

Dare To Tri My Journey From The Bbc Breakfast Sof

Swim, Bike, Run Alistair Brownlee, Jonathan Brownlee. 2013-06-06 Swim, Bike, Run is the ultimate triathlon book, from Olympic heroes the Brownlee brothers The Olympic Triathlon, Hyde Park, London August 7th 2012 'We jogged to our positions on the pontoon: two brothers, side by side, the world and everyone we ever cared about looking on. Eighteen years of training, culminating in this single race. Noise from the crowd impossible to imagine. Hearts thumping. Swim-hats pulled tight, goggles lowered. Into a crouch, poised for the hooter. Three. Two. One...' This is the story of how two skinny lads from west Yorkshire became the best triathletes in the world. Meet the Brownlees: Olympic Champion Alistair, World Champion Jonny. Brothers, training partners, rivals. They have obliterated the competition and set new standards for swimming, biking and running. But the Brownlee brothers have never forgotten their roots. They still do their schoolboy hill runs and Dales rides; still train harder and longer than anyone; still push each other to new heights. In this revealing, often very funny book they take us inside their world and inside their races. It's both a riveting story of brotherly rivalry and a rare insight into what it takes to be the best. Swim, Bike, Run is also packed with training secrets. Whether you are thinking about your first triathlon or are a seasoned competitor, here are unique sections on how to swim, bike and run, and advice on nutrition, injury, and mental approach. With the Brownlees in your corner, you will do more than you ever thought possible. This book is essential reading for anyone interested in swimming, cycling and running and will be loved by readers of Mark Cavendish's *Boy Racer* and *Running with the Kenyans*. Alistair Brownlee, 24, is a British triathlete from Yorkshire. He is the reigning Olympic champion, a back-to-back European champion and a two-time World champion. Jonathan Brownlee, 22, is also a British triathlete from Yorkshire. He is the reigning World Champion, a two-time World Sprint champion and an Olympic bronze medalist. 'Sport has two new heroes: a couple of nice lads from Yorkshire' The Times

Accidental Ironman Martyn Brunt. 2014-02-06 Having spent 10 years scaling the lower echelons of the sport, the time has come for one of Britain's least successful athletes to reveal all about how he got involved in all this nonsense in the first place. Marvel as he reveals: His sporting history - how being last pick at school football in the 1970s set him on course for a lifetime of being rubbish at team games. How he took up triathlons in the first place (for a bet, and the cow who made it with him never paid up). How he overcame a crippling lack of talent and a chorus of complete indifference from his family to complete 10 Ironmans, all outside the top 500 finishers. The many triathlon adventures he has experienced over the past 10 years (cow pats, Ironmans, incontinence, driving bans, broken bones, public nudity, spending entire redundancy payments on a new bike, Belgian portaloo, German knocking shops, sunburnt arse cheeks, channel swimming, fights with chavs, obsessions with weather and the nutritional value of Jaffa Cakes, 3 hour marathons, chronic dehydration and so on). The many and varied idiots he's got to know as a result of taking up the sport (aka his mates). The typical training (hell) he goes through to take part in a race given he has absolutely no ability whatsoever. How triathlons ultimately caused him to sell his Mercedes, give away his expensive suit, chuck in his job in the City and become, as his father put it, a god-damned hippy (A cycle path designer who owns a camper van).

Dare to Tri Louise Minchin. 2018-05-03 SHORTLISTED FOR THE TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD 2019 RUNNING AWARDS 2019 - TOP BOOK Dare to Tri is the amazing story of TV presenter Louise Minchin's journey from the BBC Breakfast sofa to representing Great Britain at the World Triathlon Championships. This is a warmly written and wonderfully honest adventure-through-sport that will both entertain and inspire. 'I didn't even know what a triathlon was before 2012... When I took up the sport three years ago I didn't imagine for a second then, that, one day, I would be able to represent my country internationally.' Louise Minchin What started out as a fun television cycling stunt culminated in BBC Breakfast's Louise Minchin wearing the colours of Great Britain at the World Triathlon Championships in her age group. This is the story of how a newly discovered sport became a passion - and then an obsession. Dare to Tri is Louise's candid memoir of her incredible journey, recounting her rediscovery of competitive sport after nearly 30 years and her first tentative steps as a triathlete. In a story encompassing equal measures of determination and self-doubt, Louise has to overcome personal nerves, a brutal training regime, the odd bike crash and the occasional drama. Her adventure as she strives to represent Great Britain in triathlon is an inspiration for sporting late-starters everywhere.

