

Tom Daley Inspirational Lives

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Believe - Nicola Adams 2017-05-18

At London 2012, Nicola Adams made history. The flyweight boxer - nicknamed the smiling assassin - became the first ever woman to win an Olympic Gold medal for boxing. In Rio 2016, with the nation cheering her on, she did it all over again. Growing up in Leeds, Nicola stumbled into boxing in her local sports centre while her mum was at aerobics. Age 13 she decided that she would win an Olympic Gold: nobody was going to stop her. Years of relentless training, fundraising and determination have seen Nicola battle through injury, prejudice and defeat to become one of Britain best-loved athletes and an inspiration to all those who are chasing after a seemingly impossible dream.

The Road Ahead - Jane Seymour 2017-12-05

Each of us knows the absolute joy that a new relationship, or the birth of a child, or fulfilling your heart's desire can bring. But it's the life events that aren't so euphoric that test how we weather those storms. Jane Seymour learned from her mother that, when your life is tough, the road becomes easier when you help others. In *The Road Ahead*, she shares inspirational stories from readers around the world who've overcome when the "happily ever after"—isn't. Using a three-step process of o Acceptance o Unconditional forgiveness o Selfless acts of kindness you can take heart as you face your road ahead.

The Story of Film - Mark Cousins 2020-10-08

An updated edition - with completely new chapters - of the most accessible and compelling history of the cinema yet published, and complements Mark Cousins' fascinating 15-hour film documentary *The Story of Film: An Odyssey*. Filmmaker and author Mark Cousins shows how

filmmakers are influenced both by the historical events of their times, and by each other. He demonstrates, for example, how Douglas Sirk's Hollywood melodramas of the 1950s influenced Rainer Werner Fassbinder's despairing visions of 1970s Germany; and how George Lucas' *Star Wars* epics grew out of Akira Kurosawa's *The Hidden Fortress*. *The Story of Film* is divided into three main epochs: Silent (1885-1928), Sound (1928-1990) and Digital (1990-Present). Films are discussed within chapters reflecting both the stylistic concerns of the film-makers and the political and social themes of the time. This edition includes new text that encompasses the further-reaching scope of world cinema today, and the huge leaps in technology that have changed cinema screens forever. Film is an international medium, so as well as covering the great American films and film-makers, *The Story of Film* explores cinema in Europe, Africa, Asia, Australasia and South America, and shows how cinematic ideas and techniques cross national boundaries. Avoiding jargon and obscure critical theory, the author constantly places himself in the role of the moviegoer watching a film, and asks: 'How does a scene or a story affect us, and why?' In so doing he gets to the heart of cinematic technique, explaining how film-makers use lighting, framing, focal length and editing to create their effects. Clearly written, and illustrated with over 400 stills, including numerous sequences explaining how scenes work, *The Story of Film* is essential reading for both film students and moviegoers alike.

Fame - Michael Troy 2017-12-18

A new biography comic featuring Tom Daley. British diver Tom Daley made quite a splash at the 2012 Olympic Games with his winning

personality, boyish good looks and impressive physique. Writer Michael Troy and artist Alex Schumacher tell the inspiring young swimmer's tale of triumph and tragedy from his Olympic success to the loss of his father and his rise as a reality tv celebrity. As featured on CNN, Time Magazine, People Magazine, LA Times, OK Magazine, and MSNBC! FAME is a comic book biography series that focuses on the biggest and brightest stars in the world! Read about the world about Olympian Tom Daley!

Tom's Daily Goals: Never Feel Hungry or Tired Again - Tom Daley 2018-08-23

Want to make healthy living a habit – something you do without even thinking? Tom's Daily Goals can show you how. It's easier than you think.

'Tom can do no wrong.' The Irish Independent *On the Shortness of Life* - Seneca 2016-05-12

"Written as a moral essay to his friend Paulinus, Seneca's ... words still pack a powerful punch two thousand years later. With its brash rejection of materialism, conventional lifestyles and groupthink, [the book] is as relevant as ever."--Back cover.

Tom's Daily Plan: Over 80 fuss-free recipes for a happier, healthier you. All day, every day. - Tom Daley 2016-12-29

Tom Daley is an Olympian. He has learnt from the very best about how to stay healthy, fit and positive – and now he's ready to share those secrets with you.

