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**Running My Life The
Autobiography****

Fascinating and rather uplifting... This is a singularly well-written sporting autobiography. In his enjoyable autobiography *Running My Life*, Coe goes some way towards dispelling the myths. A combination of Olympic success, allied to political nous, made Coe a perfect candidate to run the campaign for the London

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Running My Life - The Autobiography: Amazon.co.uk: Seb Coe ...

Running My Life is far from the self-congratulatory account one might expect. Charting his rise from a Sheffield secondary modern to double Olympic champion, multiple record-holder, politician and inspirational leader behind the successful Games, he reveals a personality far more amusing and unpretentious than his smooth public image would suggest., Independent on Sunday

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Running My Life: The Autobiography by Sebastian Coe

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best at everything he does.

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This is a singularly well-written sporting autobiography. The Sunday Times In his enjoyable autobiography, Running My Life, Coe goes some way towards dispelling the myths. A combination of Olympic...

Running My Life - the Autobiography | Book by Sebastian ...

It's a proper autobiography in that it begins at the beginning...Coe's direct prose drives this engrossing

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book.—Daily Telegraph In his enjoyable autobiography, *Running My Life*, Coe goes some way towards dispelling the myths. A combination of Olympic success, allied to political nous, made Coe a perfect candidate to run the campaign for the London Olympics.

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Library myths a combination
of olympic success allied to
political nous made coe a
perfect candidate to run the
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and off

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A common prejudice about Seb Coe is that he was a brilliant Olympian who morphed into a Tory Boy, sucking up to power. This autobiography affirms him as a man of the people rather

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than a son of...

Running My Life: The Autobiography by Seb Coe, review

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In their biography Finding Freedom, co-authors Omid Scobie and Carolyn Durand said the couple "were in their own little world" on their first date at a private member's club in

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London.

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Running My Life is in turns exhilarating, inspiring, amusing, and extremely moving. Everyone knows where Sebastian Coe ended up. Few people realise how he got there. This is his personal journey.

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One second in time may

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separate the great athlete from the merely good. Seb Coe has made every second count. From an early age he has been driven to be the best at everything he does. Since the moment Coe stood alongside a 'scrubby' municipal running track in Sheffield, he knew that sport could change his life. It did. Breaking an incredible twelve world records and three of them in just forty-one days, Seb became the only athlete to take gold at 1500 metres in two successive Olympic Games (Moscow 1980 and Los Angeles 1984). The same passion galvanised Coe in 2005, when he led Britain's bid to

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bring the Olympic and Paralympic Games to London. He knew that if we won it would regenerate an East London landscape and change the lives of thousands of young people. It has. Born in Hammersmith and coached by his engineer father, Coe went from a secondary modern school and Loughborough University to become the fastest middle-distance runner of his generation. His rivalry with Steve Ovett gripped a nation and made Britain feel successful at a time of widespread social discontent. From sport Coe transferred his ideals to politics, serving in John Major's Conservative

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government from 1992 to 1997 and developing 'sharp elbows' to become chief of staff to William Hague, leader of the Party from 1997 to 2001 and finally a member of the House of Lords. Running My Life is in turns exhilarating, inspiring, amusing, and extremely moving. Everyone knows where Sebastian Coe ended up. Few people realise how he got there. This is his personal journey.

Offers the true story of a Sudanese boy who, through unyielding faith, overcame a wartorn nation to become an American citizen and an Olympic contender.

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World Snooker Champion Ronnie O'Sullivan's frank and honest account of his astonishingly dramatic life. I used to rely on drugs and alcohol to keep me going, but now I've got the healthiest addiction going - running. This book explains how running has helped me to fight my demons - my addictive personality, depression, my dad's murder conviction, the painful break-up with the mother of my children - and allowed me to win five World Snooker Championships. It is also about all of the great things in my life - my kids, snooker, my dad's release

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from prison, great mates who have helped me, and the psychiatrist Dr Steve Peters, who has taught me how not to run away when things get tough. Finally, it's about what it's like to get the buzz - from running, from snooker, from life. Because when it comes down to it, everyone needs something to drive them on.

Warrick Dunn was only eighteen when his mother, a Baton Rouge police officer, was shot and killed. Yet somehow he managed to enroll at Florida State University and help his team to a national championship during his freshman year—while also

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caring for his five brothers and sisters. Despite his modest size, Dunn went on to a storied NFL career with the Tampa Bay Buccaneers and the Atlanta Falcons, becoming one of only twenty-three running backs in NFL history to exceed the 10,000-yard career rushing mark. Off the field, he created the Warrick Dunn Foundation and its Homes for the Holidays program, helping single parents achieve first-time home ownership. But in his drive to help others, the one person Dunn neglected was himself, as the pain of his mother's loss led to a spiraling depression that

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went untreated for years. Running for My Life details Dunn's struggle to confront his past and face the grief that consumed him for far too long. Thought-provoking and uplifting, it is the story of an exceptional athlete's secret torment and inspiring courage.