The Children of Men P. D. James. 2012-01-11 The year is 2021. No child has been born for twenty-five years. The human race faces extinction. Under the despotic rule of Xan Lyppiat, the Warden of England, the old are despairing and the young cruel. Theo Faren, a cousin of the Warden, lives a solitary life in this ominous atmosphere. That is, until a chance encounter with a young woman leads him into contact with a group of dissenters. Suddenly his life is changed irrevocably as he faces agonising choices which could affect the future of mankind. NOW A MAJOR MOTION PICTURE

Triathlon for Beginners Dan Golding. 2012-07-08 Are you thinking about getting into triathlon or doing your first race? Have you finished a couple of races and are keen to improve your time? Do you find the whole sport daunting and confusing? Are you a little intimidated by everybody else who looks like they know what they are doing? This easy to understand and insightful book is packed with practical ways you can improve and it will help you: -Understand the sport of triathlon what is triathlon and how does it work? -Develop a training plan together that simplifies your season -Train effectively so you minimise the risk of getting injured -Stop you making the mistakes which cost a lot of time and money -Make you feel confident when you are on the start line -Decide what race length is best for you from sprint to Ironman -Buy the right triathlon kit to suit your ability and your aspirations A personal note from the author: This book is gathered from years of training and racing but not only from my triathlon experience but from the experience of champions. I have trained with and raced with elite athletes and winners from all over the world but I started not knowing what I was doing and was scared to death when I did my first race. I wish I had this book when I started out. I would have saved myself a lot of heart ache and stress! I wrote this to help all triathlon rookies get over their nerves and enjoy this fantastic sport. Triathlon for beginners is the start to finish complete guide which covers all the areas of training and racing including: -Where to start - types of races, what you need to know and where to begin -Jargon buster - helping you understand the terms of the sport so you can understand what people are talking about when they say T1 or Brick! -Training rules and techniques -Swimming technique and etiquette -Running technique and how to prevent injury and run faster -Cycling in a pack what to do and what not to do -Transition - how to lay it out, what to bring and how to be effective -Understanding nutrition and why it is key, how best to manage your nutrition and what is best to eat for triathlon training and racing -Race day - what to look out for, how to prepare and what to expect This guide takes you from start to finish so you can feel confident and comfortable when you train and race. Here are some of the comments we have had from readers... I loved this book! I have completed a few triathlons- sprint and Olympic distance. This book really simplified what is important to focus on. There is so much to know and learn that sometimes you feel overwhelmed. It is an easy, entertaining read but packed with good knowledge that made a big difference to my racing. Charlotte Campbell, World Games triathlon gold medallist I wish this was around before! I did a number of Triathlons over the last few years. When I first took it up I had to ask people's advice which at best was disjointed and worst, confusing. I also read some very good stuff on the internet, however this was also disjointed and incomplete. This book would have been ideal, as it puts it all together clearly and concisely. Liam Harrington; sprint triathlete

The Cultural Cold War Frances Stonor Saunders. 2013-11-05 During the Cold War, freedom of expression was vaunted as liberal democracy's most cherished possession—but such freedom was put in service of a hidden agenda. In *The Cultural Cold War*, Frances Stonor Saunders reveals the extraordinary efforts of a secret campaign in which some of the most vocal exponents of intellectual freedom in the West were working for or subsidized by the CIA—whether they knew it or not. Called the most comprehensive account yet of the [CIA's] activities between 1947 and 1967 by the New York Times, the book presents shocking evidence of the CIA's undercover program of cultural interventions in Western Europe and at home, drawing together declassified documents and exclusive interviews to expose the CIA's astonishing campaign to deploy the likes of Hannah

Arendt, Isaiah Berlin, Leonard Bernstein, Robert Lowell, George Orwell, and Jackson Pollock as weapons in the Cold War. Translated into ten languages, this classic work—now with a new preface by the author—is a real contribution to popular understanding of the postwar period (The Wall Street Journal), and its story of covert cultural efforts to win hearts and minds continues to be relevant today.

The Case-Book of Sherlock Holmes Arthur Conan Doyle.2023-12-14 This carefully crafted ebook: The Case-Book of Sherlock Holmes is formatted for your eReader with a functional and detailed table of contents. Sherlock Holmes is a consulting detective known for his proficiency with observation, forensic science, and logical reasoning that borders on the fantastic, which he employs when investigating cases for a wide variety of clients, including Scotland Yard. The Case-Book of Sherlock Holmes is the final set of twelve detective stories: The Illustrious Client The Blanched Soldier The Mazarin Stone The Three Gables The Sussex Vampire The Three Garridebs The Problem of Thor Bridge The Creeping Man The Lion's Mane The Veiled Lodger Shoscombe Old Place The Retired Colourman

Plan B 3.0: Mobilizing to Save Civilization (Substantially Revised) Lester R. Brown.2008 Provides alternative solutions to such global problems as population control, emerging water shortages, eroding soil, and global warming, outlining a detailed survival strategy for the civilization of the future.