Coming Up for Air - Tom Daley 2022-05-17

"An illuminating look at what it takes to be an Olympian... In this story, passion reigns supreme." —Cosmopolitan "An emotionally articulate memoir...[and] an intimate insight into the good-hearted and talented young man behind the medals." —Attitude A deeply personal and inspiring memoir from the celebrated Olympic gold medal diver and LGBTQ+ advocate Tom Daley is one of the most beloved athletes of our time, having competed as a diver in four Olympics, garnering medals and finally, in 2021 in Tokyo, winning gold. But few people know the realities of his life beyond the pool—his struggles, his secret triumphs and the mindset he needed to cultivate to become a champion. In this deeply personal book, Tom explores the experiences that have shaped him and the qualities that brought him success and joy—from the resilience he developed competing at a

world-class level, to the courage he discovered while reclaiming the narrative around his sexuality, to the perspective that family life has brought him. Inspiring, candid and compulsively readable, *Coming Up for Air* offers an intimate window into the life and mindset of an athlete and advocate who has left an indelible imprint on sports.

A Lucky Life - Steve Simmons 2022-11-08

An unmissable tour of sports history from one of Canada's most preeminent and outspoken journalists For the past 40 years, Steve Simmons has had the best seat in the house, documenting the greatest sports moments in Canada and around the world. He was there when Wayne Gretzky won his first Stanley Cup. When Tiger Woods hit the first drive of his career at the Greater Milwaukee Open. When Usain Bolt crossed the Olympic finish line in an ecstatic blur. He was there when Sidney Crosby scored the Golden Goal in 2010. When Kawhi Leonard hit the shot. When Joe Carter hit the home run and when Jose Bautista flipped his bat. When Michael Jordan retired in Chicago and when he came out of retirement to play his first game in Indianapolis. In *A Lucky Life*, Simmons shares a selection of columns from his prolific career which celebrate sport at its best and most impactful. Added postscripts further illuminate historic events and towering figures with modern perspective and behind-the-scenes anecdotes. Covering both larger-than-life achievements and quieter personal victories, this collection captures those moments in sport that stay with you long after the final buzzer.

The Assassination of Fred Hampton - Jeffrey Haas 2019-11-05

Read the story behind the award-winning film *Judas and the Black Messiah* On December 4, 1969, attorney Jeff Haas was in a police lockup in Chicago, interviewing Fred Hampton's fiancée. Deborah Johnson described how the police pulled her from the room as Fred lay unconscious on their bed. She heard one officer say, "He's still alive." She then heard two shots. A second officer said, "He's good and dead now." She looked at Jeff and asked, "What can you do?" The Assassination of Fred Hampton remains Haas's personal account of how he and People's Law Office partner Flint Taylor pursued Hampton's assassins, ultimately prevailing over

unlimited government resources and FBI conspiracy. Fifty years later, Haas writes that there is still an urgent need for the revolutionary systemic changes Hampton was organizing to accomplish. Not only a story of justice delivered, this book spotlights Hampton as a dynamic community leader and an inspiration for those in the ongoing fight against injustice and police brutality.

Mama's Boy - Dustin Lance Black 2020-03-17

This heartfelt, deeply personal memoir explores how a celebrated filmmaker and activist and his conservative Mormon mother built bridges across today's great divides—and how our stories hold the power to heal. • Adapted as an HBO documentary now streaming on HBO Max. "A beautifully written, utterly compelling account of growing up poor and gay with a thrice married, physically disabled, deeply religious Mormon mother, and the imprint this irrepressible woman made on the character of Dustin Lance Black." —Jon Krakauer, bestselling author of *Missoula* and *Under the Banner of Heaven* Dustin Lance Black wrote the Oscar-winning screenplay for *Milk* and helped overturn California's anti-gay marriage Proposition 8, but as an LGBTQ activist he has unlikely origins—a conservative Mormon household outside San Antonio, Texas. There he was raised by a single mother who, as a survivor of childhood polio, endured brutal surgeries as well as braces and crutches for life. Despite the abuse and violence of two questionably devised Mormon marriages, she imbued Lance with her inner strength and irrepressible optimism. When Lance came out to his mother at age twenty-one, she initially derided his sexuality as a sinful choice. It may seem like theirs was a house destined to be divided—and at times it was. But in the end, they did not let their differences define them or the relationship that had inspired two remarkable lives. This heartfelt, deeply personal memoir explores how a mother and son built bridges across great cultural divides—and how our stories hold the power to heal.

