

My Autobiography
It's in My Blood
Achieve Your Dreams at Any Stage in Your Life
Leathered
What I Talk About When I Talk About Running

Published to coincide with the thirtieth anniversary of the Superbike World Championship, The World According to Foggy will delight the legions of motor sport fans in the UK and beyond, and will be lapped by those who have enjoyed books by Valentino Rossi, Michael Dunlop, John McGuinness, Ian Hutchinson and Freddie Spencer. Foggy's scintillating new book takes his fans into the memory banks of this most charismatic and straight-talking of sporting icons, transporting them into the weird and wonderful world of a quirky hero of the track. The World According to Foggy contains lashings of adrenaline-fuelled bikes and electrifying bike racing, thrills and spills galore, but it will also reveal the man behind the helmet, his passions and frustrations, what makes him still leap and morning and seize the day - ultimately, what makes this great man tick and explains his enduring popularity.

THE SUNDAY TIMES BESTSELLER Some people are born to be a certain thing. And I was a born fighter. At the age of eight, Michael Bisping began his training in martial arts. By the time he was 15, he was fighting in his first no holds barred competition. The professional and joined the UFC he was sure about one thing: only a world championship title would do. A British underdog in the greatest fighting championship on earth, he spent the next decade winning some of the championship's most sensational contests, becoming the first ever British UFC world champion in 2016. From his boyhood years learning to fight in the gyms of Lancashire to his most shocking clashes in the cage, in Quitters Never Win Bisping tells the raw and unfiltered story behind his legendary first time, including his greatest wins, his fiercest rivals and the harrowing injury that forced him into retirement. As audacious, entertaining and as candid as the man himself, it's a backstage pass to one of the world's most extreme sports and an unbridled

A New York Times Bestseller and National Book Award Winner Jacqueline Woodson, the acclaimed author of Red at the Bone, tells the moving story of her childhood in mesmerizing verse. Raised in South Carolina and New York, Woodson always felt halfway in each place. In vivid poems, she shares what it was like to grow up as an African American in the 1960s and 1970s, living with the remnants of Jim Crow and her growing awareness of the Civil Rights movement. Touching and powerful, each poem is both accessible and charged, each line a glimpse into a child's soul as she searches for her place in the world. Woodson's eloquent poetry also reflects the joy of finding her voice through writing stories, despite the fact that she struggled with reading as a child. Her love of stories stayed with her, creating the first sparks of the gifted writer she was to become. A National Book Award Winner A Newbery Honor Book A Coretta Scott King Award Winner Praise for Jacqueline Woodson: Ms. Woodson writes with a sure understanding of the world and of people, offering a poetic, eloquent narrative that is not simply a story . . . but a mature exploration of grown-up issues and self-discovery."—The New York Times Book Review

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

Finding Your Harmony
Dream, Believe, Succeed
Ossie's Dream
Dreams Come True: My Story
The Autobiography Of Henry VIII

Strictly Inspirational

Success is measured not by the size of your brain, but rather by the size of your thinking. This intrigues a lot of people, and if you observe how people behave, you will have a clear understanding of what success really means. Time and time again, history and experience have proved that the degree of our general satisfaction and happiness is dependent on how we think. There is magic in thinking big! Positive thinking helps accomplish so much in our life, but unfortunately not everyone thinks that way. We are all products of our thinking that goes within and around us. There is an environment around us that exerts all sorts of forces on your thinking; some will push you up the ladder while others will pull you down. We have been told many times that opportunities to lead are no longer there; hence we should be content with who we are without having positive aspirations on leadership. The petty environment surrounding us also has its own narrative concerning our lives. It constantly tells us that whatever is destined will eventually happen and we have no control over it. Leaving your fate in the hands of chance can potentially ruin your life and make you miserable. Therefore, before you start giving up your dreams of a finer home or giving a better life for your children, stand firm and resist resigning to fate. Do not lie down and wait to die. Success is worth every effort you expend, and every step you make pays a dividend. Even in an environment where competition is intense, you still can succeed as long as your thinking is in the positive quadrant of your mind frame. The basic concepts and principles that underlie the power of thinking big are drawn from the highest-pedigree sources and the finest thinking minds such as Emerson who said "Great men are those who see that thoughts rule the world." Milton who wrote in his book Paradise Lost, "The mind is its own place and in itself can make a heaven of hell or a hell of heaven." Shakespeare made an interesting observation about thinking which he summarized and said "There is nothing either good or bad except that thinking makes it so." Proof is everywhere that thinking big indeed works. When you look at the lives of people who you consider as big thinkers, you will be amazed at their winning success, happiness and achievements. This book will show you proven strategies from different life situations that will turn your life around.