Triathlon for the Every Woman Meredith Atwood.2019-03-12 You Are a Badass for aspiring triathletes: a practical and inspiring guide to getting off the couch and on the trail to race your first -- or 50th -- triathlon When Meredith Atwood first shared her journey from tired, overworked wife and mom to successful triathlete, her story resonated with women everywhere, online at SwimBikeMom.com and in the first edition of Triathlon for the Every Woman. Now with her own IRONMAN finishes, experience, and triathlon coaching expertise, Meredith is back with even more wisdom. In this fully revised edition, Atwood not only shares how she went from the couch to an IRONMAN 70.3 triathlon in just over a year, but also shares the latest expertise from coaches, nutritionists, and athletes on each component of the triathlon: swimming, biking, and running. With compact training plans, the most current nutrition advice, updated resources, and the latest information on long-distance racing, this new edition has all you need to make your triathlon goals a reality.

Postwar Tony Judt.2006-09-05 Finalist for the Pulitzer Prize • Winner of the Council on Foreign Relations Arthur Ross Book Award • One of the New York Times' Ten Best Books of the Year "Impressive . . . Mr. Judt writes with enormous authority." —The Wall Street Journal "Magisterial . . . It is, without a doubt, the most comprehensive, authoritative, and yes, readable postwar history." —The Boston Globe Almost a decade in the making, this much-anticipated grand history of postwar Europe from one of the world's most esteemed historians and intellectuals is a singular achievement. Postwar is the first modern history that covers all of Europe, both east and west, drawing on research in six languages to sweep readers through thirty-four nations and sixty years of political and cultural change—all in one integrated, enthralling narrative. Both intellectually ambitious and compelling to read, thrilling in its scope and delightful in its small details, Postwar is a rare joy. Judt's book, Ill Fares the Land, republished in 2021 featuring a new preface by bestselling author of Between the World and Me and The Water Dancer, Ta-Nehisi Coates.

All that is Solid Melts Into Air Marshall Berman.1983 The experience of modernization -- the dizzying social changes that swept millions of people into the capitalist world -- and modernism in art, literature and architecture are brilliantly integrated in this account.

Run, Ride, Sink Or Swim Lucy Fry.2015-05-07 Three sports in one event? Triathletes must be crazy, right? At the age of thirty-one, Lucy Fry was pretty certain she knew her limits: triathlon was not for her. But as increasing numbers of her female friends signed up to tri, Lucy couldn't help wondering: what was it about this sport that women found so transformative? The time had come to find out. Over one year, five triathlons and hundreds of training hours, Lucy discovers the competition and camaraderie, how to wear a sports bra under a wetsuit, whether getting over 'jelly legs' makes you a more resilient human being - and that maybe she doesn't know her limits after all... Funny, warm and engaging, Run, Ride, Sink or Swim is for the tri-curious and the tri-hard, and for any woman looking to make the transition from sofa to start line.

The Bourbon Kings J.R. Ward.2016-07-05 The #1 New York Times bestselling author of the Black Dagger Brotherhood delivers the first novel in an enthralling new series set amid the shifting dynamics of a Southern family defined by wealth and privilege—and compromised by secrets, deceit, and scandal. . . . Upstairs on the sprawling estate of Easterly, the kings of the bourbon capital of the world—the Bradford family—appear to play by the rules of good fortune and taste. Downstairs, the staff works tirelessly to maintain the impeccable Bradford facade. And never the twain shall meet. For Lizzie King, Easterly's head gardener, crossing that divide nearly ruined her life. Falling in love with Tulane, the prodigal son of the bourbon dynasty, was nothing she intended—and their breakup proved her instincts right. Now, after two years, Tulane is coming home. And no one will be left unmarked. . . .

The Runner's Code Chas Newkey-Burden.2021-10-14 Cracking... full of running gems, realities and giggles. Nice work!' - Martin Yelling, Marathon Talk 'Lovely - very impressive' - TalkSPORT 'From now on, if anyone I know mentions that they want to start running, this will be my first recommendation' - Stuart Heritage Best Books of 2021: Sport - Waterstones selection The Runner's Code explores the unwritten rules of everyday running and is essential reading for anyone who marvels at marathons, tears round the track or simply plods round the park. Filled with smart advice and brilliantly knowing humour, this unique celebration of running takes the newbie and veteran alike through the secret, nuanced and blindingly obvious rules of running to answer all the important questions, such as: - What's the correct etiquette for acknowledging other runners? - What should you do if you get 'caught short' on a run? - And exactly how many times can you ask colleagues for marathon sponsorship? The book is packed with plenty of need-to-know information to help you deliver your best running performance, such as coping with different weather conditions, advice on kit and clothing (how many miles can a pair of trainers last, and is it ever appropriate to run in a mankini?) and pavement etiquette (overtaking dawdling pedestrians on a busy street). There are also sections on getting the best race-day nutrition, finding the perfect running headspace and gaining maximum joy from your running. The Runner's Code features exclusive contributions from BBC presenters Nicky Campbell and Louise Minchin, sports writer Henry Winter, and leading running authors Anna McNuff, Paul Tonkinson, Rachel Cullen, Martin Yelling, Liz Yelling, Helen Croydon and Michael Stocks. They each brilliantly reveal what they love and what they hate about running. Written by journalist, author and self-confessed running nut Chas Newkey-Burden, The Runner's Code will help us to all run better and more responsibly, while reminding us of the joy and, at times, the wonderful absurdity of running.