Happy - Fearne Cotton 2017-02-09

"Wonderfully honest and relatable, and it's also extremely comforting and reassuring too" MIND, No.1 Mental Health charity "I recommend this for anyone who's looking to find true consistent happiness" Craig David

"This book is a way to release what's going on inside your head and to keep heading towards the good stuff. The simple stuff. The stuff that's going to really hit up that happiness on a deep and nourishing level. Whether you dip into these pages every now and then when you feel you need it, or use it daily as a positive exercise, I hope it brings you much relief, joy and calm. Amen to the pen." - Fearne Cotton For many of us, life can feel like it's moving too fast with pressure bearing down on us from all sides - whether that's from school or work, family or social media. As a result, we find ourselves frazzled, lost and - too often - feeling blue. It's a subject close to Fearne's heart. Drawing on her own experiences and including expert advice, *HAPPY* offers practical ways of finding joy each and every day. Happiness isn't a mountain to climb, it's just one foot in front of the other on the path of life, and here you'll find little steps that will help make the differences that count. With workbook elements to help you start and end the day well; get in touch with your creative side; and find peace through written exercises, simple practical ideas and visualisations, these are daily tricks and reminders to help you unlock that inner happiness.

Tom Daley - Chas Newkey-Burden 2011-10-30

World Champion, European Champion, Commonwealth Champion, diving ace Tom Daley has achieved more than most professional sportsmen could ever dream of in a lifetime. This talented young sportsman's career has been fascinating to follow from the start - Daley began competing in diving competitions at the age of eight at his local diving club in Plymouth, and he has been setting records ever since - gaining four gold medals and two silver medals in the last two years, along with an army of fans the world over. Recently named by *Vogue* magazine as 'one of the people who will define the coming decade', this highly anticipated biography tells the inspirational story of this 'boy-next-door', through his punishing training regime and his love of competing, to his brave stand against school bullying and his hopes for London 2012.

Snapped - Richard Pelham 2019-08-12

A Life Behind the Lens is a collection of the very best work of Richard 'Dickie' Pelham, the multi award-winning chief sports photographer of *The Sun* for the past 30 years. He has covered six

Olympic Games, six World Cups, any number of Test matches and many championship boxing bouts, capturing the moments of triumph and despair, the great goals, the knockout punches, the key wickets and the gold-medal glory. He has been trackside, ringside, pitchside and poolside as well as in the studio and on the training grounds with the biggest names in world sport, including Usain Bolt, Mo Farah, Jessica Ennis-Hill, Andy Murray, Paul Gascoigne, David Beckham, Tom Daley, Lennox Lewis and Anthony Joshua. His pictures have featured on memorable front and back pages and centre spreads. The images are accompanied by Dickie's own recounting of the human stories behind the pictures and the technical secrets of a master of his trade.

The Children's Nurse - Susan Macqueen
2013-04-25

The memoir of a Great Ormond Street nurse. This is the inspirational story of life as a nurse during the 1960s, 70s and 80s, most of which was spent at Great Ormond Street Children's Hospital. Susan Macqueen was 12 years old when she accompanied her mum to see her friend Ms Fairweather, the matron at the local nursing home and from that day on she knew she wanted to be a nurse. A few years later, despite being told that her grades weren't good enough and having left school with only two O-Levels, Susan was accepted on the three-year nurses training course at Addenbooke's hospital in Cambridge. It wasn't long before Susan knew she wanted to work with children and set her sights on a job at Great Ormond Street. Thirty-five years later, on her third attempt, Susan has finally retired from that iconic hospital and is enjoying a more leisurely pace of life. Hope, despair, laughter and tears, Susan's stories move the reader through the incredible stories that she was faced with on an every day basis.

Collective Wisdom - Grace Bonney 2021-10-26

In the much-anticipated follow-up to the bestselling *In the Company of Women*, Grace Bonney turns to older women in a celebration of intergenerational bonds between women, and the role those bonds play in sharing vital knowledge, stories, power, and history through generations.

Greater Than Gold - David Boudia 2016-08-02
One of America's most heralded young divers,

David Boudia twice went for Olympic gold, training obsessively and whole-heartedly for success. In his first Olympics, he failed miserably, not winning a single medal. Four years later saw a different story: he mounted the podium twice, winning both gold and bronze. The difference? In the intervening years, he'd changed the focus of his quest from seeking glory for himself to giving glory to God. In *Greater Than Gold*, Boudia provides a behind-the-scenes access to the rarefied world of world-class athletics while also showing readers that when they place their hope in God, they receive what they've been seeking all along.

