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Sport and Exercise

Psychology - Aidan P. Moran
2004

Sport and exercise psychology is a rapidly expanding field both academically and professionally. Aidan Moran provides the first textbook to combine an explanation of the theoretical foundations of sport and exercise psychology with critical reviews of contemporary research and practical suggestions for

relevant independent research projects. Arranged in four complementary parts, the book moves from a general discussion of the nature and role of sport psychology to explorations of individual, group and health factors affecting performance. Designed to encourage students to apply their psychological knowledge and critical thinking abilities, each chapter features a summary

and boxed highlights containing questions to help students gain maximum understanding of the material.

Bigger, Brighter, Louder - Chris Jones 2013-10-04

The first known Chicago Tribune theater review appeared on March 25, 1853. An anonymous notice, it shared the page with two other announcements—one about a pair of thousand-pound hogs set to be slaughtered and another trumpeting the largest load of lumber ever to leave Chicago. “And thus Chicago’s priorities were starkly laid out right there on that page,” begins Chris Jones in the introduction to this eyewitness cultural history. “Hog butcher for the world and windy self-promoter, specializing in commerce-driven superlatives. The arts came a poor third. Critics, and the artists they covered, would rail against that perceived set of civic priorities for years.” The Chicago of today, on the other hand, is regarded as one of the world’s premier cities for theater, and no one has had a more

consistent front-row seat to its ascendance than the Chicago Tribune theater critics. Bigger, Brighter, Louder weaves together more than 150 years of Tribune reviews into a compelling narrative, pairing full reviews with commentary and history. With a sharp eye for telling details and a keen sense of historical context, Jones, longtime chief Tribune theater critic, takes readers through decades of highs and lows, successes and failures. The book showcases fascinating early reviews of actors and shows that would go on to achieve phenomenal success, including a tryout of *A Raisin in the Sun* with newcomer Sidney Poitier and the first major review of *The Producers*. It also delves into the rare and the unusual, such as a previously unpublished Tennessee Williams interview and a long conversation with Edward Albee’s mother. With reviews from Claudia Cassidy, Peregine Pickle, William Leonard, and more, many never collected before, Bigger, Brighter, Louder offers a

unique lasting record of an ephemeral art and a riveting look at the history behind Chicago's rise to theatrical greatness.

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.

Tom Paine - John Keane
2007-12-01

"More than any other public figure of the eighteenth century, Tom Paine strikes our times like a trumpet blast from a distant world." So begins John Keane's magnificent and award-winning (the Fraunces Tavern Book Award) biography of one of democracy's greatest champions. Among friends and enemies alike, Paine earned a reputation as a notorious pamphleteer, one of the greatest political figures of his day, and the author of three bestselling books, Common Sense, The Rights of Man, and The Age of Reason. Setting his compelling narrative against a vivid social backdrop of prerevolutionary America and the French Revolution, John Keane melds together the public and the shadowy private sides of Paine's life in a remarkable piece of

scholarship. This is the definitive biography of a man whose life and work profoundly shaped the modern age.

"Provide[s] an engaging perspective on England, America, and France in the tumultuous years of the late eighteenth century." — Pauline Maier, The New York Times Book Review "It is hard to imagine this magnificent biography ever being superceded.... It is a stylish, splendidly erudite work." — Terry Eagleton, The Guardian *Soccernomics* - Simon Kuper 2018-04-24

The 2018 World Cup edition of the international bestseller and "the most intelligent book ever written about soccer" (San Francisco Chronicle) is updated throughout and features new chapters on the FIFA scandal, why Iceland wins, and women's soccer. Named one of the Best Books of the Year by the Guardian, Slate, Financial Times, Independent (UK), and Bloomberg News Written with an economist's brain and a soccer writer's skill,

Soccernomics applies high-powered analytical tools to everyday soccer topics, looking at data and revealing counterintuitive truths about the world's most beloved game. It all adds up to a revolutionary new approach that has helped change the way the game is played. This World Cup edition features ample new material, including fresh insights into FIFA's corruption, the surge in domestic violence during World Cups, and Western Europe's unprecedented dominance of global soccer.