When China Rules the World Martin Jacques.2009-11-12 Greatly revised and expanded, with a new afterword, this update to Martin Jacques's global bestseller is an essential guide to understanding a world increasingly shaped by Chinese power Soon, China will rule the world. But in doing so, it will not become more Western. Since the first publication of When China Rules the World, the landscape of world power has shifted dramatically. In the three years since the first edition was published, When China Rules the World has proved to be a remarkably prescient book, transforming the nature of the debate on China. Now, in this greatly expanded and fully updated edition, boasting nearly 300 pages of new material, and backed up by the latest statistical data, Martin Jacques renews his assault on conventional thinking about China's ascendancy, showing how its impact will be as much political and cultural as economic, changing the world as we know it. First published in 2009 to widespread critical acclaim - and controversy - When China Rules the World: The End of the Western World and the Birth of a New Global Order has sold a quarter of a million copies, been translated into eleven languages, nominated for two major literary awards, and is the subject of an immensely popular TED talk.

Triathlon Training For Dummies Deirdre Pitney, Donna Dourney.2008-11-24 Shaping up for a triathlon is serious business. Triathlon Training For Dummies is packed with insider tips and proven methods for training for a triathlon and pumping yourself into the best possible shape by race day. It helps you find the motivation you need to stick to your program, eat better to maximize your energy, and prevent injuries both before and during the race. This authoritative guide helps you evaluate your cardiovascular fitness, muscle strength, endurance, and flexibility, and to set manageable realistic training goals. You'll learn how to establish a workout schedule, choose a target finish time get the right, affordable equipment you'll need for each leg of the race, and maximize your fitness and form for swimming, biking, and running. You'll also get plenty of help in

putting it all together as you focus your training, add dual workouts, become a quick-change artist, and save time during transitions. Discover how to: Choose an event to train for based on your fitness level Get into your best possible shape Select the right equipment and sportswear Train for an Olympic, Sprint, or Ironman triathlon Fuel your body and prevent injuries Prepare for training sessions Maintain energy and recover quickly Set training schedules for every triathlon event Treat common training and racing injuries Live like an athlete Triathlon Training For Dummies comes complete with resources for finding triathlons near you, lists of items to bring along on race day, and tips on registration formalities and racing etiquette.

The Joy of Less: A Minimalist Guide to Declutter, Organize, and Simplify - Updated and Revised (Minimalism Books, Home Organization Books, Decluttering Books House Cleaning Books) Francine Jay.2016-04-26 An inspiring read for anyone wanting to downsize, finally park the car in the garage, or just clear out a few closets. —Rachel Jonat, TheMinimalistMom.com Having less stuff is the key to happiness: Do you ever feel overwhelmed, instead of overjoyed, by all your possessions? Do you secretly wish a gale force wind would blow the clutter from your home? If so, it's time to simplify your life! The Joy of Less is a fun, lighthearted guide to minimalist living: Part One provides an inspirational pep talk on the joys and rewards of paring down. Part Two presents the STREAMLINE method: ten easy steps to rid your house of clutter. Part Three goes room by room, outlining specific ways to tackle each one. Part Four helps you get your family on board and live more lightly and gracefully on the earth. Ready to sweep away the clutter? Just open this book, and you'll be on your way to a simpler, more streamlined, and more serene life. Francine has helped hundreds of thousands of people declutter their homes and simplify their lives with her bestselling book, The Joy of Less. Her advice has been featured widely in the media, including on CNN, BBC, Today, and in The New York Times, USA Today, The Chicago Tribune, The Guardian, The Financial Times, Forbes, The Huffington Post, Le Parisien, ELLE Espana, House Beautiful, Woman's World, Dr. Oz The Good Life, and others. The Joy of Less, a beautiful minimalism book, makes an ideal gift for any loved one on a mission to simplify their life.

Why Forgive? Johann Christoph Arnold.2014-05-25 Revised and expanded edition of Arnold's book 'Seventy times seven' (Plough 1997).

World War Z Max Brooks.2013 An account of the decade-long conflict between humankind and hordes of the predatory undead is told from the perspective of dozens of survivors who describe in their own words the epic human battle for survival, in a novel that is the basis for the June 2013 film starring Brad Pitt. Reissue. Movie Tie-In.

An Anthropologist on Mars Oliver Sacks.2012-11-14 To these seven narratives of neurological disorder Dr. Sacks brings the same humanity, poetic observation, and infectious sense of wonder that are apparent in his bestsellers Awakenings and The Man Who Mistook His Wife for a Hat. These men, women, and one extraordinary child emerge as brilliantly adaptive personalities, whose conditions have not so much debilitated them as ushered them into another reality.

