Shakespeare") will allow her to be free instead of imprisoned. Poetic and powerful, *I Know Why the Caged Bird Sings* will touch hearts and change minds for as long as people read. "*I Know Why the Caged Bird Sings* liberates the reader into life simply because Maya Angelou confronts her own life with such a moving wonder, such a luminous dignity."—James Baldwin From the Paperback edition.

Trust the Grind - Jeremy Bhandari 2020-04-14

#1 New Release in Teen Sports & Outdoors and Fitness & Exercise – A Champion State of Grind Exclusive interviews with the top athletes in sports today. *Trust the Grind: How World-Class Athletes Got To The Top* reveals how these men and women reached the heights of their profession so that you can too. Sixteen athletes from eleven sports arenas. Each chapter tells a different story, as each superstar shares the habit that helped them accomplish their goals and reach the pinnacle of their profession. Sports fanatic or not. Guaranteed to tap into your athletic edge, *Trust the Grind*, is made for sports fans and nonfans alike. Fans of professional athletes get an in-depth look at their heroes' climb to the top; those less passionate about sports have the chance to read the secrets of success from some of the most talented people in the world. Both learn pivotal life lessons, and can immediately instill these particular traits and habits into their own lifestyle. A 'success habit' point of view. Learn the secrets behind success, and what it takes to remain on top. With *Trust The Grind*, you will learn about the value that comes with becoming disciplined, staying driven, setting goals, identifying your "why", staying active and eating right, making sacrifices, obsessing over your passion, and more. Rather than harping on the remarkable accolades and astonishing statistics, this story is formulated to teach

individuals what it takes to be great in any desired field. It includes interviews with the following athletes: • Jason Kidd • Chipper Jones • Terrell Owens • Paige VanZant • Manny Pacquiao • Mike Modano • Jimmie Johnson • Gary Player • Deena Kastor • Ryan Sheckler • Georges St-Pierre • Ryan Lochte • Devin Hester • Andruw Jones • Luis Gonzalez • Tim Hudson Fans of books like *Relentless*, *Rising Above*, *The Cost of These Dreams*, and *The Young Champion's Mind*, will enjoy *Trust the Grind: Motivational Messages from Ambitious Athletes*.

Becoming - Michelle Obama 2018-11-13

An intimate, powerful, and inspiring memoir by the former First Lady of the United States #1 NEW YORK TIMES BESTSELLER • WATCH THE EMMY-NOMINATED NETFLIX ORIGINAL DOCUMENTARY • OPRAH'S BOOK CLUB PICK • NAACP IMAGE AWARD WINNER • ONE OF ESSENCE'S 50 MOST IMPACTFUL BLACK BOOKS OF THE PAST 50 YEARS In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As First Lady of the United States of America—the first African American to serve in that role—she helped create the most welcoming and inclusive White House in history, while also establishing herself as a powerful advocate for women and girls in the U.S. and around the world, dramatically changing the ways that families pursue healthier and more active lives, and standing with her husband as he led America through some of its most harrowing moments. Along the way, she showed us a few dance moves, crushed Carpool Karaoke, and raised two down-to-earth daughters under an unforgiving media glare. In her memoir, a work of deep reflection and mesmerizing storytelling, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her—from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it—in her own words and on her own terms. Warm, wise, and revelatory, *Becoming* is the deeply personal reckoning of a woman of

soul and substance who has steadily defied expectations—and whose story inspires us to do the same.

The Creativity Book - Eric Maisel 2000-06-19

Whatever you do, says Dr. Eric Maisel, creativity helps you do it better. Creativity encourages the artist to paint more frequently and authentically. It allows a busy executive to see her options more quickly, make changes more fluidly, and become more self-directing and confident. In this book, America's foremost expert on the psychological side of the creative process presents a complete one-year plan for increasing and unleashing your creativity. It includes two discussions/exercises per week, and culminates in a guided project of your choice—from working on a current novel or symphony to planning a new home business or becoming a more effective supervisor.