Shay: Any Given Saturday - Shay Given 2017-10

Entertaining and revealing life story of popular Premier League goalkeeper who is Irish football's second longest serving player.

[Treatments for Psychological Problems and Syndromes](#) - Dean McKay 2017-05-08

An important new guide to flexible empirically supported practice in CBT. There is a growing movement across health care to adopt empirically supported practice. *Treatments for Psychological*

Problems and Syndromes makes an important contribution by offering a comprehensive guide for adopting a more flexible approach to cognitive behavioural therapy. Edited by three recognized experts in the field of CBT, the text has three key aims: firstly to identify components of models describing specific psychological conditions that are empirically supported, poorly supported or unsupported; secondly to propose theoretical rationales for sequencing of interventions, and criteria for moving from one treatment procedure to the next; and thirdly to identify mechanisms of psychological syndromes that may interfere with established protocols in order to promote more informed treatment and improve outcomes. Written in clear and concise terms, this is an authoritative guide that will be relevant and useful to a wide range of readers from beginning clinicians to experienced practitioners.

The Red Apprentice - Jamie Jackson 2020-10-29
When Ole Gunnar Solskjaer returned to Old Trafford as caretaker manager midway through the 2018-19 season, he breathed new life into a team that was drifting. In this new and definitive biography, Jamie Jackson investigates why he was the perfect man for the job to bring back the glory days. After the confusion under David Moyes, the stagnation of Louis van Gaal and the growing trauma under Jose Mourinho, Manchester United were a club increasingly struggling to challenge for major honours, something the fans had been accustomed to during the reign of Sir Alex Ferguson. So when Ole Gunnar Solskjaer, a match-winning hero of the Reds' great Treble-winning side returned to Old Trafford on 19 December 2018 as caretaker manager, he was welcomed with open arms. Here was a man who understood what it was that the fans demanded, and he had a plan to give it to them. They went on a record-breaking run of victories that

secured him the position on a permanent basis, before old frailties re-emerged, showing the scale of the job he had always dreamed of taking on. During the summer transfer window, he began a dramatic reshaping of the team's personnel to set them up for the 2019-20 season. The Red Apprentice, Jamie Jackson's fascinating biography of Solskjaer, takes the reader back to the Norwegian's early days to discover the making of the man, relives the highlights of a stunning playing career - and that Champions League-clinching goal in 1999 - and explains why he is the natural choice for United in the future.

Not for Me, Clive - Clive Tyldesley 2022-04-28

#2Sides - David Winner 2014-10-02

Rio Ferdinand is one of the finest footballers of his generation - a born winner and one of the game's greatest stoppers. Full of outstanding stories and forthright opinions, #2Sides sees Rio reflect on his unique rise to the top of the

game: - Cutting his teeth in the West Ham youth teams and becoming captain of Leeds United at the age of 22 - His record-breaking transfer to Manchester United that made him one of the most revered centre-backs in world football - On life under Sir Alex Ferguson and how winning became a habit - Why David Moyes failed as Manchester United manager - On Cristiano Ronaldo, Lionel Messi and why Paul Scholes is the greatest player ever to grace the Premier League With a Foreword by Harry Redknapp, #2Sides is a superb retrospective from one of the most outspoken voices of England's golden generation.

Probability on Graphs - Geoffrey Grimmett 2018-01-25

This introduction to some of the principal models in the theory of disordered systems leads the reader through the basics, to the very edge of contemporary research, with the minimum of technical fuss. Topics covered include random walk, percolation, self-avoiding walk, interacting particle systems, uniform spanning

tree, random graphs, as well as the Ising, Potts, and random-cluster models for ferromagnetism, and the Lorentz model for motion in a random medium. This new edition features accounts of major recent progress, including the exact value of the connective constant of the hexagonal lattice, and the critical point of the random-cluster model on the square lattice. The choice of topics is strongly motivated by modern applications, and focuses on areas that merit further research. Accessible to a wide audience of mathematicians and physicists, this book can be used as a graduate course text. Each chapter ends with a range of exercises.

