

Kelly Holmes Black White Gold My Autobiography

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Dame Kelly Holmes DBE (born 19 April 1970) is a retired British middle distance athlete. Holmes specialised in the 800 metres and 1500 metres events and won a gold medal for both distances at the 2004 Summer Olympics in Athens. She set British records in numerous events and still holds the records over the 600, 800 and 1000 metre distances.

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Dame Kelly Holmes was born in Pembury, Kent on 19 April 1970. She is is a retired English middle distance athlete. She won gold medals in the 800 metres and the 1500 metres at the 2004 Summer Olympics. Today she is the face of Sainsbury's Keep Kids Active campaign and shows a great interest in leading Britain towards a healthier lifestyle.

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Unseen black and white photo of Princess Beatrice and Edo Mapelli Mozzi sharing a tender moment on their wedding day is sent to royal fans on thank you cards from

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Sarah Ferguson Mother-of-five, 27 ...

Kelly Holmes made history when she brought home double gold in the 2004 Olympics, becoming a national hero. She won Sports Personality of the Year, was given a Damehood, fully backed London's successful 2012 Olympic bid and became a superstar on the red carpet as well as a much acclaimed and consulted professional in the sporting world. Now in her staggeringly honest updated autobiography she reveals the times she fought back tears to battle against injury and win gold, plus the emotional decision she made to retire from athletics. Including details of her unsettled childhood, trials in the army and a struggle with self harm, Kelly's amazing determination carries through to make this inspirational and powerful autobiography a tale of triumph over adversity and a model for readers of all ages and backgrounds.

Everybody has something they long for - be it succeeding in a new career, losing weight, getting out of debt, or even just getting more organised in life! These things can seem overwhelmingly difficult to achieve, but the good news is that many of the qualities that are required to succeed are simple skills, attitudes and mindsets that can be learned. Her incredible journey from up-and-coming young hopeful to double Olympic champion has taught Kelly Holmes all about what it

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takes to bring your dreams to fruition, and she is passionate about helping people realise their potential. In this book, she teaches you the six steps that she believes everyone needs in order to move from a no-can-do position to glory and success. Let her help you to:

- discover what you really want from life
- fast-track success with the right preparation
- overcome any confidence crisis
- tap into the willpower you never knew you had
- turn problems to your advantage
- * find the fulfilment you've been looking for.

With its winning mix of gripping narrative and easy-to-implement performance-raising tips, this book has become a best-selling classic. It's garnered 5-star reviews and wide-ranging endorsements - from Sebastian Coe and Dame Kelly Holmes to Lord Digby Jones

Greg Rutherford is one of the most successful British athletes of all time, winning gold at European, Commonwealth, World and Olympic levels, an achievement matched by only four others: Linford Christie, Jonathan Edwards, Sally Gunnell and Daley Thompson. Yet his route to the very top was never smooth. He always believed in himself as an athlete and sportsman, but for many years could not find an outlet that allowed him to truly excel. During his reckless teenage years, he would sometimes sleep rough and he dropped out of school, before he found the focus that would help him to get to the very top. But even then, there were still setbacks, as when he fell short in the Beijing Olympics. It served only to spur him

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on. In London, he became a part of 'Super Saturday' when he joined Mo Farah and Jessica Ennis in winning gold in 45 astonishing minutes of British glory. Condemned by some as a 'lucky' winner, he went on to complete his clean sweep of major titles through sheer determination to succeed. In this long-awaited memoir, he not only reveals the secrets of his remarkable success, but also has plenty to say on the issues that are dominating athletics, such as doping, and much else besides. It is a raw, passionate, entertaining and fascinating read.

This is the story of Sally Gunnell's progress from modest origins in Essex to becoming 400-metre hurdles world-record holder, Olympic champion and world champion. It describes the combination of talent, commitment, hard work and desire to win that have enabled her to succeed.

Established in 1982, People of Today annually recognises over 20,000 individuals who are positively influencing Britain and inspiring others through their achievements and leadership. Entry is by invitation only. The objective criteria for inclusion and removal are strictly maintained, ensuring it is the only publication of its type whose membership accurately reflects people of influence today. Expert nomination panels guarantee People of Today is uniquely current and trusted and encompasses over 40 sectors, from academia, law and business to charity, sport and the arts.

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A rollicking guided tour of one extraordinary summer, when some of the most pivotal and freakishly coincidental stories all collided and changed the way we think about modern sports. The summer of 1984 was a watershed moment in the birth of modern sports when the nation watched Michael Jordan grow from college basketball player to professional athlete and star. That summer also saw ESPN's rise to media dominance as the country's premier sports network and the first modern, commercialized, profitable Olympics. Magic Johnson and Larry Bird's rivalry raged, Martina Navratilova and John McEnroe reigned in tennis, and Hulk Hogan and Vince McMahon made pro wrestling a business, while Donald Trump pierced the national consciousness as a pro football team owner. It was an

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awakening in the sports world, a moment when sports began to morph into the market-savvy, sensationalized, moneyed, controversial, and wildly popular arena we know today. In the tradition of Bill Bryson's *One Summer: America, 1927*, L. Jon Wertheim captures these 90 seminal days against the backdrop of the nostalgia-soaked 1980s, to show that this was the year we collectively traded in our ratty Converse for a pair of sleek, heavily branded, ingeniously marketed Nikes. This was the year that sports went big-time.

The *Psychology of Sports Injury: From Risk to Retirement* provides a critical overview of the psychology of sports injury, covering the 5Rs of sports injury: risk, response, rehabilitation, return to sport and retirement. Drawing on a range of expert international perspectives from the fields of sport psychology and sport and exercise medicine, *The Psychology of Sports Injury* covers the psychological considerations associated with sports injuries, prior to the onset of injury through to supporting athletes with post-injury retirement. In addition to this injury lifespan perspective, the book features special interest topics including anterior cruciate ligament injury, sport-related concussion, spinal cord injury and the role of coaches in achieving athlete and team medical outcomes. Additionally, case studies provide the opportunity to apply learning from each chapter. By covering the sports injury journey from risk factors to retirement and including athlete mental health during sports injury, *The Psychology of Sports Injury* is an essential text for students, instructors, and practitioners in sports psychology, sport and exercise medicine

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and other related fields.

WINNER TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD

Think, move and eat like a double Olympic champion! Running Life is Dame Kelly Holmes's inspirational and practical guide to how Mindset, Fitness and Nutrition work together to transform your physical and mental health. Drawing on her own experiences of overcoming depression and a raft of injuries to achieve her Olympic dream, Kelly shares her tips on how to make positive changes to your mindset, exercise and diet to help you perform at your highest level. Keep your body strong and improve your running performance, fuel your body with deliciously healthy meals and attain a winning mindset with advice from one of Britain's most recognisable and admired athletes.

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