With My Life on the Run, Bart Yasso--an icon of one of the most enduringly popular recreational sports in the United States--offers a touching and humorous memoir about the rewards and challenges of running. Recounting his adventures in locales like Antarctica, Africa, and Chitwan National

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Park in Nepal (where he was chased by an angry rhino), Yasso recommends the best marathons on foreign terrain and tells runners what they need to know to navigate the logistics of running in an unfamiliar country. He also offers practical guidance for beginning, intermediate, and advanced runners, such as 5-K, half marathon, and marathon training schedules, as well as advice on how to become a runner for life, ever-ready to draw joy from the sport and embrace the adventure that each race may offer

Milkha Singh has led a life dominated by running,

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running, running! From a boy who narrowly escaped death during Partition (most of his family was not so lucky), to a juvenile delinquent who stole and outran the police, to a young Army recruit who ran his very first race to win special privileges for himself (a daily glass of milk). After that first race, Milkha Singh became an athlete by default. And what followed was the stuff legends are made of. In this remarkably candid autobiography, Milkha Singh shares the amazing highs of winning India's first ever gold in athletics at the Commonwealth Games, the

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unbridled joy of being hailed as the `Flying Sikh` in Pakistan, as well as the shattering low of failure at the Olympics. Simple, yet ambitious; famous, yet grounded; temptations all around him, yet remaining celibate so he could focus on racing; a rich and beautiful girl who was desperate for him, yet fighting the world to marry his lady love, Nimmi-even as the on-field drama found its way into his personal life, Milkha was a man who defined his own destiny. And yet, for a man whose life was dominated by sports, he continues to remain disillusioned with the way

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sports is run. Powerful and gripping, *The Race of My Life* documents the journey of an impoverished refugee who rose to become one of the most towering figures in Indian sports.

Over the past seven years, Bruce Springsteen has privately devoted himself to writing the story of his life, bringing to these pages the same honesty, humor, and originality found in his songs. He describes growing up Catholic in Freehold, New Jersey, amid the poetry, danger, and darkness that fueled his imagination, leading up to the moment he refers to as

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The Big Bang: seeing Elvis Presley's debut on The Ed Sullivan Show. He vividly recounts his relentless drive to become a musician, his early days as a bar band king in Asbury Park, and the rise of the E Street Band. With disarming candor, he also tells for the first time the story of the personal struggles that inspired his best work. Born to Run will be revelatory for anyone who has ever enjoyed Bruce Springsteen, but this book is much more than a legendary rock star's memoir. This is a book for workers and dreamers, parents and children, lovers and loners, artists, freaks,

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or anyone who has ever wanted to be baptized in the holy river of rock and roll. Rarely has a performer told his own story with such force and sweep. Like many of his songs ("Thunder Road," "Badlands." "Darkness on the edge of Town." "The River" "Born in the U.S.A." "The Rising," and "The Ghost of Tom Joad," to name just a few). Bruce Springsteen's autobiography is written with the lyricism of a singular songwriter and the wisdom of a man who has thought deeply about his experiences.

For readers who enjoyed Alexandra Heminsley's

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Running like a Girl and Bryony Gordon's Mad Girl, Running for my Life is a hilarious, heartfelt and inspirational story of one woman's marathon journey through mental illness. Throughout her life, Rachel Cullen followed a simple yet effective route straight to mental health misery. Suffering from bipolar disorder, and hungry for approval at any price, she settled for flunked relationships, an ill-fitting career, and poor health to match. Whilst mindlessly seeking a utopian vision of 'normality' that she was mis-sold and so desperate to achieve, the

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solution seemed increasingly illusive. Stuck in this endless cycle of disappointment with her life, and not knowing how to handle the strain of her mental illness, she put on a pair of old trainers. She'd never been able to think of herself as a 'runner', and the first time she forced herself out the door, she knew it would hurt. Everywhere. She just didn't realise how much it would heal her, too. Interspersed with Rachel's real diary entries, from tortuous teen years to eventually running the London Marathon, Running for my Life will make you laugh, cry, and question

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whether you really can outrun your demons.

Now including an excerpt from *Lust & Wonder*, a new memoir coming in March 2016. *Running with Scissors* is the true story of a boy whose mother (a poet with delusions of Anne Sexton) gave him away to be raised by her psychiatrist, a dead-ringer for Santa and a lunatic in the bargain. Suddenly, at age twelve, Augusten Burroughs found himself living in a dilapidated Victorian in perfect squalor. The doctor's bizarre family, a few patients, and a pedophile living in the

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backyard shed completed the tableau. Here, there were no rules, there was no school. The Christmas tree stayed up until summer, and Valium was eaten like Pez. And when things got dull, there was always the vintage electroshock therapy machine under the stairs.... Running with Scissors is at turns foul and harrowing, compelling and maniacally funny. But above all, it chronicles an ordinary boy's survival under the most extraordinary circumstances.

From the best-selling author of *The Wind-Up Bird Chronicle* and *After Dark*, a rich and revelatory memoir

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about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of critically acclaimed books, he reflects upon the influence the sport has had on his life and—even more important—on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New

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York City Marathon and includes settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs, and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny and sobering, playful and

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philosophical, What I Talk
About When I Talk About
Running is both for fans of
this masterful yet guardedly
private writer and for the
exploding population of
athletes who find similar
satisfaction in distance
running.

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