Cristiano Ronaldo - Guillem Balague 2015-11-05

The definitive biography of Cristiano Ronaldo, named Football Book of the Year at the Cross Sports Book Awards 2016 Fully updated to include the 2017-18 season and Ronaldo's transfer to Juventus Cristiano Ronaldo is one of the greatest footballers of all time,

a dream he pursued from the age of just twelve when he left his humble origins on Madeira behind. It wasn't long before he had the biggest clubs in Europe knocking on his door, but it was Manchester United who won the race for his signature. Under the tutelage of Sir Alex Ferguson, Ronaldo developed into the complete footballer and athlete, winning three league titles and a Champions League along the way. He then became the biggest galáctico of them all when he transferred to Real Madrid for a record-breaking fee. Unprecedented success in the Champions League and a record-equalling five Ballons d'Or followed, before his sensational move to Juventus in the summer of 2018. Guillem Balagué, respected football journalist and expert on the Spanish game, provides the definitive account of a twenty-first-century footballing icon.

Vieira - Patrick Vieira 2006
The long-awaited autobiography of the former Arsenal and France football star Patrick Vieira

The Second Half - Roy Keane
2014-10-09

No. 1 bestselling memoir of Roy Keane, former captain of Manchester United and Ireland - co-written with Man Booker Prize-winner Roddy Doyle. Now updated with a new chapter, including Roy leaving Aston Villa and the Republic of Ireland's qualification for Euro 2016. In a stunning collaboration with Booker Prize-winning author Roddy Doyle, Roy Keane gives a brutally honest account of his last days as a player, the highs and lows of his managerial career, and his life as an outspoken ITV pundit. 'Roy Keane's book is a masterpiece . . . It may well be the finest, most incisive deconstruction of football management that the game has ever produced' Mail on Sunday 'A genuine pleasure . . . His thoughts on his players are humane, interesting, candid and never less than believable' The Times 'The best things are the small things: regretting joining Ipswich when he discovered the training kit was blue; refusing

to sign Robbie Savage because his answerphone message was rubbish; being appalled that his side had listened to an Abba song before playing football' Evening Standard 'The book is brilliantly constructed, rattling along at breakneck speed . . . full of self-deprecation . . . a ruthless self-examination' Daily Telegraph
How to Be a Footballer - Peter Crouch 2018-09-06
'Very funny on almost every page, wonderfully self-deprecating and very sharp on the ludicrous behaviour of the modern player' - Sunday Times
'The funniest man in British sport' - Metro
A Sunday Times Sports Book of the Year
Shortlisted for the National Book Awards
**Longlisted for the Telegraph Sports Book Awards
Autobiography of the Year**
You become a footballer because you love football. And then you are a footballer, and you're suddenly in the strangest, most baffling world of all. A world where one teammate comes to training in a bright red suit with matching

top-hat, cane and glasses, without any actual glass in them, and another has so many sports cars they forget they have left a Porsche at the train station. Even when their surname is incorporated in the registration plate. So walk with me into the dressing-room, to find out which players refuse to touch a football before a game, to discover why a load of millionaires never have any shower-gel, and to hear what Cristiano Ronaldo says when he looks at himself in the mirror. We will go into post-match interviews, make fools of ourselves on social media and try to ensure that we never again pay £250 for a haircut that should have cost a tenner. We'll be coached and cajoled by Harry Redknapp, upset Rafa Benitez and be soothed by the sound of an accordion played by Sven-Goran Eriksson's assistant Tord Grip. There will be some very bad music and some very bad decisions. I am Peter Crouch. This is How To Be A Footballer. Shall we?
Robbo - My Autobiography -
Bryan Robson 2012-08-16

