

Michael Phelps Beneath The Surface

The two-time Grammy-nominated singer-songwriter behind the groundbreaking album Exile in Guyville traces her life and career in a genre-bending memoir in stories about the pivotal moments that haunt her. “Honest, original and absolutely remarkable.”—NPR (Best Books of the Year) When Liz Phair shook things up with her musical debut, Exile in Guyville—making her as much a cultural figure as a feminist pioneer and rock star—her raw candor, uncompromising authenticity, and deft storytelling inspired a legion of critics, songwriters, musicians, and fans alike. Now, like a Gen X Patti Smith, Liz Phair reflects on the path she has taken in these piercing essays that reveal the indelible memories that have stayed with her. For Phair, horror is in the eye of the beholder—in the often unrecognized universal experiences of daily pain, guilt, and fear that make up our humanity. Illuminating despair with hope and consolation, tempering it all with her signature wit, Horror Stories is immersive, taking readers inside the most intimate junctures of Phair’s life, from facing her own bad behavior and the repercussions of betraying her fundamental values, to watching her beloved grandmother inevitably die, to undergoing the beauty of childbirth while being hit up for an autograph by the anesthesiologist. Horror Stories is a literary accomplishment that reads like the confessions of a friend. It gathers up all of our isolated shames and draws them out into the light, uniting us in our shared imperfection, our uncertainty and our cowardice, smashing the stigma of not being in control. But most importantly, the uncompromising precision and candor of Horror Stories transforms these deeply personal experiences into tales about each and every one of us.

Now in an expanded hardcover edition with new stories—the New York Times bestseller from the founder of To Write Love on Her Arms! In 2006 Jamie Tworkowski wrote a story called “To Write Love on Her Arms,” about helping a friend through her struggle with drug addiction, depression, and self-injury. The piece was so hauntingly beautiful that it quickly went viral, giving birth to a non-profit organization of the same name. Now, To Write Love on Her Arms (TWLOHA) is an internationally recognized leader in suicide prevention and a source of hope, encouragement, and support for people worldwide. If You Feel Too Much is a celebration of hope, wonder, and what it means to be human. From personal stories of struggling on days most people celebrate to words of strength and encouragement in moments of loss, the essays in this book invite readers to believe that it’s okay to admit to pain and okay to ask for help. If You Feel Too Much is an important book from one of this generation’s most important voices.

See how to achieve stronger starts, more explosive turns, and faster times! Swimming Anatomy will show you how to improve your performance by increasing muscle strength and optimizing the efficiency of every stroke. Swimming Anatomy includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action. Swimming Anatomy goes beyond exercises by placing you on the starting block, in the water, and into the throes of competition. Illustrations of the active muscles for starts, turns, and the four competitive strokes (freestyle, breaststroke, butterfly, and backstroke) show you how each exercise is fundamentally linked to swimming performance. You’ll also learn how exercises can be modified to target specific areas, improve your form in the water, and minimize common swimming injuries. Best of all, you’ll learn how to tie it all together to develop a training program based on your individual needs and goals. Whether you are training for a 50-meter freestyle race or the open-water stage of a triathlon, Swimming Anatomy will ensure you enter the water prepared to achieve every performance goal.

Buttery is the inspiring story of how one woman saved fellow refugees from drowning—and how she went on to become an Olympic swimmer. When young Syrian refugee Yusra Mardini realized her boat’s engine shut down as she was traveling from Syria to Greece with other refugees, there was no hesitation: she dove into the water. Surfacing, she heard desperate prayers and sobbing from the passengers in the sinking boat above her. Between the waves, her elder sister Sarah screamed at her to get back on the boat. But Mardini was determined. She was not going to let Sarah do this alone. Grabbing the rope with one hand, she began kicking up the black water, inching the boat towards the distant shore. This bold act of bravery saved the lives of a boatload of refugees heading to Turkey from Syria. After her arrival in Greece, Mardini focused and undeterred, worked towards a lifelong goal: to compete in the Olympics. She succeeded, and competed in 2016 on the Refugee Olympic Team in Rio de Janeiro. Buttery tells her story, from Syria to the Olympics to her current work with the UN as a Goodwill Ambassador. Mardini is eager to tell her story in the hopes that readers will remember that refugees are ordinary people in extraordinary circumstances, chased from their homes by a devastating war. In today’s political climate, this story is guaranteed to inspire and educate readers from every background.