Radio Production Robert McLeish,Jeff Link.2015-09-16 Radio Production is for professionals and students interested in understanding the radio industry in today's ever-changing world. This book features up-to-date coverage of the purpose and use of radio with detailed coverage of current production techniques in the studio and on location. In addition there is exploration of technological advances, including handheld digital recording devices, the use of digital, analogue and virtual mixing desks and current methods of music storage and playback. Within a global context, the sixth edition also explores American radio by providing an overview of the rules, regulations, and purpose of the Federal Communications Commission. The sixth edition includes: Updated material on new digital recording methods, and the development of outside broadcast techniques, including Smartphone use. The use of social media as news sources, and an expansion of the station's presence. Global government regulation and journalistic codes of practice. Comprehensive advice on interviewing, phone-ins, news, radio drama, music, and scheduling. This edition is further enhanced by a companion website, featuring examples, exercises, and resources: www.focalpress.com/cw/mcleish.

Relentless: Secrets of the Sporting Elite Alistair Brownlee.2021-07-08 In his quest to define 'sporting greatness', double Olympic champion Alistair Brownlee has spent nearly 4 years interviewing and training with some of the greatest minds in sport to discover what it takes to become - and remain - a champion.

Dare to Tri Louise Minchin.2018-05-03 SHORTLISTED FOR THE TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD 2019 RUNNING AWARDS 2019 - TOP BOOK Dare to Tri is the amazing story of TV presenter Louise Minchin's journey from the BBC Breakfast sofa to representing Great Britain at the World Triathlon Championships. This is a warmly written and wonderfully honest adventure-through-sport that will both entertain and inspire. 'I didn't even know what a triathlon was before 2012... When I took up the sport three years ago I didn't imagine for a second then, that, one day, I would be able to represent my country internationally.' Louise Minchin What started out as a fun television cycling stunt culminated in BBC Breakfast's Louise Minchin wearing the colours of Great Britain at the World Triathlon Championships in her age group. This is the story of how a newly discovered sport became a passion - and then an obsession. Dare to Tri is Louise's candid memoir of her incredible journey, recounting her rediscovery of competitive sport after nearly 30 years and her first tentative steps as a triathlete. In a story encompassing equal measures of determination and self-doubt, Louise has to overcome personal nerves, a brutal training regime, the odd bike crash and the occasional drama. Her adventure as she strives to represent Great Britain in triathlon is an inspiration for sporting late-starters everywhere.

My Search for Ramanujan Ken Ono,Amir D. Aczel.2016-04-20 The son of a prominent Japanese mathematician who came to the United States after World War II, Ken Ono was raised on a diet of high expectations and little praise. Rebellious against his pressure-cooker of a life, Ken determined to drop out of high school to follow his own path. To obtain his father's approval, he invoked the biography of the famous Indian mathematical prodigy Srinivasa Ramanujan, whom his father revered, who had twice flunked out of college because of his single-minded devotion to mathematics. Ono describes his rocky path through college and graduate school, interweaving Ramanujan's story with his own and telling how at key moments, he was inspired by Ramanujan and guided by mentors who encouraged him to pursue his interest in exploring Ramanujan's mathematical legacy. Picking up where others left off, beginning with the great English mathematician G.H. Hardy, who brought Ramanujan to Cambridge in 1914, Ono has devoted his mathematical career to understanding how in his short life, Ramanujan was able to discover so many deep mathematical truths, which Ramanujan believed had been sent to him as visions from a Hindu goddess. And it was Ramanujan who was ultimately the source of reconciliation between Ono and his parents. Ono's search for Ramanujan ranges over three continents and crosses paths with mathematicians whose lives span the globe and the entire twentieth century and beyond. Along the way, Ken made many fascinating discoveries. The most important and surprising one of all was his own humanity.

Women who Dared Valjean McLenighan.1979 The story of 6 American women (e.g., Margaret Bourke-White and Diana Nyad) who have accomplished much in different fields.

The Road to Wigan Pier George Orwell.2021-01-07 The Road to Wigan Pier is Orwell's 1937 study of poverty and working-class life in northern England.

Jane Eyre Charlotte Bronte.2021-09 The LitJoy Classics edition of Jane Eyre features a fully illustrated cover and interior end pages, five full-page illustrations, gold-color ribbon, custom slip cover, gilded gold page edges, and artwork by Felix Abel Klaer.

With a Little Help Cory Doctorow.2015-07-16 With a Little Help is my first serious experiment in self-publishing. I've published many novels, short story collections, books of essays and so on with publishers, and it's all been very good and satisfying and educational and so on, but it seems like it's time to try something new. With a Little Help consists of 12 stories, all reprints except for Epoch (commissioned by Mark Shuttleworth).