Bryan Robson is widely remembered as a fearless and inspirational player and captain, both for club and country, whose presence lifted team-mates and intimidated opponents. At his peak, he was acknowledged as the most complete midfielder in the country, and played at the highest level despite a series of devastating injuries. He began his playing career at West Bromwich Albion, then moved to Manchester United in 1981 for a then record British transfer fee of £1.5 million. He soon became captain, and enjoyed regular Cup success, eventually winning the Championship. He also won 90 caps for England, 65 of them as captain. His autobiography reveals a fascinating insight into his days with the England and United camps and characters such as Paul Gascoigne, Gary Lineker, Roy Keane and Alex Ferguson. He puts the record straight on the 'drink culture' that Ferguson sought to stamp out at United, and describes his pain when he discovered he was surplus to

the manager's requirements. He candidly reflects on the highs and lows of his football life, and discusses incidents on the pitch as well as some of the clashes that have happened behind the scenes.

Provided You Don't Kiss Me -

Duncan Hamilton 2008

Look Duncan, you're a journalist. One day you'll write a book about this club. Or, more to the point, about me. So you may as well know what I'm thinking and save it up for later when it won't do any harm to anyone.

A Companion to Narrative Theory - James Phelan

2008-04-15

The 35 original essays in A Companion to Narrative Theory constitute the best available introduction to this vital and contested field of humanistic enquiry. Comprises 35 original essays written by leading figures in the field Includes contributions from pioneers in the field such as Wayne C. Booth, Seymour Chatman, J. Hillis Miller and Gerald Prince Represents all the major critical approaches to narrative

and investigates and debates the relations between them Considers narratives in different disciplines, such as law and medicine Features analyses of a variety of media, including film, music, and painting Designed to be of interest to specialists, yet accessible to readers with little prior knowledge of the field **Fever Pitch** - Nick Hornby 2005-05-05

A famous account of growing up to be a fanatical football supporter. Told through a series of match reports, FEVER PITCH has enjoyed enormous critical and commercial success since it was first published in 1992. It has helped to create a new kind of sports writing, and established Hornby as one of the finest writers of his generation.

Between the Lines - Michael Carrick 2019-05

The autobiography of Manchester United captain and legend, Michael Carrick. 'The whistle blows and I set off for the one kick I know will stay with me for the rest of my life,

maybe even define my life...'

Michael Carrick was the heartbeat of Manchester United. For more than a decade he was the player that made them tick. Loved by his managers, lauded by his fellow professionals, worshipped by the Old Trafford faithful, yet regularly misunderstood by the wider public, Carrick was a player like no other. Intelligent, calm, thoughtful - in many ways the opposite of the archetypal English midfielder - Carrick has always been his own man and is typically forthright. In his book he reveals what it's really like to win relentlessly under legendary manager Sir Alex Ferguson, shows us the hidden secrets of the famous Carrington training ground, invites us to experience the camaraderie and clashes inside the United dressing room, and lets us feel what it's like to walk out on the Old Trafford pitch alongside some of the biggest names in the game - from Ronaldo to Scholes to Giggs, Rooney and the rest. A deeply personal book, Between

the Lines reveals for the first time Michael's battles with mental health, his struggles with the national side, as well as the redemption he has found with his family and his team. From growing up in the north-east to winning the Champions League and five Premier League titles with Manchester United, via West Ham and Tottenham, Carrick's story reveals him to be his own man: fearless, thoughtful, intelligent and honest.

Sunderland - Jonathan Wilson
2010-12-23

After just a handful of games this season Sunderland were looking early favourites for the drop into League One, despite the arrival of the 'returning messiah' Niall Quinn, who headed up the consortium that had just bought the club. When he took the decision to appoint Roy Keane as manager, most predicted a storm. Instead, out went half the first team, and Sunderland went on to lift the Championship and head off into the 'promised land' of the Premiership. Wilson tells the story not only of Sunderland's

astonishing turnround, but also the transformation of their manager. As a player Keane was notoriously critical of shortcomings in his teammates. Yet as a manager, he has inspired his side and seems a natural in the role, thanks to his razor sharp wit and insight. In the course of covering the Championship for the Independent and Independent on Sunday, Jonathan Wilson (himself a Mackem) has followed Sunderland's rise closely. Here he not only probes behind the scenes at The Stadium of Light, and brings an in-depth analysis to the club's achievement, he also celebrates one of the most remarkable seasons in the club's history. It is a football story as dramatic as any of recent years.