Our Conversations: The Final Years
Greater Than Gold
The Early Years (1965-1972)
Achieve Your Dreams at Any Stage in Your Life

The Will to Succeed

A seven-time Olympic medalist describes her battles with depression, eating disorders and substance abuse in spite of her successful career, recounting how she hid her struggles from her loved ones before seeking help and finding renewal in the birth of her son. 75,000 first printing”

Miss Franklin is one of the most talented swimmers in the world. She is a four-time Olympic gold medalist and currently holds the world record in the 200-meter backstroke and American records in both the 100-meter and 200-meter backstroke. She was Swimming World’s World Swimmer of the Year and was awarded the American Swimmer of the Year award in 2012. Swimming with Faith: The Missy Franklin Story details her rise in fame as a swimmer and humbleness in the sport and in her personal life.

The four-time Olympic Gold medalist and her parents trace the inspirational story of how she became both a legendary athlete and a happy and confident woman, achievements that were accomplished by doing things their own way and making the right choices for their family.—Publisher’s description.

With twenty-three Olympic gold medals, American competitive swimmer Michael Phelps holds the record for most gold medals won in Olympic history. This compelling book provides a balanced biography of Michael Phelps. Chapters discuss his early years, his personal ups and downs, and how his career has changed the sport of swimming forever.

This Is Me
An Olympian’s Story of Striving, Adapting, and Embracing the Suck
Relentless Spirit
The Revolutionary Way To Swim Better, Faster, and Easier
If You Feel Too Much, Expanded Edition
Eat Right, Swim Faster

A selected few were born with an innate purpose and had emerged rarer than a fire that does not consume or burns without smoke. Abraham Lincoln, Franklin Delano Roosevelt, Martin Luther King, Jr., and Arthur Doric Surratt are a few who chose to dare. They knitted these individuals in their mother’s womb, with an instinctive purpose, and destined to live daringly. Perhaps planned from eternal veritable miracles, neither nature, nor nurture nor choices steered these individuals. They gave no thought as to collecting accolades, fame, or fortune. Even their length of life was of no concern because they understood the true essence of glory. Arthur Surratt resembled the giant and muscular lumberjack, Paul Bunyan, in American folklore. The self-educated, lifelong learner and scholar stepped up Church on Saturday, April 19, 1930. The large group of men became silent as he laid out his plan to bring money into both communities. The Surratt Economic Incentive Plan would unanimously pass in Esom Hill, Georgia, and Borden Springs, Alabama. Monthly deliveries of moonshine would enter the triangular-shaped Deep South Cities that included Atlanta, Birmingham, and Chattanooga. Tennessee, hero, veteran, and recipient of The Congressional Medal of Honor. Still, his most important legacy was the raising of his grandson, Maxen Surratt. Instilled with love for reading, a passion for learning, and the physical training had separated Maxen from his peers. His grandparents raised young Maxen. He struggled through his formative years from physical and mental abuse from local teenagers that grew from “The Greatest Generation Ever.” Maxen would grow to become a replica of his legendary grandpa. However, he would soon surpass the legend. The day would soon come when Maxen would meet his soul mate, the drop-dead gorgeous Lauren Grace Martin, who could have launched a thousand ships or started wars centuries ago. Neither of them was looking for a relationship wh teenagers met. They were athletic, intelligent, and attractive. When they caught their first glimpse into each other’s nate purpose, it changed their destinies forever. The two teenagers would fall head over hills in love with each other. Both Maxen and Lauren’s athleticism and their intelligence would have universities from the Atlantic to the Pacific knocking at their doors. They attended college the June Jam in Fort Payne, Alabama. Their love was to become as pure as the bloom from the brightest yellow buttercup in the Corda Valley. Maxen had grown up numb to violence and death because he experienced it so often in Esom Hill, Georgia. The locals celebrated when they heard they ranked Esom Hill the #1 most violent place in America considering population per square mile. An old tongue of Esom Hill, “As long as people could remember, Esom Hill, Georgia had enjoyed high times but higher crimes.” It had referred to the giant ancient maple tree in the center of Esom Hill as the Tree of Justice. From 1901 to the late 1970s, over 130 lynchings had successfully served its purpose. A question that concerned Maxen for as long as he could remember was, “Why do some of the most be-