My Coworkers Think I'm A Pro: Musings Of An Age Group Triathlete Brock Gibbs.2020-05 Brock Gibbs' funny autobiographical account of his quest for a podium finish in an Ironman 70.3 World Championships is anything but a how-to guide on becoming a champion. Gibbs hilariously, and touchingly, weaves together stories of his own madman pursuits as he pushes himself to his limits: physically, mentally, and emotionally. In a funny, self-deprecating way, the author describes what goes through his mind as he transforms from neophyte Ironman competitor to a seasoned 10th place finisher at the World Championship level. Gibbs captures the raw beauty of a man who is desperate to understand the tricks, traditions, and training secrets of triathlon. Audiences will laugh with the author, who is a stranger in a strange land, as he is confronted with the

ritualistic behaviour of triathlon transition zones and the primordial call of the pre-race bathroom visit. Through the comical retellings of his experiences preparing for and competing in the swim, bike, and run elements of this gruelling endurance sport, Gibbs recounts his struggle to be the best in spite of his own personal suffering. The author is a natural storyteller who uses humour to captivate his audience as he describes the brutally punishing road to becoming a World Champion in his age group, but just when his dream is within reach, Gibbs discovers a basic human truth that risks derailing it all. All triathletes, from novice age-groupers to seasoned professionals, will be able to relate to the situations Gibbs comically recounts and will repeatedly find themselves saying, Yeah, I've done that.

Pirate Cinema Cory Doctorow.2012-10-02 From the New York Times bestselling author of Little Brother, Cory Doctorow, comes Pirate Cinema, a new tale of a brilliant hacker runaway who finds himself standing up to tyranny. Trent McCauley is sixteen, brilliant, and obsessed with one thing: making movies on his computer by reassembling footage from popular films he downloads from the net. In the dystopian near-future Britain where Trent is growing up, this is more illegal than ever; the punishment for being caught three times is that your entire household's access to the internet is cut off for a year, with no appeal. Trent's too clever for that too happen. Except it does, and it nearly destroys his family. Shamed and shattered, Trent runs away to London, where he slowly learns the ways of staying alive on the streets. This brings him in touch with a demimonde of artists and activists who are trying to fight a new bill that will criminalize even more harmless internet creativity, making felons of millions of British citizens at a stroke. Things look bad. Parliament is in power of a few wealthy media conglomerates. But the powers-that-be haven't entirely reckoned with the power of a gripping movie to change people's minds.... At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

A Life Without Limits Chrissie Wellington.2012-05-15 In 2007, Chrissie Wellington shocked the triathlon world by winning the Ironman World Championships in Hawaii. As a newcomer to the sport and a complete unknown to the press, Chrissie's win shook up the sport. A LIFE WITHOUT LIMITS is the story of her rise to the top, a journey that has taken her around the world, from a childhood in England, to the mountains of Nepal, to the oceans of New Zealand, and the trails of Argentina, and first across the finish line. Wellington's first-hand, inspiring story includes all the incredible challenges she has faced--from anorexia to near-drowning to training with a controversial coach. But to Wellington, the drama of the sports also presents an opportunity to use sports to improve people's lives. A LIFE WITHOUT LIMITS reveals the heart behind Wellington's success, along with the diet, training and motivational techniques that keep her going through one of the world's most grueling events.

The Triathlon Training Book DK.2016-02-16 The Triathlon Training Book is your one-stop reference for training and competing in a triathlon. Find all the essentials you need to start training and improve your performance: • Clear, customizable training plans for all triathlon distances. • Step-by-step exercises to build your strength. • Incredible illustrations that explain efficiency and speed. • Expert advice on race-day strategy, nutrition, and equipment. • Trustworthy advice on treating common triathlon injuries and maintaining a healthy body. Whether you are a first-timer or a seasoned Ironman veteran, you'll find what you need in The Triathlon Training Book. There's even a special performance chapter with detailed anatomical artwork that explains the physiology and body mechanics for swimming, cycling, and running so you can see what's happening inside your body as you train.

The Day of the Triffids John Wyndham.2010-07-01 The classic postapocalyptic thriller with “all the reality of a vividly realized nightmare” (The Times, London). Triffids are odd, interesting little plants that grow in everyone’s garden. Triffids are no more than mere curiosities—until an event occurs that alters human life forever. What seems to be a spectacular meteor shower turns into a bizarre, green inferno that blinds everyone and renders humankind helpless. What follows is even stranger: spores from the inferno cause the triffids to suddenly take on a life of their own. They become large, crawling vegetation, with the ability to uproot and roam about the country, attacking humans and inflicting pain and agony. William Masen somehow managed to escape being blinded in the inferno, and now after leaving the hospital, he is one of the few survivors who can see. And he may be the only one who can save his species from chaos and eventual extinction . . . With more than a million copies sold, The Day of the Triffids is a landmark of speculative fiction, and “an outstanding and entertaining novel” (Library Journal). “A thoroughly English apocalypse, it rivals H. G. Wells in conveying how the everyday invaded by the alien would feel. No wonder Stephen King admires Wyndham so much.” —Ramsey Campbell, author of The Overnight “One of my all-time favorite novels. It’s absolutely convincing, full of little telling details, and that sweet, warm sensation of horror and mystery.” —Joe R. Lansdale, author of Edge of Dark Water