Alex - David Lyons 2021-11-25
BEFORE, DURING AND AFTER
MANCHESTER UNITED Alex is the most up-to-date biography of Sir Alex Ferguson-the most decorated manager in British football history. Find out how he recovered from his brain surgery in 2018. Why he

appointed David Moyes as his successor. How livid he was when Moyes was sacked ten months later. What he thought of Louis van Gaal's tenure as Manchester United manager. What he thought of Jose Mourinho's reign. And just how big a role he played in the appointment of Ole Gunnar Solskjaer. This book also takes a deep dive into Alex's relationship with the Glazer family and how he views the work carried out by Ed Woodward. From nought to eighty, this is the most complete biography ever written about Sir Alex Ferguson. □□□□ Eamonn Holmes (Respected broadcaster and friend of Alex Ferguson): "A portrait of a genius for anyone wanting to know what makes Fergie tick. This is the Fergie factor explained." □□□□ Ken O'Doherty (World champion snooker player and friend of Alex Ferguson): "A fitting and wonderful tribute to the greatest football manager of all time." □□□□ Mike McGrath (The Daily telegraph): "A

terrific journey"

Introduction to Evolutionary Computing - Agoston E. Eiben
2013-03-14

The first complete overview of evolutionary computing, the collective name for a range of problem-solving techniques based on principles of biological evolution, such as natural selection and genetic inheritance. The text is aimed directly at lecturers and graduate and undergraduate students. It is also meant for those who wish to apply evolutionary computing to a particular problem or within a given application area. The book contains quick-reference information on the current state-of-the-art in a wide range of related topics, so it is of interest not just to evolutionary computing specialists but to researchers working in other fields.

NurtureShock - Po Bronson
2009-09-03

In a world of modern, involved, caring parents, why are so many kids aggressive and cruel? Where is intelligence hidden in the brain, and why

does that matter? Why do cross-racial friendships decrease in schools that are more integrated? If 98% of kids think lying is morally wrong, then why do 98% of kids lie? What's the single most important thing that helps infants learn language? NurtureShock is a groundbreaking collaboration between award-winning science journalists Po Bronson and Ashley Merryman. They argue that when it comes to children, we've mistaken good intentions for good ideas. With impeccable storytelling and razor-sharp analysis, they demonstrate that many of modern society's strategies for nurturing children are in fact backfiring--because key twists in the science have been overlooked. Nothing like a parenting manual, the authors' work is an insightful exploration of themes and issues that transcend children's (and adults') lives.

Red: My Autobiography - Gary Neville
2011-09-01

No player has been more synonymous with the glory

years of Manchester United Football Club over the past two decades than right-back Gary Neville. An Old Trafford regular since he attended his first match at the age of six, captain of the brilliant 1992 FA Youth Cup-winning team that became known as 'Fergie's Fledglings', outspoken representative of MUFC, Neville is the ultimate one-club man. He has been at the heart of it all and, at the end of an amazing career, is now ready to tell it all. Authoritative, insightful, fearless and never less than 100% honest, no-one has better credentials for documenting the story of United under Sir Alex Ferguson. Neville reveals the behind-the-scenes secrets of his early days with the likes of Giggs, Scholes and his best mate David Beckham; what it was like to play with Cantona, Keane and Ronaldo; the Treble in 1999; and of course an entire career of playing for the greatest manager in the game. Then there are all his experiences with England, from being the youngest

starter at Euro 96 when football came home, to the ups and downs of five major championships and seven managers - Venables, Hoddle, Wilkinson, Keegan, Eriksson, McClaren and Capello. There are opinions and analysis on Gazza, Rooney, WAGs and the true story of the FA and Rio Ferdinand. For twenty glorious years, Gary Neville has worn his heart on his sleeve. This is his story.