Buttercups are beautiful but poisonous, while a rose has its thorns. However, the love, goodness, and character instilled in him would eventually bring Maxen face to face with pure evil inside himself.
Bellissima Publishing, LLC imprint. Bellissima Publishing ISBN/SKU: 0977191680 ISBN Complete: 0-9771916-8-0 Title: Mind Training For Swimmers Publication Date: 11/25/2005 Language: English Book Description (formally called “Annotatoin.” “Mind Training For Swimmers” is truly everything you ever could want to know about positive thinking and how to improve your swim or sport performance. The depth and details of this swimming icons story. The author is the Director of it’s Mind over Matter in Sydney, Australia, and he has worked in the area of mental training for swimming, sports and personal development for over fifteen years! He possesses a Diploma in Clinical Hypnosis, and for over a decade he has been an expert in the field of sports psychology. He has covered foundational context, case studies, and future considerations. Interpreting Subsurface Seismic Data offers a holistic view of seismic data interpretation to ensure understanding of the earth’s interior. The author has experimented with various methods of tapping the potential of the human mind. His program has received world recognition, and has now been put into book form. Bellissima Publishing, LLC is proud to have Craig Townsend among its writers. This is a must read book that should be required reading for every swim coach and swimmer! It is a book that can help anyone move towards positive thin-

Mark Spitz is arguably the most famous and successful Olympic athlete of all time because of his legendary performance at the 1972 Olympics, where he won seven gold medals while breaking seven world records. His amazing life story is told for the first time in the authorized biography Mark Spitz: The Extraordinary Life of an Olympic Champion. This exclusive account follows Spitz’s roller-coaster life, from his childhood in Australia to his rise to fame as a swimmer. The author provides a detailed look at Spitz’s training, mental preparation, and behind-the-scenes perspective on international athletic competitions. A chronicle of Phelps’s evolution from awkward teenager to record-breaking powerhouse. *Beneath the Surface* is a must-read for any sports fan.
Autobiography of Olympic swimmer, Katie Hoff. “Blueprint” is a candid account of the extraordinary life and athletic journey of one of America’s greatest athletes and a champion in every way—the remarkable two-time Olympian Katie Hoff. “As a young swimmer growing up in Maryland, I was so fortunate to see first-hand the grace of

Katie in and out of the pool. Her honesty and passion about her sporting and personal life shine through the pages of this well-written book, making it a must-read.” -Katie Ledecy
Traces the story of the record-setting swimmer and Olympic medalist, discussing how he rose from obscurity to become a professional in his teenage years, his participation in the 2000 and 2004 Summer Olympics, and his preparation for the 2008 Games.
Don’t Stop Believin’
The True Story of Ordinary Men and Their Extraordinary Dream of Olympic Glory
How to Train with a T. Rex and Win 8 Gold Medals

Michael Phelps
Everything You Need to Know
Total Immersion
The Tale of a Puppet follows the adventures of a talking wooden puppet whose nose grew longer whenever he told a lie and who wanted more than anything else to become a real boy.As carpenter Master Antonio begins to carve a block of pinewood into a leg for his table the log shouts out, “Don’t strike me too hard!” Frightened by the talking log, Master Cherry does not know what to do until his neighbor Gippetto drops by looking for a piece of wood to make a marionette. Antonio gives the block to Gippetto. And thus begins the life of Pinocchio, the puppet that turns into a boy.Pinocchio, The Tale of a Puppet is a novel for children by Carlo Collodi it about the mischievous adventures of Pinocchio, an animated marionette, and his poor father and woodcarver Gippetto. It is considered a classic of children’s literature and has spawned many derivative works of art. But this is not the story we’ve seen in film but the original version full of harrowing adventures faced by Pinocchio. It includes 40 illustrations.