Winner of the Daily Telegraph Rugby Book of the Year 2020 The Sunday Times bestselling rugby book of the year 2020 Brilliant, honest, combative - Eddie Jones is a true legend of world rugby and remains an enigmatic figure in the game. In My Life and Rugby he tells his story for the first time, including the full inside account of England's 2019 World Cup campaign. He describes his experience growing up in a tough working-class area of Sydney, where he first played rugby, and how he learnt from the extreme highs and lows of his own playing career - the numerous successes but also the painful disappointment of never playing for Australia. He tells how he then embarked on a coaching career that has seen him become one of the most experienced and decorated coaches in Rugby Union, spanning four World Cups and three finals. His successes have included masterminding England's spectacular victory over New Zealand in the 2019 World Cup and engineering the sport's most stunning upset when Japan beat South Africa in 2015. My Life and Rugby is the story of one of the most compelling and singular figures in rugby. Told with unflinching honesty, this is the ultimate book for all fans of the sport. Written with Donald McRae, twice winner of the William Hill Sports Book of the Year award and three-time Sports Feature Writer of the Year, My Life and Rugby is the story of one of the most compelling and singular figures in rugby. Told with unflinching honesty, this is the ultimate rugby book for all fans of the sport. A Best Book of the Year - Daily Mail, Sunday Times, The Times

The Singapore Story is the first volume of the memoirs of Lee Kuan Yew, the man who planted the island state of Singapore firmly on the map of the world. It was first published in 1999. In intimate detail, Lee recounts the battles against colonialists, communists and communalists that led to Singapore's independence. With consummate political skill, he countered adversaries, sometimes enlisting their help, at others opposing them, in the single-minded pursuit of Singapore's interests. We read how he led striking unionists against the colonial government, how over tea and golf he fostered ties with key players in Britain and Malaya, of secret midnight meetings in badly lit rooms, drinking warm Anchor beer with a communist underground leader, of his purposeful forging of an alliance with communists to gain the support of the Chinese-educated masses. Readers will find inspiration in his tenacity as he fought for the people's hearts and minds against first the communists and later the communalists - in parliament, on the streets and through the media. Drawing on unpublished Cabinet papers, archives in Singapore, Britain, Australia, New Zealand and the United States, as well as personal correspondence, he gives us a vivid picture of how others viewed him: determined ("Lee will bluff, bully and blackmail up to the eleventh hour"), motivated ("Choo knew I sweated blood to master Hokkien"), ambitious ("He would think himself as legitimate as I was to be the leader of Malaya"), dangerous ("Crush Lee! Put him inside"). It is a sometimes controversial yet strangely consistent portrait of this Asian statesman. These experiences and his dealings with the political leaders were to shape his views and policies, which have had a major impact on Singapore and the region.

Former trial biking world champion Dougie Lampkin's superb autobiography gives a unique insight into one of motorsport's most famous dynasties as well as revealing the inspiration that led him to become an online sensation thanks to his extraordinary Red Bull stunts. When Dougie Lampkin was born, his father had placed a motorcycle next to his cot before he returned from hospital - if anyone can say that they were destined for a career in motorbiking it was him. So far, nine members of the Lampkin family have competed at a high level of the sport, but it was Dougie who set new standards, winning seven consecutive outdoor world titles and five indoor world titles, earning him the MBE at the age of 25. Off-road motorcycling continues to grow in popularity, with more than 100,000 people taking part in the UK alone, and millions more following online or on television. In this superb memoir, Lampkin brings the excitement of his sport vividly to life. He also shares the behind-the-scenes drama behind some of his most famous Red Bull challenges - such as the day he took his trials bike for a ride through Red Bull's Formula One factory, with Christian Horner looking on in sheer amazement as he rode his bike over a multi-million-pound F1 car, leaving it without a scratch. To date, almost 12 million people have watched this episode on YouTube. For anyone who enjoyed the books of Guy Martin or Michael Dunlop, Trials and Error is a compelling read and one ride you won't want to miss.