McMafia Misha Glenny.2009-01-19 Drugs, weapons, migrant labour, women — these are just a few of the many goods that effortlessly cross national borders in this globalized age, often without the knowledge or permission of the nations concerned. How is this remarkable criminal feat managed?From gun runners in the Ukraine, to money launderers in Dubai, cyber criminals in Brazil, racketeers in Japan, and the booming marijuana industry in western Canada, McMafia builds a breathtaking picture of a secret and bloody business.Internationally celebrated writer Misha Glenny crafts a fascinating, highly readable, and impressively well-researched account of the emergence of organized crime as a globalized phenomenon and shows how its secret and bloody business mirrors both the methods and the rewards of the legitimate world economy. Employing his journalistic talent and his prior experience covering organized crime in Eastern Europe, Glenny reports on his travels around the planet to investigate this worrying and worsening situation. After comprehensively surveying the criminal scene, Glenny ends by considering the future of organized crime. McMafia is an important book that assembles all the pieces of this worldwide puzzle for the first time.

History and Hope Kevin M. Cahill.2013-05-01 The International Humanitarian Affairs Reader is a compilation of the most important chapters in the ten volume series published on this topic by Fordham University Press. Each chapter selected has been edited to delete dated material; where appropriate, chapters will have a brief addendum to present current information. The Series Editor, Kevin M. Cahill M.D., will write a substantial introductory essay explaining the academic evolution of the discipline of international humanitarian assistance. It will focus on the Fordham Experience--its Institute of International Humanitarian Affairs (IIHA) has developed practical programs for training field workers, especially those dealing with complex emergencies following conflicts, man-made or natural disasters. The book series has been as essential part of this effort. The new International Humanitarian Affairs Reader will be divided into seven sections, each introduced by a link page providing continuity for the text. There will be extensive appendices to assist in finding basic acronyms, abbreviations, important conventions, treaties and accepted standards. One appendix will also provide the full table of contents for each volume in the series, and all chapters are available for digital download. The International Humanitarian Affairs Reader, scheduled for publication in Spring 2013, should provide the growing number of people--both within and outside academia--with a better understanding of the multi-faceted demands posed by humanitarian assistance programs. At Fordham University there are programs at both the undergraduate (Minor) and graduate (Masters) levels. Fordham's innovative, very intense, one-month residential course for experienced humanitarian workers--the International Diploma in Humanitarian Assistance (IDHA)--is recognized worldwide. The Institute now has over 2000 graduates from 133 nations. Contributors to The International Humanitarian Affairs Reader include many of the leading figures in international diplomacy, relief and refugee operations, conflict resolution and reconciliation, and transition from disaster to stability and development, from the chaos of war to peace.

Blueprint for Revolution Srdja Popovic,Matthew Miller.2015-02-03 An urgent and accessible handbook for peaceful protesters, activists, and community organizers—anyone trying to defend their rights, hold their government accountable, or change the world Blueprint for Revolution will teach you how to • make oppression backfire by playing your opponents’ strongest card against them • identify the “almighty pillars of power” in order to shift the balance of control • dream big, but start small: learn how to pick battles you can win • listen to what people actually care about in order to incorporate their needs into your revolutionary vision • master the art of compromise to bring together even the most disparate groups • recognize your allies and view your enemies as potential partners • use humor to make yourself heard, defuse potentially violent situations, and “laugh your way to victory” Praise for Blueprint for Revolution “The title is no exaggeration. Otpor’s methods . . . have been adopted by democracy movements around the world. The Egyptian opposition

used them to topple Hosni Mubarak. In Lebanon, the Serbs helped the Cedar Revolution extricate the country from Syrian control. In Maldives, their methods were the key to overthrowing a dictator who had held power for thirty years. In many other countries, people have used what Canvas teaches to accomplish other political goals, such as fighting corruption or protecting the environment.”—The New York Times “A clear, well-constructed, and easily applicable set of principles for any David facing any Goliath (sans slingshot, of course) . . . By the end of Blueprint, the idea that a punch is no match for a punch line feels like anything but a joke.”—The Boston Globe “An entertaining primer on the theory and practice of peaceful protest.”—The Guardian “With this wonderful book, Srdja Popovic is inspiring ordinary people facing injustice and oppression to use this tool kit to challenge their oppressors and create something much better. When I was growing up, we dreamed that young people could bring down those who misused their power and create a more just and democratic society. For Srdja Popovic, living in Belgrade in 1998, this same dream was potentially a much more dangerous idea. But with an extraordinarily courageous group of students that formed Otpor!, Srdja used imagination, invention, cunning, and lots of humor to create a movement that not only succeeded in toppling the brutal dictator Slobodan Milošević but has become a blueprint for nonviolent revolution around the world. Srdja rules!”—Peter Gabriel “Blueprint for Revolution is not only a spirited guide to changing the world but a breakthrough in the annals of advice for those who seek justice and democracy. It asks (and not heavy-handedly): As long as you want to change the world, why not do it joyfully? It’s not just funny. It’s seriously funny. No joke.”—Todd Gitlin, author of *The Sixties* and *Occupy Nation*

