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Jessica Ennis: Unbelievable: From my Childhood Dreams to ...

Unbelievable From My Childhood Dreams To Winning Olympic Gold by Jessica Ennis, is a very heart warming kind of biography, Jessica Ennis achieved her dreams by always being a lover of sports which progressed to her attending events at her club in Sheffield to her losing her big chance at the olympics in Beijing.

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Unbelievable: From My Childhood Dreams To Winning Olympic ...

Very readable. Jessica Ennis-Hill does not attempt to describe her entire life or even her sporting and training events detail by detail, and this makes the narrative flow. The biography is now dated, of course, as it stops with her gold triumph in the London 2012 Olympics, but that is probably where it should end.

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Amazon.co.uk:Customer reviews: Jessica Ennis: Unbelievable ...

Now Olympic heptathlon champion Jessica Ennis has revealed how a small Sheffield lass fought her way to become a sporting giant. Here, in an exclusive extract from her new autobiography Jessica...

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Jessica Ennis autobiography extract: My story from beating ...

Unbelievable is a refreshingly candid account of her rise to fame in a highly charged world in which body image issues and drug abuses lurk. From the unique pressures facing her, to behind-the-scenes glimpses into the greatest show on earth, and a revealing account of her love-hate relationship with her long-term coach, Jessica reveals the truth behind the smiles for the first time.

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Jessica Ennis: Unbelievable - From My Childhood Dreams To ...

Unbelievable Jessica Ennis - From My Childhood Dreams To Winning Olympic Gold. I was so excited when I found a copy of this book to read. Jessica Ennis is an incredible athlete and all-around inspiring woman. Seeing her compete in multiple sports is a testament to her willpower and determination.

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Unbelievable Jessica Ennis | Review | Janeen Leese ...

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Golden Girl. Author:Ennis, Jessica. Each month we recycle over 2.3 million books, saving over 12,500 tonnes of books a year from going straight into landfill sites.

On 4 August 2012 Jessica Ennis kicked off what some described as the greatest night in British sporting history. For her it was the end of a long, winding, and sometimes harrowing road. Nobody was under more pressure at the London Olympics than 'the face of the Games'. Yet Jessica delivered the heptathlon gold medal, and the huge outpouring of relief she showed afterwards hinted at the roller-coaster journey she had been on. Behind the smiles and politeness, Jessica has endured much. Bullied at school for being small, she proved to critics and rivals alike that size really didn't matter. Hers is an inspiring tale of following your dreams no matter what life throws at you. In 2008 Jessica thought her career might be over when she was injured on the eve of the Olympic Games in Beijing. But she overcame this setback to rebuild her career and technique, becoming the world and European champion in successive years. Her biggest test was yet to come, though, when her rivals overhauled her in the build-up to London. Unbelievable is a refreshingly candid account of her rise to fame in a highly charged world in which body image issues and drug abuses lurk. From the unique pressures facing her, to behind-the-scenes glimpses into the greatest show on earth, and a revealing account of her love-hate relationship with her long-term coach, Jessica reveals the truth behind the smiles for the first time. Unbelievable includes exclusive behind-the-scenes photos. This is the story of how the girl next door became London's poster girl, and how an ordinary woman used an extraordinary talent to claim the title of the world's greatest all-round female sports star.

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

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difficult circumstances, separated from his family at an early age, who struggled to overcome seemingly insurmountable obstacles and realise his dream.

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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 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.

Sam Quek is mainly known for her starring role in the 2016 Olympic gold medal winning hockey team. This was the first time a British ladies team had won gold, but what is much less known is that Sams rise to the top of her spot was far from easy. Sam missed out on being part of Team GB at the London 2012 Olympics but competed for England at the 2013 EuroHockey tournament and 2014 Commonwealth Games, which she won silver medals. She won the gold at the 2016 Rio Olympics after the GB hockey team beat the Netherlands on penalties. How Sam overcame the bitter disappointment of being overlooked for the two previous Olympics and ensured that she wouldnt miss out again are revealed here for the first time. She also tells of her tough childhood and her battle to reach the heights that she has. She then went on to further fame by appearing in Im a Celebrity where she proved to be hugely popular with the viewing public, eventually finishing fourth. Sam now presents a variety of sports for TV, including men and womens football, NFL and hockey. She has been signed up to be the main presenter for the womens World Hockey Championships in 2018, held in August. She is hugely popular on social media with thousands of followers on twitter and instagram. Sam also has some very strong views on how women are portrayed in sport and their treatment by both coaches and the media. This is a hugely topical subject at the

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moment and promises to remain so for some time.

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 BBC Breakfast cycling stunt in 2012 culminated in Louise Minchin wearing the colours of Great Britain at the World Triathlon Championship in 2015 – this is the story of how a newly discovered sport became a passion and then an obsession. Dare to Tri charts Louise Minchin's incredible journey as she rediscovers competitive sport after 30 years and takes her first tentative steps as a triathlete. As her performances improve, there's a realisation that representing the Great British team in her age group is a possibility and the book tells of her plucky attempt to achieve this almost-unthinkable goal. It is an adventure not without its challenges as Louise has to overcome personal nerves, a brutal training regime, the odd bike crash and the occasional drama. Enjoy the ride as Louise Minchin challenges herself to represent Great Britain in triathlon.

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The must-have guide to the Summer Olympic Games This summer, millions of Americans will tune into the Olympic Games, the largest and most popular sporting event in the world. Yet while it's easy to be fascinated by agile gymnasts, poised equestrians, and perfectly synchronized swimmers, few of us know the real width of a balance beam, the intricate

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regulations of dressage, or the origin of those crowd-pleasing legs-in-the-air swimming formations. Luckily, David Goldblatt and Johnny Acton have created this utterly thorough and always fun guide to the rules, strategy, and history of each sport. Originally timed to 2012 London Games, their book is every bit as useful for Rio de Janeiro in 2016. With witty, detailed descriptions and clever illustrations, How to Watch the Olympics will help anyone grasp handball, archery, wrestling, fencing, and every other Olympic event like a true pro.

A skinny kid from the Jamaican parish of Trelawny, Usain Bolt's life changed in August 2008 when the Olympic men's 100-meter starter pistol was followed just 9.69 seconds later by his streak across the finish line and the first of his three gold medals was placed around his neck. In this illustrated celebration of his influences, background, and career trajectory, Bolt shares his story of growing up playing cricket and soccer, and discovering that he could run fast—very fast. He shares stories of his family, friends, and the laidback Jamaican culture, and reveals what makes him tick, where he gets his motivation, and where he takes his inspiration. He tells of the dedication and sacrifices required to get to the top, and also discusses fast food, partying, music, fast cars, and that signature lightning bolt pose.

One second in time may 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 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 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.

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