Swim better—and enjoy every lap—with Total Immersion, a guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the world’s #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether you’re an accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that it’s mindful fluid movement—not athletic ability—that will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features:
• A thoughtfully choreographed series of skill drills—practiced in the mindful spirit of yoga—that can help anyone swim more enjoyably
• A holistic approach to becoming one

with the water and to developing a swimming style that’s always comfortable
• Simple but thorough guidance on how to improve fitness and form
• A complementary land-and-water program for achieving a strong and supple body at any age Based on more than thirty years of teaching, coaching, and research, Total Immersion has dramatically improved the physical and mental performance of thousands of people of all ages and abilities.

Crime fiction author Michael Phelps, a longtime friend to actor David Janssen, shares conversations they had during the early years of their long friendship.

In No Limits, Michael Phelps - perhaps the greatest Olympic competitor the world has ever seen - will show us the secrets to his remarkable success, from training to execution. Behind his tally of Olympic gold medals - more than any athlete throughout history - lies a consistent approach to competition, a determination to win, mental preparation, and a straightforward passion for his sport. One of his mottoes is "Performance is Reality", and it typifies his attitude about swimming. No Limits goes behind the scenes to explore the hard work, sacrifice, and dedication that catapulted Phelps into the international spotlight. Phelps will share remarkable anecdotes about family, his coach, his passion for the sport, and the wisdom that he has gained from unexpected challenges and obstacles. Highlighting memorable races and valuable lessons from throughout his career, Phelps offers candid insight into the mind and experiences of a world champion. No Limits will inspire anyone to follow their passion straight to the finish line.

The Missy Franklin Story
Silver Lining
Chasing Water
From Refugee to Olympian - My Story of Rescue, Hope, and Triumph
Swimming with Faith
Mark Spitz

"Reveals his poignant battle against the dark side of his return to the pool" - Donald McRae, Guardian
By the age of 14, at a time when most boys are coming to terms with teenage life, Ian Thorpe was representing his country and becoming the youngest ever individual male world champion. The 'Thorpedo' was soon the most famous swimmer in the world, routinely picking up gold medals and breaking times. But behind the public face of success, there was the hardship of a life lived in the constant glare of media attention and rumour. As Thorpe continued to work for his fans, he hid away a secret battle against depression and was ushered into retirement at just 24 years of age. Raw, honest and compelling, Thorpe's memoir brilliantly unveils the costs that sometimes come with unimaginable success. Fans of his easy style are in for a shock with his book". - Giles Hattersley, Sunday Times

One of America's most heralded young divers, David Boudia twice went for Olympic gold, training obsessively and whole-heartedly for success. In his first Olympics, he failed miserably, not winning a single medal. Four years later saw a different story: he mounted the podium twice, winning both gold and bronze. The difference? In The intervening years, he'd changed the focus of his quest from seeking glory for himself to giving glory to God. In Greater Than Gold, Boudia provides a behind-the-scenes access to the rarefied world of world-class athletics while also showing readers that when they place their hope in God, they receive what they've been seeking all along.

Prepare to peek into the mind of a champion, known as the most decorated Olympian of all time with 28 medals, including 23 gold, with this newly updated edition of Michael Phelps’s autobiography, Beneath the Surface. In this candid memoir, Phelps talks openly about his battle with attention deficit disorder, the trauma of his parents’ divorce, and the challenges that come with being thrust into the limelight. Readers worldwide will relive all the heart-stopping glory as Phelps completes his journey from the youngest man to ever set a world swimming record in 2001, to an Olympic powerhouse in 2008, to surpassing the greatest athlete of ancient Greece, Leonidas of Rhodes, with 13 triumphs in 2016. Athletes and fans alike will be fascinated by his insights into Phelps’s training, mental preparation, and behind-the-scenes perspective on international athletic competitions. A chronicle of Phelps’s evolution from awkward teenager to record-breaking powerhouse, Beneath the Surface is a must-read for any sports fan.