Nothing Happened Susan A. Crane.2021-01-19 The past is what happened. History is what we remember and write about that past, the narratives we craft to make sense out of our memories and their sources. But what does it mean to look at the past and to remember that nothing happened? Why might we feel as if nothing is the way it was? This book transforms these utterly ordinary observations and redefines Nothing as something we have known and can remember. Nothing has been a catch-all term for everything that is supposedly uninteresting or is just not there. It will take some—possibly considerable—mental adjustment before we can see Nothing as Susan A. Crane does here, with a capital n. But Nothing has actually been happening all along. As Crane shows in her witty and provocative discussion, Nothing is nothing less than fascinating. When Nothing has changed but we think that it should have, we might call that injustice; when Nothing has happened over a long, slow period of time, we might call that boring. Justice and boredom have histories. So too does being relieved or disappointed when Nothing happens—for instance, when a forecasted end of the world does not occur, and millennial movements have to regroup. By paying attention to how we understand Nothing to be happening in the present, what it means to know Nothing or to do Nothing, we can begin to ask how those experiences will be remembered. Susan A. Crane moves effortlessly between different modes of seeing Nothing, drawing on visual analysis and cultural studies to suggest a new way of thinking about history. By remembering how Nothing happened, or how Nothing is the way it was, or how Nothing has changed, we can recover histories that were there all along.

This Child Will Be Great Ellen Johnson Sirleaf.2009-04-07 In January 2006, after the Republic of Liberia had been racked by fourteen years of brutal civil conflict, Ellen Johnson Sirleaf—Africa's Iron Lady—was sworn in as president, an event that marked a tremendous turning point in the history of the West African nation. In this stirring memoir, Sirleaf shares the inside story of her rise to power, including her early childhood; her experiences with abuse, imprisonment, and exile; and her fight for democracy and social justice. This compelling tale of survival reveals Sirleaf's determination to succeed in multiple worlds: from her studies in the United States to her work as an international bank executive to her election campaigning in some of Liberia's most desperate and war-torn villages and neighborhoods. It is also the story of an outspoken political and social reformer who, despite danger, fought the oppression of dictators and championed change. By sharing her story, Sirleaf encourages women everywhere to pursue leadership roles at the highest levels of power, and gives us all hope that, with perseverance, we can change the world.

Hacker, Hoaxer, Whistleblower, Spy Gabriella Coleman.2015-10-06 The ultimate book on the worldwide movement of hackers, pranksters, and activists collectively known as Anonymous—by the writer the Huffington Post says “knows all of Anonymous’ deepest, darkest secrets” “A work of anthropology that sometimes echoes a John le Carré novel.” —Wired Half a dozen years ago, anthropologist Gabriella Coleman set out to study the rise of this global phenomenon just as some of its members were turning to political protest and dangerous disruption (before Anonymous shot to fame as a key player in the battles over WikiLeaks, the Arab Spring, and Occupy Wall Street). She ended up becoming so closely connected to Anonymous that the tricky story of her inside-outside status as Anon confidante, interpreter, and erstwhile mouthpiece forms one of the themes of this witty and entirely engrossing book. The narrative brims with details unearthed from within a notoriously mysterious subculture, whose semi-legendary tricksters—such as Topiary, tflow, Anachaos, and Sabu—emerge as complex, diverse, politically and culturally sophisticated people. Propelled by years of chats and encounters with a multitude of hackers, including imprisoned activist Jeremy Hammond and the double agent who helped put him away, Hector Monsegur, *Hacker, Hoaxer, Whistleblower, Spy* is filled with insights into the meaning of digital activism and little understood facets of culture in the Internet age, including the history of “trolling,” the ethics and metaphysics of hacking, and the origins and manifold meanings of “the lulz.”

A Year with Swollen Appendices Brian Eno.2020-11-17 The diary and essays of Brian Eno republished twenty-five years on with a new introduction by the artist in a beautiful hardback edition.'One of the seminal books about music . . . an invaluable insight into the mind and working practices of one of the industry's undeniable geniuses.'GUARDIANAt the end of 1994, Brian Eno resolved to keep a diary. His plans to go to the cinema, theatre and galleries fell quickly to the wayside. What he did do - and write - however, was astonishing: ruminations on his collaborative work with David Bowie, U2, James and Jah Wobble, interspersed with correspondence and essays dating back to 1978. These 'appendices' covered topics from the generative and ambient music Eno pioneered to what he believed the role of an artist and their art to be, alongside adroit commentary on quotidian tribulations and happenings around the world.This beautiful 25th-anniversary hardcover edition has been redesigned in the same size as the diary that eventually became this book. It features two ribbons, pink paper delineating the appendices (matching the original edition) and a two-tone paper-over-board cover, which pays homage to the original design.An intimate insight into one of the most influential creative artists of our time, *A Year with Swollen Appendices* is an essential classic.

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