Educated - Tara Westover 2018-02-20

#1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE BESTSELLER • One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University “Extraordinary . . . an act of courage and self-invention.”—The New York Times NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA'S FAVORITE BOOKS OF THE YEAR • BILL GATES'S HOLIDAY READING LIST • FINALIST: National Book Critics Circle's Award In Autobiography and John Leonard Prize For Best First Book • PEN/Jean Stein Book Award • Los Angeles Times Book Prize Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home. “Beautiful and

propulsive . . . Despite the singularity of [Westover's] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up?"—Vogue NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • O: The Oprah Magazine • Time • NPR • Good Morning America • San Francisco Chronicle • The Guardian • The Economist • Financial Times • Newsday • New York Post • theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town & Country • Bustle • Paste • Publishers Weekly • Library Journal • LibraryReads • Book Riot • Pamela Paul, KQED • New York Public Library

Positively You! - Jinger Heath 2000-01-24

The head of multimillion-dollar cosmetic company offers inspiration to working women on how to overcome their fear of change, break out of their destructive self-image, and achieve a life of fulfillment.

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*

Commitment - Didier Drogba 2015-11-19

The story of one of the most recognisable and successful players in world football. Didier Drogba is renowned for his heading ability, sharp shooting and sheer strength. He has played for his native Ivory Coast and for clubs in France, China and Turkey, but it is as a Chelsea striker that he is best known. His feats with Chelsea have made him a cult hero among supporters. In Didier Drogba's honest and revealing autobiography he will talk about life as an immigrant in Paris, the importance of his education and how finding success later than most professional footballers has kept him grounded. In 2012 Didier was voted Chelsea's greatest ever player. He talks from a privileged behind-the-scenes position about tactics and how he felt mentally and physically as well as anecdotes from the dressing room. Didier provides unique insight

into important and controversial matches from the first trophy he won with them in 2005 to the Premier League title a decade later; as well as what persuaded him to stay when he was at his lowest ebb. Away from football Drogba has been widely applauded for his involvement in trying to broker peace in the Ivorian civil war - he is a UN Goodwill Ambassador and does a huge amount of work with the Didier Drogba Foundation - Time magazine named him one of the world's 100 most influential people. Go behind the scenes at Stamford Bridge and find out about life on and off the field for this humble Chelsea hero.

Learning to Teach in the Secondary School - Susan Capel 2019-04-11

For all undergraduate, postgraduate and school-based routes to qualified teacher status, *Learning to Teach in the Secondary School* is an essential introduction to the key skills and knowledge needed to become a secondary teacher. Underpinned by evidence-informed practice and focussing on what you need to know to thrive in the classroom, the eighth edition is fully updated in light of changes in the field, covers new topics and provides additional guidance on topics such as developing your resilience, using digital technologies, closing the achievement gap and using data to inform your teaching and pupil learning. The text includes a wealth of examples and tasks to demonstrate how to successfully apply theory to practice and how to critically reflect on and analyse your practice to maximise pupil learning. The wide range of pedagogical features supports both school- and university-based work up to Masters level. Written by experts in the field, the 37 concise units create unit-by-unit coverage that can be dipped into, offering guidance on all aspects of learning to teach including: Managing your workload Lesson planning Curriculum Motivating pupils Promoting behaviour for learning Assessment, marking and feedback Special educational needs and disabilities (SEND) Applying for jobs, developing as a professional and networking *Learning to Teach in the Secondary School* provides practical help and guidance for many of the situations and potential challenges you are faced with in school. The text is extended by a companion website that includes additional information as well as specific units covering England, Northern Ireland, Scotland and Wales.

Supported by the subject-specific titles in the Learning to Teach Subjects in the Secondary School Series, it is an essential purchase for every aspiring secondary school teacher.

Jesus: My Autobiography - Tina Louise Spalding 2015-06-01

"I have come at this time, in this place, and through this being to speak my truth, to speak the story of my life — the true story of my life." The purpose of this book is to clarify, to tell the truth, and to share my energies with you so that you can begin the transformation of your mind and, therefore, the transformation of your heart and your world. It is in the misteachings that have been associated with my name that much death and pain has been caused and that much guilt and self-recrimination has been expressed. That was not my purpose; that was not my lesson. This story will begin the change. It will not make the change. It will facilitate turning the key in the lock, but you must open the door and walk through it into a new realm that is opened by this information. That is your responsibility. We can only bring you the message, this channel and I. We can only work together to transmit the information, but it is through your actions and your transformation that you will see a change in your world, a change in the subjective world that is manufactured from your beliefs, your thoughts, and your feelings. I talk about the truth of my birth and the truth of my life. I cover some stories that are recounted in the Bible and tell you the true story of those events. I describe some of my personal traits, my human traits, and I define what I am, who I am, and why these things happened. You will be able to understand the truth, and you will begin this reconditioning, this retooling of your mind — of your thoughts and beliefs — on this subject of my life, my meaning, and my purpose, for it is a long process. The time is ripe. The need for a spiritual revolution is here. — Jesus