From Fatherless to Fatherhood - Omar Epps
2018-05-04

Having grown up without his biological father, then becoming a father himself, Epps shares an intimate, unapologetic, and emotional conversation about childhood, manhood, and parenting. Chronicling his journey from humble beginnings in Brooklyn, New York, to the bright lights of Hollywood, Epps touches on many themes surrounding the importance of family and community. He shows how men can break the cycle of fatherlessness within their families, and come to terms with their own issues surrounding their fathers. -- adapted from back cover

Tom Daley - Simon Hart 2013

Looks at the life and achievements of champion Olympic diver, Tom Daley.

Tom's Daily Ritual - Tom Daley 2018-08-23

Want to make healthy living a habit - something you do without even thinking? Tom's Daily Goals can show you how. It's easier than you think. 'Tom can do no wrong.' The Irish Independent World Number 1 diver, Tom Daley, has trained for major sporting events, had health problems, and come back from personal trauma and bad performances. Now, after years of trial and error, Tom knows that the only thing that truly works when it comes to maintaining your health, wellbeing and energy is consistency: the small choices we make throughout the day, every day. These 7 simple and manageable daily goals: morning stretches, meditation on your commute, smart food prep, anti-inflammatory eating, journaling, digital detoxing, and a bedtime ritual, have made Tom feel the best he's ever felt, and they'll do the same for you. You'll feel

the difference from the very first day.

Box of Butterflies - Roma Downey 2022-02

Roma Downey--best known as the beloved angel on the TV show *Touched by an Angel*--has created a beautiful book filled with encouragement and hope, assuring us of God's comforting presence in our lives. Ever since she was a little girl, Roma has seen butterflies as a reminder of God's presence. They have appeared to her in moments when she needed encouragement and reminded her she is not alone. In this deeply personal book, Roma shares stories from her life, alongside quotes, poems, scripture, and artwork that she prays will uplift you as they have her. Each grace-filled chapter of this beautiful full-color book covers topics such as courage, strength, gratitude, love, and kindness. Reminiscent of the message of her popular television series, *Touched by an Angel*, this book's central theme is that there is a God, He loves you, and that even in your most difficult moments, He is by your side. That though you may feel alone, you are never truly alone. The subtle butterfly theme reminds us that the wonder of God's love and kindness is sometimes reflected in the gentle whispers of his creation and that we all have the power to transform from simple caterpillars into exquisite butterflies. Written in a way that encourages you to 'dip in and out' of its flowing content, this inspiring book invites you to return to its pages again and again, as life brings new challenges or you find yourself in need of new inspiration.

My Story - Lola Taubman 2012

You Look So Much Better in Person - Al Roker 2020-07-28

Today coanchor Al Roker presents an entertaining guide to achieving a life of happiness and success through the power of "yes!" These days, the road to success can feel jam-packed with scheduling, networking, nonstop hustle, and flat-out absurdity. And no one knows that better than Al Roker--beloved cohost of *The Today Show*, weatherperson extraordinaire, and the man we all secretly wish we could turn to for wisdom and wisecracks in our everyday lives. From his college days as a polyester suit-clad weather forecaster in Syracuse to battling and buttering up the "Butter Man" during the legendary Macy's Thanksgiving Day Parade, Al

has learned worthwhile lessons over a long, successful career. And now, for the first time, Al is ready to unleash savvy advice on how to embrace happiness and the power of saying "yes," alongside a host of humorous tips and tricks about how to succeed in life. In *You Look So Much Better in Person*, Al teaches us how we can weather the storm of life, no matter how torrential the downpour, and shares anecdotes from his own treasure trove of memories in the spotlight. And it hasn't always been easy--believe it or not, even Al has been yelled at by his boss, suffered an emotional breakdown at work, and been told he'd be better suited in another position. Within these pages, he looks back on his own career and shares valuable "Altruisms" that can be applied to our own endeavors, such as how to: Navigate the special hell that is socializing Craft the perfect comeback line during a confrontation--and know when to use it Get up early and actually make the most of your time Cry at work without freaking people out And much, much more! Packed to the brim with cackle-inducing and cringeworthy behind-the-scenes insights and observations from over four decades in the media, this book reminds us all that long-term success in our personal lives and our careers is just within reach. *You Look So Much Better in Person* will leave you laughing out loud, inspired, and comforted during life's best and worst moments.