Trials and Error

A Promised Land

Marc Marquez

My Life and Rugby

Twin Ambitions - My Autobiography

Power of Thinking Big

An international bestseller which has sold over a million copies in the UK, Dreams From My Father is a refreshing, revealing portrait of a young man asking big questions about identity and belonging. The son of a Black African father and a white American mother, Barack Obama recounts an emotional odyssey, retracing the migration of his mother's family from Kansas to Hawai'i, then to his childhood home in Indonesia. Finally he travels to Kenya, where he confronts the bitter truth of his father's life and at last reconciles his divided inheritance. Written nearly fifteen years before becoming president, Dreams from My Father is an unforgettable read. It illuminates not only Obama's journey, but also our universal desire to understand our history and what makes us who we are.

In this candid autobiography, former professional dancer and Strictly Come Dancing winner Camilla Sacre-Dallerup, shares the practical, motivational techniques she has used both personally and professionally to achieve success and happiness. Camilla found fame and heartbreak as a dancer on Strictly Come Dancing, winning her way into British hearts as one of the original cast of professional dancers on the BBC programme, and which culminated in winning the coveted Strictly trophy with actor Tom Chambers. In 2004, Strictly Come Dancing launched and was an instant phenomenon, with millions of viewers tuning in weekly. Its success changed Camilla's life. That same year, while she struggled to adjust to her newfound fame, Dallerup's relationship with her dance partner and fiancé Brendan Cole turned sour very publicly. Now, ten years after first appearing on our screens, Dallerup has made a new name for herself as a motivational speaker and life coach. In Strictly Inspirational Camilla speaks frankly and honestly about the relentless hard work, the subsequent burnout, and the process of finding love again with her husband and Hollyoaks actor Kevin Sacre. Camilla believes all of these experiences have strengthened her desire and determination, and have ultimately helped her to make her dreams a reality. Camilla hopes her words of inspiration can be used by anyone to help them achieve their dreams.

Injury. Adrenaline. Addiction. These are the things that fuelled one man's race to international stardom as he pushed boundaries and took life on and off the bike to the limits. Starting out as a talented youth riding the desert tracks of California, his reckless nature and incredible talent earned him a position in the rarefied world of professional motorcycle racing. Despite the success in his professional life, his personal life was crumbling around him - John was battling with depression and temptation, which began to threaten his career, health and marriage, ultimately bringing him to a life of alcoholism, addiction and even smuggling. In his remarkable memoir, one of the world's most renowned riders takes us on a raw and unique journey to the extremes of fast living. John 'Hopper' Hopkins is an icon for motorsport fans worldwide. He won't let anything hold him back. He has broken almost every bone in his body (twice), suffered a bleed on the brain, and had a finger amputated... yet he continued to race. Finally, at the age of 35 - with his latest crash at Brands Hatch in 2017 putting him in rehab for two years - he decided to hang up his helmet. Leathered tells the incredible story of an unparalleled career. From bone-crunching injuries and alcohol-fuelled antics to the breakdown of his marriage, it unveils the true stories behind the lurid headlines.

This is the story of England's most famous, and notorious, king. The facts of Henry VIII's life and reign were more astonishing, poignant and outlandish than the plot twists of most fiction. Henry's character was complex: he was a charismatic, ardent – and brash – young lover who married six times; a scholar with a deep love of poetry and music; an energetic hunter who loved the outdoors; a monarch whose lack of a male heir haunted him incessantly; and a ruthless leader who would stop at nothing to achieve his desires. His monumental decision to split from Rome and the Catholic Church was one that would forever shape the religious and political landscape of Britain. Combining magnificent storytelling with an extraordinary grasp of the pleasures and perils of power, Margaret George delivers a vivid portrait of Henry VIII and Tudor England and the powerhouse of players on its stage: Thomas Cromwell, Cardinal Wolsey, Thomas More and Anne Boleyn. It is also a narrative told from an original perspective: Margaret George writes from the King's point of view, injecting irreverent comments from Will Somers – Henry's jester and confidant.