Dare to Change Your Life - Lawrence Okolie 2021-04-08

'Lawrence is an inspiration to me and, after reading his story, he'll become an inspiration to you.' Anthony Joshua 'An inspirational and important role model' Guvna B Discover the mindset that made Lawrence Okolie a champion... 'Whatever your situation, I want to help you. I'm proud of the changes I've made to my life. While flipping burgers in

McDonald's, I found my ambition and now I'm a boxing champion. I've changed how I look at myself. how I look at the world. and I've improved my lifestyle. If I can do this. I know you can too. Perhaps you're feeling scared. a bit hopeless or unsure about where you're heading in life and what to do next? Maybe you feel stuck and you can't see a way out? I want to help you to change your life.' Lawrence Okolie Discover: How anything is possible Why you don't need luck but you do need purpose and faith When fear and risks are good things Why positive energy and kindness are essential How curiosity is power That you are not defined by your past Why you shouldn't fear failure That you can control your future And much more...

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.

Michael Jordan - Roland Lazenby 2014-05-06

The definitive biography of a legendary athlete. The Shrug. The Shot. The Flu Game. Michael Jordan is responsible for sublime moments so ingrained in sports history that they have their own names. When most people think of him, they think of his beautiful shots with the game on the line, his body totally in sync with the ball -- hitting nothing but net. But for all his greatness, this scion of a complex family from North Carolina's Coastal Plain has a darker side: he's a ruthless competitor and a lover of high stakes. There's never been a biography that encompassed the dual nature of his character and looked so deeply at Jordan on and off the court -- until now. Basketball journalist Roland Lazenby spent almost thirty years covering Michael Jordan's career in college and the pros. He witnessed Jordan's growth from a skinny rookie to the instantly recognizable global ambassador for basketball whose business savvy and success have millions of kids still wanting to be just like Mike. Yet Lazenby also witnessed the Michael Jordan whose drive and appetite are more fearsome and more insatiable than any of his fans could begin to know. Michael Jordan: The Life explores both sides of his personality to reveal the fullest, most compelling story of the man who is Michael Jordan. Lazenby draws on his personal relationships with Jordan's coaches; countless interviews with Jordan's friends, teammates, and family members; and interviews with Jordan himself to provide the first truly definitive study of Michael Jordan: the player, the icon, and the

man.

The Founders - Jimmy Soni 2022-02-22

National Bestseller * New York Times Editors' Choice * Financial Times "Books to Read in 2022" "A gripping account of PayPal's origins and a vivid portrait of the geeks and contrarians who made its meteoric rise possible" (The Wall Street Journal)—including Elon Musk, Amy Rowe Klement, Peter Thiel, Julie Anderson, Max Levchin, Reid Hoffman, and many others whose stories have never been shared. Today, PayPal's founders and earliest employees are considered the technology industry's most powerful network. Since leaving PayPal, they have formed, funded, and advised the leading companies of our era, including Tesla, Facebook, YouTube, SpaceX, Yelp, Palantir, and LinkedIn, among many others. As a group, they have driven twenty-first-century innovation and entrepreneurship. Their names stir passions; they're as controversial as they are admired. Yet for all their influence, the story of where they first started has gone largely untold. Before igniting the commercial space race or jumpstarting social media's rise, they were the unknown creators of a scrappy online payments start-up called PayPal. In building what became one of the world's foremost companies, they faced bruising competition, internal strife, the emergence of widespread online fraud, and the devastating dot-com bust of the 2000s. Their success was anything but certain. In *The Founders: The Story of PayPal and the Entrepreneurs Who Shaped Silicon Valley*, award-winning author and biographer Jimmy Soni explores PayPal's turbulent early days. With hundreds of interviews and unprecedented access to thousands of pages of internal material, he shows how the seeds of so much of what shapes our world today—fast-scaling digital start-ups, cashless currency concepts, mobile money transfer—were planted two decades ago. He also reveals the stories of countless individuals who were left out of the front-page features and banner headlines but who were central to PayPal's success. Described as "an intensely magnetic chronicle" (The New York Times) and "engrossing" (Business Insider), *The Founders* is a story of iteration and inventiveness—the products of which have cast a long and powerful shadow over modern life. This narrative illustrates

how this rare assemblage of talent came to work together and how their collaboration changed our world forever.