Dare to Win - Jeff Chegwin 2017-02-23

Failure is something none of us like to experience, but in *Dare to Win*, Jeff Chegwin and Carmela DiClemente explain that mistakes are not only good for us, they can actually lead to huge successes. If you look at the most inspirational innovators, athletes and icons throughout history, they all share a common belief - they simply do not entertain the notion of failure as a bad thing. In *Dare to Win* you'll read some real life lessons, learnt by the most talented and successful people in the world. From Steve Jobs to Beyonce, Simon Cowell, Michael Jordan, Einstein, JK Rowling, Zaha Hadid, Arnold Schwarzenegger and more, all these superstars have had to confront failure. Just been sacked? It could be the best thing that's ever happened to you. Keep getting your ideas knocked back at work? Rethink your

approach. Told with humour and compassion, these are stories to inspire us all to learn from our mistakes.

Where to Begin - Cleo Wade 2019-10-08

"Author and poet Cleo Wade will make your day with her inspiring and uplifting outlook on life" (People) and she returns with another moving collection of poems, mantras, and illustrations encouraging you to remain hopeful and harness your inner power and create change through self-care and social justice. If you are ready to be a part of building a society rooted in love, acceptance, justice, and equality, *Where to Begin* is the ultimate inspirational guide. Building on the wisdom of Cleo Wade's national bestseller *Heart Talk*, this heartfelt collection will help you stay connected to hope during difficult moments and remind you that no matter what, you still have the power to show up and effect positive change. Remember, your big life is made up of a collection of all of your small moments. Our big world is a made up of a collection of all of our small actions. This book is about where to begin.

Tom's Daily Plan - Tom Daley 2016-12-29

You Are Positively Awesome - Stacie Swift 2020-11-17

A bright, beautiful self-care book filled with positive affirmations, appealing illustrations, and interactive exercises that will remind readers to be mindful, kind, and "twinkletastic"

Unrigged: How Americans Are Battling Back to Save Democracy - David Daley 2020-03-17

A revelatory account by the best-selling author of *Ratf**ked* that will give you hope that America's fragile democracy can still be saved. Following *Ratf**ked*, his "extraordinary timely and undeniably important" (New York Times Book Review) exposé of how a small cadre of Republican operatives rigged American elections, David Daley emerged as one of the nation's leading authorities on gerrymandering. In *Unrigged*, he charts a vibrant political movement that is rising in the wake of his and other reporters' revelations. With his trademark journalistic rigor and narrative flair, Daley reports on Pennsylvania's dramatic defeat of a gerrymander using the research of ingenious mathematicians and the Michigan millennial who launched a statewide redistricting

revolution with a Facebook post. He tells the stories of activist groups that paved the way for 2018's historic blue wave and won crucial battles for voting rights in Florida, Maine, Utah, and nationwide. In an age of polarization, *Unrigged* offers a vivid portrait of a nation transformed by a new civic awakening, and provides a blueprint for what must be done to keep American democracy afloat.

Stories for Boys Who Dare to Be Different 2 - Ben Brooks 2020-10-13

Boys can be anything they want to be! In this sequel to the New York Times bestseller *Stories for Boys Who Dare to Be Different*, Ben Brooks introduces seventy-six more boys and men who will inspire young readers to live boldly and true to themselves. What do environmental activist Xiuhtezcatl Martinez, philosopher Socrates, and singer Ed Sheeran all have in common? Each of them defied expectations -- going against the grain and pursuing their dreams despite a seemingly impossible barrage of obstacles and difficulties. Their stories are incredible, as are those of tap dancer Evan Ruggiero, Pokémon creator Satoshi Tajiri, the brave Chernobyl Divers, and the other inspirational boys who fill the pages of this extraordinary book. Together, their stories offer young boys the welcome alternative message that masculinity can mean many things -- that it's okay to be sensitive, to be bold, and to follow their hearts.

Tom's Daily Plan - Tom Daley 2016-12-29

Tom Daley is an Olympian. He has learnt from the very best about how to stay healthy, fit and positive - and now he's ready to share those secrets with you. Incredibly simple to follow, *Tom's Daily Plan* includes delicious food, workouts anyone can do (and that's a promise from Tom!) plus invaluable motivational and lifestyle tips. Ditch those fad diets and stop worrying about needing to put in hours in the gym. Tom's healthy and nutritious recipes won't ever leave you hungry - and even include pasta dishes, curries, cakes and chocolate, plus Tom's Ultimate Bacon Butty! And with his weekly plan of 20 minute workouts you'll be stronger, fitter and healthier in no time. All with rest days and tasty treats included! *Tom's Daily Plan* includes:
* Over 80 quick and easy recipes so you and your family can eat well from breakfast until bedtime, with feasts and treats for every taste *

Super-effective Daily Workouts and brilliant 'life-hacks' for a healthy, balanced body and mind * Specifically designed to fit around you and your busy lifestyle Get a leaner, stronger, healthier you in no time!