Keane - Roy Keane 2002

Roy Keane, captain of Manchester United and the Irish national team, was born in Cork in 1971. He signed for Manchester United from Nottingham Forest in 1993. In 2000 he was awarded the PFA Player of the Year 2000. His footballing intelligence and fierce determination helped Ireland to qualify for the 2002 World Cup. But his passion has sometimes given rise to the wrong kind of headlines. His commitment to winning has led to violent confrontation on the pitch and controversy off it.

Eat, Sleep, Ride - Paul Howard
2011-02-15

For Paul Howard, who has ridden the entire Tour de France route during the race itself—setting off at 4 am each day to avoid being caught by the pros—riding a small mountain-bike race should hold no fear. Still, this isn't just any mountain-bike race. This is the Tour Divide. Running from Banff in Canada to the Mexican border, the Tour Divide is more than 2,700 miles—500 miles longer than the Tour de France. Its route along the Continental Divide goes through the heart of the Rocky Mountains and involves more than 200,000 feet of ascent—the equivalent of climbing Mount Everest seven times. The other problem is that Howard has never owned a mountain bike—and how will training on the South Downs in southern England prepare him for sleeping rough in the Rockies? Entertaining and engaging, *Eat, Sleep, Ride* will appeal to avid and aspiring cyclers, as well as fans of adventure/travel narrative with a humorous twist.

[Seeing Red](#) - Graham Poll

2008-09-04

The most high-profile referee this country has ever seen, the controversial and opinionated Graham Poll exposes the myth that referees are the game's silent men, and opens the lid on the shocking and often unbelievable world of football that few outsiders get to see.

[A River of Words](#) - Jen Bryant

2008-07-09

2009 Caldecott Honor Book
An ALA Notable Book
A New York Times Best Illustrated Children's Book
A Charlotte Zolotow Honor Book
NCTE Notable Children's Book
When he wrote poems, he felt as free as the Passaic River as it rushed to the falls. Willie's notebooks filled up, one after another.

Willie's words gave him freedom and peace, but he also knew he needed to earn a living. So he went off to medical school and became a doctor -- one of the busiest men in town! Yet he never stopped writing poetry. In this picture book biography of William Carlos Williams, Jen Bryant's engaging prose and Melissa Sweet's stunning mixed-media

illustrations celebrate the amazing man who found a way to earn a living and to honor his calling to be a poet.]] 07 02
Bendtner: Both Sides - Nicklas Bendtner 2020-10-08

***** Shortlisted for

International Autobiography of the Year in the Telegraph Sports Book Awards 2021

WINNER OF 2019 DANISH SPORTS BOOK OF THE YEAR

'Brutally candid.' - The Guardian 'An extraordinary, granular depiction of a young football star's life.' - The Daily Mail 'One of the best books I've read about being a Premier League star.' - Piers Morgan 'An excellent read with some incredible stories.' -

TalkSPORT Breakfast Show 'One of the best football books I've read for a very long time.' - Sam Pilger, FourFourTwo Magazine 'Explosive.' - The Mirror 'Candid and brilliant.' - Nick Wright, Sky Sports Known as 'Lord Bendtner' to his fans and haters alike, Nicklas Bendtner has been lauded for his football skills at super clubs like Arsenal and Juventus. But his career was haunted by his

rocky behaviour and tendency to self-sabotage. Very much a fable of the modern game, Bendtner talks with disarming honesty about the darker side of football and his own difficult fall from grace; about what it's like to have so much promise that you lose touch with reality altogether. It's about growing up in a working class neighbourhood and what happens when you give a troubled, overconfident teen millions to spend. It's about fighting to reach the top in the world's toughest league but having no respect for hierarchy. It's about friendship, rivalry, and the constant quest for an adrenaline kick. It's about money - having too much of it - and an industry that has lost sight of what really matters. A modern footballing fable, it's a story of decline, temper, talent, great football and ultimately the tragedy of unfulfilled potential. Not since the days of Paul McGrath's Back From The Brink have we seen such honesty on the page of a footballer's memoir. Fans of Paul Merson, George Best

and Tony Adam's autobiographies will also find pure fascination here in a story that has gripped international readers...