Unapologetically Ambitious - Shellye Archambeau 2020-10-06

Named a Best Business Book of 2020 by Fortune and Bloomberg Full of empowering wisdom from one of Silicon Valley's first female African American CEOs, this inspiring leadership book offers a blueprint for how to achieve your personal and professional goals. Shellye Archambeau recounts how she overcame the challenges she faced as a young black woman, wife, and mother, managing her personal and professional responsibilities while climbing the ranks at IBM and subsequently in her roles as CEO. Through the busts and booms of Silicon Valley in the early 2000s, this bold and inspiring book details the risks she took and the strategies she engaged to steer her family, her career, and her company MetricStream toward success. Through her journey, Shellye discovered that ambition alone is not enough to achieve success. Here, she shares the practical strategies, tools, and approaches readers can employ right now, including concrete steps to most effectively: Dismantle impostor syndrome Capitalize on the power of planning Take risks Developing financial literacy Build your network Establish your reputation Take charge of your career Integrate work, marriage, parenthood, and self-care Each chapter lays out key takeaways and actions to increase the odds of achieving your personal and professional goals. With relatable personal stories that ground her advice in the real world and a foreword by leading venture capitalist and New York Times bestselling author Ben Horowitz, *Unapologetically Ambitious* invites readers to move beyond the solely supportive roles others expect them to fill, to learn how to carefully tread the thin line between assertive and aggressive, and to give themselves permission to strive for the top. Make no apologies for the height of your ambitions. Shellye Archambeau will show you how.

Great Circle - Maggie Shipstead 2021-05-04

NEW YORK TIMES BESTSELLER • A TODAY SHOW #ReadWithJenna BOOK CLUB PICK • The unforgettable story of a daredevil female aviator determined to chart her own course in life, at any cost: an "epic trip—through Prohibition and World War II, from Montana to London to

present-day Hollywood—and you’ll relish every minute” (People). After being rescued as infants from a sinking ocean liner in 1914, Marian and Jamie Graves are raised by their dissolute uncle in Missoula, Montana. There--after encountering a pair of barnstorming pilots passing through town in beat-up biplanes--Marian commences her lifelong love affair with flight. At fourteen she drops out of school and finds an unexpected and dangerous patron in a wealthy bootlegger who provides a plane and subsidizes her lessons, an arrangement that will haunt her for the rest of her life, even as it allows her to fulfill her destiny: circumnavigating the globe by flying over the North and South Poles. A century later, Hadley Baxter is cast to play Marian in a film that centers on Marian's disappearance in Antarctica. Vibrant, canny, disgusted with the claustrophobia of Hollywood, Hadley is eager to redefine herself after a romantic film franchise has imprisoned her in the grip of cult celebrity. Her immersion into the character of Marian unfolds, thrillingly, alongside Marian's own story, as the two women's fates--and their hunger for self-determination in vastly different geographies and times--collide. Epic and emotional, meticulously researched and gloriously told, Great Circle is a monumental work of art, and a tremendous leap forward for the prodigiously gifted Maggie Shipstead.

In the Wars - Waheed Arian 2021-06-17

'A riveting story of loss, exile, and rebirth.' KHALED HOSSEINI, author of *The Kite Runner* 'One of the most incredible life stories you will ever hear.' JAMES O'BRIEN 'A remarkable story. I thought this book was brilliant.' NAGA MUNCHETTY _____ Born in war-torn Afghanistan, Waheed Arian's first memories are of bombs. His first-hand experience of the power of medicine inspired him to dedicate his life to healing others. But how does a boy with nothing hope to become a doctor? Fleeing the conflict with his family, he spent much of his childhood in refugee camps in Pakistan, living sometimes ten to a room without basic sanitation or access to education. Waheed largely taught himself, from textbooks bought from street-sellers, and learned English from the BBC World Service. Smuggled to the UK at fifteen with just a hundred dollars in his pocket, he found a job in a shop. He was advised to set his sights on

becoming a taxi driver. But the boy from Kabul had bigger ambitions. Working through PTSD and anxiety, he studied all hours to achieve his vocation. He was accepted to read medicine at Cambridge University, Imperial College and Harvard, and went on to become a doctor in the NHS, currently in A&E on the Covid frontline. But he wanted to do more. In 2015 he founded Arian Teleheal, a pioneering global charity that connects doctors in war zones and low-resource countries with their counterparts in the US, UK, Europe and Australia. Together, learning from each other, they save and change lives - the lives of millions of people just like Waheed. For readers of *Educated* and *War Doctor*, this is the extraordinary memoir of a boy who recognized the power of education and dreamed about helping others. It is a tale of courage, ambition and unwavering resilience in the face of all the challenges that life can throw in your way. _____ WINNER OF: UNESCO's Global Hero Award Who Cares Wins Best Doctor Award The Times's Man of the Year Award