My Story - Tom Daley 2012-05-24

Enter the enthralling world of Tom Daley in *My Story* - medallist in the 2012 London Olympic Games. Tom had the whole country behind him when he won bronze at the Olympics this year. A double Commonwealth gold medal winner, he is one of the sport's most exciting athletes. But there is also a heartbreaking and inspiring story of a young man coping with the death of his father whilst under the glare of the world's media spotlight. In this, Tom's first official memoir, he offers unprecedented access to the pressures, challenges and fascinating experiences of a world-class Olympian. From his day-to-day schedule, to his hobbies and family life, to sharing his hopes and dreams in the build up to the London Olympics, this book offers a unique chance to get close to Tom. The face of the Olympics, and host of ITV show splash, Tom is loved by the nation. *My Story* features exclusive photography of Tom Daley, both personal and newly commissioned, in the ultimate book for the 2012 Olympics. Tom Daley starting diving at the age of seven. He was the youngest competitor in the 2008 Beijing Olympic Games, and won two gold medals at the 2010 Commonwealth Games. In 2012, he was a bronze medallist at the Olympics in London.

The Queer Advantage - Andrew Gelwicks 2020-10-13

Meet the LGBTQ+ dealmakers, trailblazers, and glass-ceiling breakers in business, politics, and beyond. The people who are creating national public policy, running billion-dollar tech enterprises, and winning Olympic medals. Andrew Gelwicks interviews the leaders who have forged their own paths and changed the world. From Troye Sivan to Margaret Cho, George Takei to Billie Jean King, Shangela to Adam Rippon, each person credits their queer identity with giving them an edge in their paths to success. Their stories brim with the hard-won lessons gained over their careers. With variances in age, background, careers, and races, key themes shine through: Channeling anger in a positive way -- using it as rocket fuel

to succeed Leveraging your difference to beget new ideas and strategies Bridging generational gaps Accessing resources to conquer crippling denial, internalized homophobia, and doubt The power of the Internet as a tool of self-discovery Using your sensitivity and attunement to read the room, deciding when to fit in and when to stand out Finding a queer tribe and learning to help and lean on one another Collecting incisive, deeply personal conversations with LGBTQ+ trailblazers about how they leveraged the challenges and insights they had as relative outsiders to succeed in the worlds of business, tech, politics, Hollywood, sports and beyond, *The Queer Advantage* celebrates the unique, supercharged power of queerness.

Coming Out to Play - Robbie Rogers 2014-11-25

The first openly gay professional athlete in North America tells the story of his landmark decision to come out of the closet and how he changed the playing field of professional sports forever. "Rogers made history." —Sports Illustrated Robbie Rogers knows better than most that keeping secrets can crush you. But for much of his life Robbie lived in paralyzing fear that sharing his big secret would cost him the love of his family and his career as a professional soccer player. So he never told anyone what was destroying his soul, both on and off the field. While the world around Robbie was changing with breathtaking speed, he knew that for a gay man playing a professional team sport it might as well be 1958. He could be a professional soccer player. Or he could be an out gay man. He couldn't do both. Then last year, at the age of twenty-five and after nearly stepping away from a brilliant career—one that included an NCAA Championship, winning the MLS Cup, and competing in the Olympics—he chose to tell the truth. But instead of facing the rejection he feared, he was embraced—by his family, by his teammates, and his fans. In *Coming Out to Play*, Robbie takes readers on his incredible journey from terrified teenager to a trailblazing out and proud professional soccer player for the L.A. Galaxy, who has embraced his new identity as a role model and champion for those still struggling with the secrets that keep them from living their dreams.

Tom Daley - Roy Apps 2014-02-20

From the time that Tom, aged 8, drew a picture of his ambition to dive at the Olympic Games, he has gone on to become Britain's leading diver, capturing the attention of the world's media along the way. In this easily accessible text read Tom's emotional story, from his childhood years right up to when he took Olympic bronze at London 2012. It takes blood, sweat and tears to get to the top of any sport, and these short, inspirational biographies show just how tough it can be. Focusing on top athletes and sport personalities, each dramatic story brings to life the skill, determination and luck needed to break through into top level competition. This title is published by Franklin Watts EDGE, which produces a range of books to get children reading with confidence. EDGE - for books children can't put down.