Dream. Believe. Achieve. My Autobiography

Quitters Never Win

My Motorcycle Racing Story

Dream Big, Have Faith, and Achieve More Than You Can Imagine

Age Is Just a Number

The Autobiography

Go on the ride of your life with the racing legend himself **with a thrilling NEW CHAPTER on John's dramatic 2017 crash** *Then I was there myself, just another face in the crowd, watching the bikes fly by. The smells, the noise and the speed were all there for me to experience. It was like a massive injection in my head and it just blew my mind. I knew within seconds that I was going to be a TT racer. I didn't know how or what I was going to have to do to achieve this, and my dad wasn't going to be keen. Everyone around me was aware of the dangers, but from that moment I knew I had to do it.' John McGuinness is one of the all-time giants of road racing, with a huge host of victories to his name. But his easy humour and down-to-earth attitude off the bike have always kept people guessing: what's the truth about the man inside the helmet, that has kept him at the top of such a sport for over 20 years? His autobiography tells the whole story, from his humble beginnings in Morecambe and getting his first bike at the age of 3, to working as a bricklayer and cockle fisherman before deciding to follow his dream, and finally to his many victories in the most dangerous sporting event on the planet. He tells of what it takes to be a champion in such an exacting sport, and to keep winning even though all logic tells you to stop – and when so many of your fellow racers are paying the ultimate price for doing it. This thrilling autobiography gets into the head of the man who stares death in the face, and doesn't even flinch.

The 40-year-old Scot has been Britain's most successful Grand Prix racer since the legendary Barry Sheene. At his final race in Knockhill in August 2001, more than 20,000 fans turned up to watch Mackenzie and to bid farewell to their local hero.

Beloved American hero and astronaut Buzz Aldrin reflects on the wisdom, guiding principles, and irreverent anecdotes he's gathered—both in outer space and on earth—through his event-filled life, in this inspiring guide-to-life for the next generation. Everywhere he goes, crowds gather to meet Buzz Aldrin. He is a world-class hero, a larger-than-life figurehead, best known of a generation of astronauts whose achievements surged in just a few years from first man in space to first man on the moon. Now he pauses to reflect and share what he has learned, from the vantage point not only of outer space but also of time: still a non-stop traveler and impassioned advocate for space exploration, Aldrin will be 86 in 2016. No Dream Is Too High whittles down Buzz Aldrin's event-filled life into a short list of principles he values, each illustrated by fascinating anecdotes and memories, such as: · Second comes right after first. NASA protocol should have meant he was first on the moon, but rules changed just before the mission. How he learned to be proud of being the second man on the moon. · Look for opportunities, not obstacles. Buzz was rejected the first time he applied to be an astronaut. Failure is an opportunity to learn to do better. · Always maintain your spirit of adventure. For his 80th birthday, Buzz went diving in the Galapagos and hitched a ride on a whale shark. He stays fit, energetic, and fascinated with life. No Dream Is Too High is a beautiful memento, a thought-provoking set of ideas, and a new opportunity for Buzz Aldrin to connect with the masses of people who recognize his unique place in human history.

The evidence is overwhelming: sports help girls grow into strong women. Both scientific studies and anecdotal evidence confirm that athletic girls not only grow up to be healthier; they learn teamwork, gain inner confidence, and grow into society's leaders. Sports help preteen and teenage girls make the right choices in a society that is sending them incredibly mixed messages about who they are supposed to be. Yet no one is speaking directly to these girls. Jennie fills the role of girlfriend, big sister, team captain, and mentor. A smart, credible, and accomplished voice from an athlete who is strong and feminine, fiercely competitive, and fashionably cool, Jennie is someone young women will listen to and take to heart. Jennie's message: Believe in yourself. Go for it, girls.