The Doll Factory - Elizabeth Macneal 2019-08-13

In this “sharp, scary, gorgeously evocative tale of love, art, and obsession” (Paula Hawkins, bestselling author of *The Girl on the Train*), a beautiful young woman aspires to be an artist, while a man’s dark obsession may destroy her world forever. *The Doll Factory* is a sweeping tale of curiosity, love, and possession set among all the sordidness and soaring ambition of 1850s London. The greatest spectacle London has ever seen is being erected in Hyde Park and, among the crowd watching, two people meet. For Iris, an aspiring artist of unique beauty, it is the encounter of a moment—forgotten seconds later—but for Silas, a curiosity collector enchanted by the strange and beautiful, the meeting marks a new beginning. When Iris is asked to model for Pre-Raphaelite artist Louis Frost, she agrees on the condition that he will also teach her to paint, and suddenly her world expands beyond anything she ever dreamed of. But she has no idea that evil stalks her. Silas, it seems, has thought of only one thing since that chance meeting, and his obsession is darkening by the day...

Journey of a Thousand Miles - Lang Lang 2014-08-14

Journey of a Thousand Miles tells the remarkable story of a boy who sacrificed almost everything – family, financial security, childhood and his reputation in China’s insular classical music world – to fulfil his promise as a classical pianist. Lang Lang was born in Shenyang in north-eastern China just after the end of the Cultural Revolution. He began piano lessons at three years old and by age ten had been awarded a place at the Central Conservatory of Music in Beijing. In order to continue his studies he moved thousands of miles from home, living with his exacting father in a cramped, shared apartment, while his mother stayed at home to earn the money to pay his fees. At fifteen he moved to the United States to take up a scholarship at the Curtis Institute in Philadelphia; by nineteen he was selling out Carnegie Hall. His tutor and mentor Daniel Barenboim was perhaps the first to describe him as ‘extraordinarily talented’; today his assessment is shared by millions. Now in adulthood, Lang Lang tours relentlessly, delighting sell-out audiences with his trademark flamboyance and showmanship. Journey of a Thousand Miles is a tale of heartbreak, drama and ultimately triumph. His inspiring story demonstrates the courage and self-sacrifice required to achieve artistic greatness.

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.

Seaside Sprint! - Mo Farah 2018-03-08

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

Love Does - Bob Goff 2012

Recounts lessons the author learned through taking on challenging and unique opportunities, offering commentary on the inherent compatibility of adventure and the Christian life as well as love's ability to encourage and inspire action.

A Small If - Elijah Stacy 2021-09-09

How hard would you fight if you only had a sliver of hope? Elijah Stacy suffers from Duchenne muscular dystrophy, a fatal muscle wasting disease. At the age of sixteen, to avoid agonizing surgery, he had to endure enough physical therapy to change the shape of his own spine. It had never been done before, but still, his doctor gave him a small "if." In *A Small If*, Elijah shares thirteen lessons he's learned throughout his life's journey of losing his ability to walk, getting bullied in school, losing his brother Max to Duchenne, and learning that his other brother has the same disease. Elijah explains how to overcome extreme suffering by developing an adapter's mindset, understanding what it means to control something rather than influencing it, and using other people's negative energy as the ultimate motivation. Today, Elijah's mission to minimize human suffering and propel human prosperity is fueling his ambition to

cure his disease. He's been told he has less than ten years to live, but he's faced long odds before. Sometimes, all you need is A Small If.

Paula - Paula Radcliffe 2005

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

Testament of Youth - Vera Brittain 1994

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

Monster Mountain Chase! - Mo Farah 2017-07-13

From Olympic gold medal winner Mo Farah and bestselling author Kes Gray, comes a fun fiction series which will get kids reading, and running too! After returning home from a long cross-country run, it's time for Mo and his friends to decide where to go on their next running adventure. Sandwiches at the ready, the friends head somewhere beautiful, with glistening snow and sparkling lakes ... The Rocky Mountains! But crossing states is tiring work, and with lots of new creatures (and monsters!) to meet along the way, will Mo and friends ever get time for a sandwich break? Here comes Bigfoot ... RUN!