Essential Soccer Skills - DK
2011-02-21

Essential Soccer Skills progresses from beginner basics to advanced techniques, featuring illustrated sequences on how to learn and master key skills, and tips on how to improve your overall form.

Essential Soccer Skills covers everything from the basics and rules of the game to the types of players--goalkeepers, defenders, midfielders, attackers--to skills and team tactics like stepovers, heading, and volleying. Essential Soccer Skills is the go-to guide for anyone interested in learning more about soccer and becoming a better player.

Jaap Stam - Jaap Stam 2002
Now recognised as one of the best central defenders in the world, Jaap Stam was a huge influence in Manchester United's 1998/99 Treble winning season and continues to earn the plaudits for his

performances at both club level and for Holland. In this, his first book, Stam reveals what it is like to play for the biggest and most famous football club in the world, sharing the limelight with the likes of Ryan Giggs, David Beckham and Roy Keane.

The Brain - David Eagleman
2017-03-07

Locked in the silence and darkness of your skull, your brain fashions the rich narratives of your reality and your identity. Join renowned neuroscientist David Eagleman for a journey into the questions at the mysterious heart of our existence. What is reality? Who are "you"? How do you make decisions? Why does your brain need other people? How is technology poised to change what it means to be human? In the course of his investigations, Eagleman guides us through the world of extreme sports, criminal justice, facial expressions, genocide, brain surgery, gut feelings, robotics, and the search for immortality. Strap in for a whistle-stop tour into the inner cosmos. In the

infinitely dense tangle of billions of brain cells and their trillions of connections, something emerges that you might not have expected to see in there: you. This is the story of how your life shapes your brain, and how your brain shapes your life. (A companion to the six-part PBS series. Color illustrations throughout.)

How to Be Like Walt - Pat Williams 2010-01-01

How to Be Like is a “character biography” series: biographies that also draw out important lessons from the life of their subjects. In this new book—by far the most exhaustive in the series—Pat Williams tackles one of the most influential people in recent history. While many recent biographies of Walt Disney have reveled in the negative, this book takes an honest but positive look at the man behind the myth. For the first time, the book pulls together all the various strands of Disney’s life into one straightforward, easy-to-read tale of imagination, perseverance, and optimism. Far from a preachy or

oppressive tome, this book scrapes away the minutiae to capture the true magic of a brilliant maverick. Key Features This is for the millions of Disney fans—those who admire his artistry or his business savvy or the products of his namesake company. The tone and style of the book will capture the imagination of younger readers, especially teens, in the same way as How to Be Like Mike. Support within the Disney world includes the daughter and grandson of Walt Disney; nephew and former vice chairman Roy Disney; and numerous Disney insiders who are already spreading the word.

Gentlemen and Players -

Joanne Harris 2006-01-03

As the new term gets under way at the elite St. Oswald's Grammar School for Boys, a number of increasingly devastating incidents occurs, leaving the unraveling school in the hands of the only person who can save it, Roy Straitley.

Triggs: The Autobiography of Roy Keane's dog - Triggs

2012-06-01

Roy Keane was the most controversial footballer of his generation. And the most influential. He captained Manchester United during an era in which they dominated English football. He made friends. He made enemies. He walked out of a World Cup and divided a nation. And his beloved Labrador Retriever Triggs was at his side through it all. Their walks became the stuff of 24-hour, rolling news legend. Now, in the most eagerly awaited football memoir of the decade, Triggs finally reveals the part she played in the extraordinary drama of her master's life.