Black in Blue - Carmen Best 2021-10-25

Whatever your position is on Black Lives Matter, defunding the police, and equity in law enforcement, former police chief Carmen Best shares the leadership lessons she learned as the first Black woman to lead the Seattle Police Department—a personal insider story that will challenge your assumptions on how to move the country forward. Chief Carmen Best has spent the last 28 years as a member of a big-city police force, an institution where minorities and women have historically found it especially difficult to succeed. She defied the odds and became the first Black woman to lead the Seattle Police Department. During her tenure, she was successful in bringing significantly more diversity to the force. However, when the city council cut her budget amid months of protests against police violence, she had no choice but to step aside. Without the city's support, she felt she wouldn't be able to continue changing the status quo of the police force from within. Throughout her career, Chief Best has learned lessons that those coming up behind her can benefit from. In this book, she will use her story to share those urgent lessons. Readers will read about: How Chief Best grew up to believe in the change she set out to create. Her early days in the police force, including lessons from the academy and her time on patrol. How she progressed in her career within a primarily white law enforcement culture and the events that led to her becoming Chief. How she built

her team and overcame the politics involved in her high-level position until the call for defunding came. Carmen Best teaches readers the core qualities and mindset to persevere and rise through the ranks, even within a workplace whose culture and leadership must be challenged, and policies changed on the way to achieving that vision. Her motivating story serves as a master class in guiding principles for anyone striving to serve their community and rise to the highest echelon of success.

Stop Living on Autopilot - Antonio Neves
2021-01-19

A raw and inspiring how-to guide that will help you recommit to your life, find your drive, and take action to stay bold, honest, and accountable for lasting happiness. "If it's time to make a bold and courageous shift in your life, Stop Living on Autopilot is the guide you need."—Marie Forleo, #1 New York Times bestselling author of Everything Is Figureoutable Take stock of your life: Based on your last 30 days of work (or marriage, or parenting), would your company rehire you? Would your partner immediately recommit to you? Would your children want you to continue to be their parent? The easy answer is, "Absolutely!" But it's probably not the honest answer. Your life might read like a success story, and your parents and friends might even think you have it all figured out, but you have a secret: You've stopped caring about much of anything. You feel out of place in your own life. You'd rather binge-watch Netflix than think about what's next. You're living on autopilot. You have two choices: Experience a slow self-destruction, or commit to a course correction. The good news is, it's never too late to find your drive again. Popular speaker and success coach Antonio Neves is here to offer hard-won lessons and remind you that you do have a say—that you can reboot your life and find fulfillment right where you are. You don't have to quit your job or move to Bali to follow your passion. You do, however, need to shift your perspective and commit to living courageously, replacing passivity with boldness. Stop Living on Autopilot will guide you to confront hard truths about where you are and how you got there, inviting compassion, honesty, and accountability. There's no better time than now to reevaluate your life and lay a stronger foundation for your next 30 days. Step by step,

you can become an active player in your own life and rediscover what makes you great.

Coming Up for Air - Tom Daley 2021-09-29

Both a diving Olympic and world champion and beloved role model, Tom Daley reveals all about his sporting success, growing up in the public eye and becoming a devoted family man

Fly Into the Wind - Lt Colonel Dan Rooney 2020-11-17

USA TODAY BESTSELLER "Lt Colonel Dan Rooney is a true patriot who serves our country with courage and honor."—George H.W. Bush, 41st President of the United States F-16 fighter pilot, American hero, Folds of Honor founder, PGA professional, and inspirational family man Dan Rooney delivers a motivational code for living to help ordinary people ascend to their highest level in life. Part spiritual guide and part call-to-action, *Fly Into the Wind* combines Lt Colonel Rooney's fighter pilot stories with his discovery of faith and purpose in order to help each reader achieve a philosophy he calls CAVU, after the Air Force acronym that stands for "ceiling and visibility unrestricted." CAVU describes the perfect conditions for flying a fighter jet, when steel-blue skies invite pilots to spread their wings like supersonic eagles. In today's world of identity politics, fractured racial relations, and external turmoil, Rooney's book will show how all of us are connected by God in more ways than we realize, and that the path to fulfillment begins with changing ourselves in order to better one another. From the outside, Lieutenant Colonel Dan "Noonan" Rooney was living the American Dream: he was an F-16 fighter pilot, PGA Professional, husband to his college sweetheart, and father of five daughters. His position in life should have been a blessing. But a near-tragic mishap while piloting his F-16 triggered an ominous life storm that altered his trajectory and filled him with self-doubt. Realizing that a jet takes off into the wind because it requires resistance over its wings to fly, Lt Colonel Rooney's attitude toward the resistance he encountered in his life changed from resentment to humble introspection. Hyper-focused on the precise areas that are immediately under your control, CAVU is a disciplined approach to each day that will help you reshape, motivate, prioritize, and ultimately thrive. In *Fly Into the Wind*, Lt. Colonel Rooney