The Power of the Curve - Christine Whitmarsh 2020-06-09

Facing life changing surgery in an attempt to correct 116 degrees of scoliosis curves, Christine Whitmarsh was given three distinct and distinctly terrifying odds - paralysis, death, or coming out of the surgery alive and functional, free to resume her nineteen year old life. Up until that moment, Christine's life had been fairly normal as a slightly neurotic, hyper achieving, rail thin, towheaded New England teenager with ambitions to become "the next Barbara Walters." Her life after the surgery would eventually become normal too, albeit a new sort of normal, as an entrepreneur, professional creative, and, unexpectedly, in the fourth decade of her life, a circus artist. But this story isn't about navigating normal. It's about finding your way around all the "abnormal" life curves: the confusing ones, painful ones, shocking ones, and growth ones. It's about finding and embracing the strength, surprises, lessons, and ultimately, the power in all of life's curves.

When Breath Becomes Air - Paul Kalanithi 2016-01-12

#1 NEW YORK TIMES BESTSELLER • PULITZER PRIZE FINALIST •

This inspiring, exquisitely observed memoir finds hope and beauty in the face of insurmountable odds as an idealistic young neurosurgeon attempts to answer the question What makes a life worth living? NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • People • NPR • The Washington Post • Slate • Harper's Bazaar • Time Out New York • Publishers Weekly • BookPage Finalist for the PEN Center USA Literary Award in Creative Nonfiction and the Books for a Better Life Award in Inspirational Memoir At the age of thirty-six, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. When *Breath Becomes Air* chronicles Kalanithi's transformation from a naïve medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir. Paul Kalanithi died in March 2015, while working on this book, yet his words live on as a guide and a gift to us all. "I began to realize that coming face to face with my own mortality, in a sense, had changed nothing and everything," he wrote. "Seven words from Samuel Beckett began to repeat in my head: 'I can't go on. I'll go on.'" When *Breath Becomes Air* is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.

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.

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.

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.

Ghost - Jason Reynolds 2016

Aspiring to be the fastest sprinter on his elite middle school's track team, gifted runner Ghost finds his goal challenged by a tragic past with a violent father.

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 softs 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
Arms Full of Love - Delilah 2012-10-01

Delilah opens her heart to share the joy and blessing of family. More than 8 million people tune in each night to hear the soothing voice of Delilah, America's favorite nighttime radio host, and each week, dedicated listeners send her letters with their own stories of the heartache, healing and happiness that their families bring them. This unforgettable book compiles the best of those letters and pairs them with stirring songs to recreate the magic of Delilah's radio show. She also shares stories of her own family, and the laughs, worries and love her twelve children—nine of them adopted—have brought into her life. There are chapters for sisters and brothers, husbands and wives, sons and daughters, adoptive families, blended families, extended families and even the people who feel like family. THESE INSPIRING STORIES INCLUDE - A woman who received an unexpected gift on Christmas—a beautiful baby boy - A stranger's miraculous encounter with a young girl that finally helps her grieve for her father - A fractured family reunited by a love that knows no distance - A son who returns from the war to surprise his father with a Purple Heart. The real families, real grace and real love showcased here make this a collection to cherish. And most importantly, the unconditional love that shines through in each letter reminds us that the perfect family is our own family.

Work on Purpose - Lara Galinsky 2011

“I want a meaningful career—not just a job. But how do I get there?” When passion drives your choices and your talents shine, opportunities abound. But you can't get there if you don't know where or how to start. This book shows you how. Since 1987, Echoing Green has provided over thirty million dollars in seed funding to the world's top young social entrepreneurs who figured out the where and the how. But their paths weren't straight or always clear. How did they do it? Meet five of these change makers and see for yourself as they dig deep and find their way. Career choice is a destination, not a decision, and having the right tools to navigate the ride is essential. The stories in this book will help you listen to your heart, use your head, and unleash your hustle. Meanwhile, thought-provoking questions will prompt you to discover what moves you most—what gets you out of bed in the morning—and guide you as you take inventory of your beliefs, acquired skills, and innate gifts so you can lock onto your inspiration. PLUS, more than 150 career resources and programs targeted toward helping you move your vision forward in real time that will put your career on the fast track. With a foreword by LIVESTRONG's Lance Armstrong and Doug Ulman and an afterword by Harlem Children's Zone's Geoffrey Canada, *Work on Purpose* is your source for inspiration and practical guidance around creating a career that will change your life—and the world. -- Provided by publisher.