Believe to Achieve

Life Lessons From a Man Who Walked on the Moon

I Know Why the Caged Bird Sings

Throw Like a Girl

Unshakeable

Life Lessons for Achieving Your Dreams

4 August, 2012. Super Saturday. On the most electric night in the history of British sport, Mo Farah braved the pain and punishment to seize Olympic gold in the 10,000m - and in the process went from being a talented athlete to a national treasure. Seven days later, Mo seized his second gold at the 5000m to go where no British distance runner has gone before. Records have tumbled before him: European track records at 1500m, 5000m indoors, and 10,000m; British track records at 5000m, 3000m indoors and 10k on the road have all fallen to Mohamed 'Mo' Farah: the boy from Somalia who came to Britain at the age of eight, leaving behind his twin brother, and with just a few words of English, and a natural talent for running. His secondary school PE teacher Alan Watkinson spotted his potential and began easing this human gazelle towards the racetrack. In 2001 Mo showed his promise by winning the 5000m at the European Junior Championships. Soon he was smashing a string of British and European records. He began living with a group of elite Kenyan runners, following their strict regime of run, sleep, eat and rest. Mo was determined to leave no stone uncovered in his bid for distance-running glory. After a disappointing Olympics in Beijing Mo took the bold decision to relocate to Portland, Oregon to work under legendary coach Alberto Salazar. The results were emphatic as Mo took silver at the 10,000m and then raced to gold in the 5000m at the 2011 World Championships in Daegu. Even better would soon follow at London 2012. TWIN AMBITIONS is much more than an autobiography by a great Olympic champion. It's a moving human story of a man who grew up in difficult circumstances, separated from his family at an early age, who struggled to overcome seemingly insurmountable obstacles and realise his dream.

A four-time World Superbike Champion, Jonathan Rea has more race wins than any other rider in history. This book charts the life and career of a man who was seemingly destined for the motorbike racing world. He has succeeded in Superbikes after several potential career-ending scrapes including smashing his femur in a horrific crash, aged seventeen, when doctors told him he would never race again. With unwavering determination, and gaining huge victories in this ultra-competitive sport, this thrilling autobiography will get into the head of a man who has managed to rise to the top of one of the most skilled and dangerous sports in the world.

#1 NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER • NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE • PULITZER PRIZE FINALIST • NATIONAL BOOK CRITICS CIRCLE AWARD FINALIST • ONE OF OPRAH'S "BOOKS THAT HELP ME THROUGH" • NOW AN HBO ORIGINAL SPECIAL EVENT Hailed by Toni Morrison as “required reading,” a bold and personal literary exploration of America's racial history by “the most important essayist in a generation and a writer who changed the national political conversation about race” (Rolling Stone) NAMED ONE OF THE MOST

INFLUENTIAL BOOKS OF THE DECADE BY CNN • NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY The New York Times Book Review • O: The Oprah Magazine • The Washington Post • People • Entertainment Weekly • Vogue • Los Angeles Times • San Francisco Chronicle • Chicago Tribune • New York • Newsday • Library Journal • Publishers Weekly In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden? *Between the World and Me* is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son—and readers—the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, *Between the World and Me* clearly illuminates the past, bravely confronts our present, and offers a transcendent vision for a way forward.

It's hard to know what is possible until you start. You have to be able to dream big and be prepared to work towards your dreams. I've achieved a lot so far, but it didn't come in one go; big things rarely happen overnight, and good things rarely happen as if by magic . . . Marcus Rashford is famous worldwide for his skills both on and off the pitch – but before he was a Manchester United and England footballer, and long before he started his inspiring campaign to end child food poverty, he was just an average kid from Wythenshawe, South Manchester. Now, Marcus Rashford MBE wants to show YOU how to achieve your dreams, in this positive and inspiring guide for life. No matter who you are and no matter where you come from, every single person in the world has the potential to be a champion. In *You Are a Champion*, the nation's favourite footballer gives you the tools you need to reach your full potential, showing you how to be the very BEST version of yourself you can be. Written with journalist Carl Anka, this empowering guide is packed full of stories from Marcus's own life, brilliant advice and top-tips from performance psychologist Katie Warriner. Perfect for readers who need to hear that they already are champions – they just might not know it yet. It shows kids how to: - Be comfortable with who you are – you can't be a champion until you're happy being you! - Dream big - Practise like a champion – good things take hard work and time - Get out of your comfort zone and learn from your mistakes - Navigate adversity in a positive way - Find your team - Use your voice and stand up for others - Never stop learning With an afterword by Tim S. Grover.

Finding My Feet - My Autobiography

Niall Mackenzie: The Autobiography

"Chapters" from the North American Review

The story of Team GB's double Olympic champion