breaks down CAVU into ten unique lines of effort (LOE), with each LOE building upon the previous one to provide a positive vector toward a new way of living. Along this enlightened path, readers will discover a renewed belief in themselves and the art of the possible. The time for self-discovery and ultimate achievement begins now.

Daley: A Retrospective - Chicago Tribune Staff 2012-12-18

From the second half of the twentieth century through today, no family has defined Chicago in the public's eye more than the Daleys. Between Richard J. Daley and his son, Richard M. Daley, a member of this prominent Bridgeport family served as the city's mayor for 43 out of a total 57 years from 1955–2011. When Richard M. Daley, also known as "Richie", made a surprise announcement in 2011 that he would not seek re-election, he had surpassed his father's record tenure of 21 years in office. *Daley: A Retrospective* explores the fascinating, storied career of Richard M. Daley: the longest-serving, and arguably, most important mayor in the city's own long, storied history. From Richie's childhood in his father's shadow to his infamous teenaged run-in with the law, this book begins with the earliest years in the life of Richard J. Daley's eldest son. It follows the rise of Daley's political career as a state senator and as the state's attorney through his 1989 election as mayor. The bulk of *Daley: A Retrospective* focuses on Daley's lengthy, imperial reign over Chicago politics, in which he developed his own unique and powerful personality. Transitioning from a perceived simulacrum of his father into one of the most dominant, idiosyncratic, and quotable individuals in American politics, Daley made his name by making bold moves, waging hard-fought battles, and forging commanding, if not celebrated, consensus between the multitudes of citywide officials and organizations. Comprised of 60 years of Chicago Tribune reporting, this story is unique to Chicago and told by none better than the reporters, editors, and notable commentators who covered Daley's entire career. Touching on race relations, education, gang violence, crime, environmentalism, gay marriage, local sports, and the murky world of Chicago politics, *Daley: A Retrospective* is a captivating read. It is the

most up-to-date and comprehensive exploration of Mayor Richard M. Daley's legacy, and it will serve as a significant resource as Daley continues to be reexamined and reevaluated for years to come.

Just Show Up - Cal Ripken Jr. 2019-05-14

New York Times Bestseller! Iron Man Cal Ripken Jr.—the 19-time All-Star, World-Series winning legend, American League MVP, and record holder who played 2,632 consecutive games—outlines eight rules for the game of baseball and life, drawn from the lessons he has learned on and off the field. Cal Ripken Jr. is a baseball legend. But legends aren't born, they're made. For twenty-one seasons, Ripken took the field day in and day out, through cold, heat, rain, and sometimes snow, playing in more than 3,000 games for the Baltimore Orioles. In 1983, the revered shortstop helped lead his team to victory in the World Series. On September 6, 1995, Ripken did the seemingly impossible, he surpassed Lou Gehrig's unbreakable fifty-six-year-old Iron Man record, setting a new mark of 2,131 consecutive games—then played another

501 consecutive games. Throughout his career, Ripken was admired for his consistency, hard work, and loyalty. There were successes and failures, but above all was an old-fashioned sense of doing what's right, every single day. Since retiring in 2001, Ripken has enjoyed a successful career as a baseball analyst, entrepreneur, and author. Now, in *Just Show Up*, he reflects on his life and career to offer lessons for the next generation and those to come. Ripken speaks eloquently about the timeless values he has lived by: Life is a streak, play the long game; Success and money are not the same; Play fair, win fair. And he shares stories of his legendary father, Baltimore Oriole coach and manager Cal Ripken Sr., what it took to keep the streak alive, and what it meant to bring the World Series to Baltimore. Cal Ripken's message is simple yet poignant; wisdom essential to anyone trying to forge a successful life in times that are often chaotic. Blending insights from sports, business, and a life well-lived, *Just Show Up* is the story of an American legend and the principles he has lived by—standards our time needs.