O, Louis - Hugo Borst

2014-11-20

'Am I so smart or are you so stupid?' - Louis van Gaal I started out wanting to write a book about Marco van Basten. I still do, but I dread the moment when I have to write something I know will make him unhappy. He's not a man you wage war on. With Louis van Gaal it's different: as a journalist he leaves you no choice. You're

not worthy of the name if you aren't prepared to return fire when he starts yelling. Hugo Borst is an award-winning writer, journalist and TV pundit. He is also a close friend of Louis van Gaal. Well, he used to be. O, Louis is Hugo's attempt to get to grips with this larger-than-life character. Full of outrageous stories and unintentionally hilarious encounters, Borst details his quest to understand the man and the breakdown in their friendship. He interviews an array of experts who each interpret the great manager from the perspective of their own field - a cleric, a politician, a psychiatrist, an impersonator, a theatre director, writers, poets and a trio of keen comic minds. Through these meetings as well as through his own encounters with Van Gaal, Borst is finally able to unlock the personality of this exceptional, talented, infuriating and even, occasionally, loveable man. 'This book will sell well. Everything that has my face on it sells well' - Louis van Gaal

To Kill A Democracy - Debasish Roy Chowdhury 2021-06-24
India is heralded as the world's largest democracy. Yet, there is now growing alarm about its democratic health. To Kill a Democracy gets to the heart of the matter. Combining poignant life stories with sharp scholarly insight, it rejects the belief that India was once a beacon of democracy but is now being ruined by the destructive forces of Modi-style populism. The book details the much deeper historical roots of the present-day assaults on civil liberties and democratic institutions. Democracy, the authors also argue, is much more than elections and the separation of powers. It is a whole way of life lived in dignity, and that is why they pay special attention to the decaying social foundations of Indian democracy. In compelling fashion, the book describes daily struggles for survival and explains how lived social injustices and unfreedoms rob Indian elections of their meaning, while at the same time feeding

the decadence and iron-fisted rule of its governing institutions. Much more than a book about India, To Kill A Democracy argues that what is happening in the country is globally important, and not just because every third person living in a democracy is an Indian. It shows that when democracies rack and ruin their social foundations, they don't just kill off the spirit and substance of democracy. They lay the foundations for despotism.

Cantona - Philippe Auclair
2009-08-21

'An artist, in my eyes, is someone who can lighten up a dark room. I have never and will never find difference between the pass from Pele to Carlos Alberto in the final of the World Cup in 1970, and the poetry of the young Rimbaud' - Eric Cantona Football, and art. Eric Cantona - legend, maverick, troubled artist or just plain trouble - never saw a need to make a distinction between the two. For all the heat and noise surrounding his infamous Crystal Palace 'kung-

fu kick', it is for the sheer exuberant beauty of his play that Eric Cantona is chiefly remembered by English football fans. At Leeds United he transformed the team into title contenders, but became a true talisman at Manchester United, where to this day fans sing of 'King Eric'. And yet the effortless style of Cantona's play could not hide a darker side to his temperament. In his own words, 'I play with passion and fire. I have to accept that sometimes, this fire does harm.' In *Cantona: The Rebel Who Would Be King* leading French football journalist Philippe Auclair has interviewed over 200 key protagonists in Cantona's career, searching for the man behind the myth. Marrying a deep knowledge of Cantona's impact on the pitch with soulful, pin-sharp insight into the heart and inner thoughts of this most complex of characters, this is nothing less than the definitive biography of a one-time rebel of the French game, who rose to be the King of Old Trafford. 'I'd give all the

champagne I've ever drunk to be playing alongside Cantona in a big European match at Old Trafford' - George Best
[Trauma and Recovery](#) - Judith Lewis Herman 2015-07-07
In this groundbreaking book, a leading clinical psychiatrist redefines how we think about and treat victims of trauma. A "stunning achievement" that remains a "classic for our generation." (Bessel van der Kolk, M.D., author of *The Body Keeps the Score*). *Trauma and Recovery* is revered as the seminal text on understanding trauma survivors. By placing individual experience in a broader political frame, Harvard psychiatrist Judith Herman argues that psychological trauma is inseparable from its social and political context. Drawing on her own research on incest, as well as a vast literature on combat veterans and victims of political terror, she shows surprising parallels between private horrors like child abuse and public horrors like war. Hailed by the *New York Times* as "one of the most important

psychiatry works to be
published since Freud,"
Trauma and Recovery is

essential reading for anyone
who seeks to understand how
we heal and are healed.