Eat Right, Swim Faster is the ultimate nutrition resource for competitive swimmers of all ages. It is a smartly written book of highly practical and very accessible information for swimmers interested in what food can do for them in their pursuit of maximum performance in the water. Rather than insisting that readers wade through a tangle of highly technical terminology, Eat Right, Swim Faster provides an abundance of sound, practical advice, in a straightforward, non-academic tone. Eat Right, Swim Faster draws on the very latest sports nutrition research as well as the very personal experience of the author—a registered dietitian, sports nutritionist, swim coach, athlete, and mother of three competitive swimmers. Readers can therefore be confident they’re receiving the smartest, most up-to-date information on the foods and drinks that will serve them and their swimming performance-best....

The Golden Rules

Body Lengths

Breaking the Surface

My Story

The Surratt Crest

Gold in the Water

This is a new edition of Greg Louganis's 1995 #1 New York Times bestselling autobiography and Literary Guild Selection. It is the unflinchingly honest first-person account of a man breaking free of a lifetime of silence and isolation. Born to a young Samoan father and Northern European mother, and adopted at nine months, Greg began diving at age nine, and at sixteen won a silver medal at the 1976 Montreal Olympics. But despite his astonishing athletic skill, Greg struggled with late-detected dyslexia, prejudice toward his dark skin coloring and anguish over his homosexuality, which he felt compelled to hide. Being in the spotlight intensified his difficulties with relationships and substance abuse. However, Louganis went on to win double gold medals at the 1984 and 1988 Olympics. His triumph at the 1988 Olympics came several months after he tested positive for HIV. This is the haunting, searingly candid story of the world’s greatest diver. This new edition includes a new foreword.

With humor and warmth, legendary musician, actress, activist, and icon Olivia Newton-John shares her fascinating life story—from her unforgettable rise to fame in the classic musical Grease to her passionate advocacy for health in light of her battles with cancer. Perfect for fans of Tina Turner’s My Love Story and Sally Field’s In Pieces, this New York Times bestseller—with new exclusive material—is an extraordinary can’t-miss memoir. For more than five decades, Olivia Newton-John has been one of our most successful and adored entertainers. A four-time Grammy Award winner, she is one of the world’s bestselling recording artists of all time, with more than 100 million albums sold. Her starring roles in the iconic movies Grease and Xanadu catapulted her into super-stardom. In addition to her music and screen successes, Olivia is perhaps best known for her strength, courage, and grace. After her own personal journeys with cancer, she has thrived and become an inspiration for millions around the world. A tireless advocate for countless charities, her true passion is as the founding champion of the Olivia Newton-John Cancer Wellness & Research Centre in her hometown of Melbourne, Australia. Olivia has always radiated joy, hope, and compassion—determined to be a force for good in the world. Now she is sharing her journey, from Melbourne schoolgirl to international superstar, in this deeply personal book. Candid and moving, Don’t Stop Believin’ is Olivia Newton-John’s story in her own words for the very first time.

Michael Phelps is an American sports hero - perhaps the greatest Olympic athlete the world has ever known. His unprecedented eight gold medals in the 2008 Summer Olympics have made him a superstar. But his journey to Olympic immortality is every bit as compelling as his achievements in the pool. From learning to cope with ADHD to the story of how Phelps became the greatest swimmer ever, Phelps' tale is told in full detail here for the first time. The author, Bob Schaller, and his coach for the first time, and has extensively interviewed him, along with his mother, sisters, coach, and teammates. Filled with revelations, career statistics, and insightful analysis of how Phelps achieved the seemingly impossible, this is a must-read for anyone who wants to learn the complete story behind the legend. With his record-breaking eight gold medals won for swimming in the 2008 Summer Olympics in Beijing, Phelps became an international sensation. In this picture book, Phelps explains the mind-boggling statistics of his years of training in terms young kids can understand. Full color.

The Swimmer as Hero

The Extraordinary Life of an Olympic Champion
Age Is Just a Number
Where the Buttercups Bloom
Blueprint
Pinocchio, the Tale of a Puppet

In California, a team of talented young men begin pursuing the most elusive dream in sports, the Olympic Games. The pressure steadily increases as two best friends (a mentor and his protégé) reach the top of the world rankings and unexpectedly find themselves direct competitors. Their teammates include an emerging star methodically plotting to retrace his father’s path. Author P. H. Mullen chronicles their journey to the 2000 Olympic Games and presents one of the most powerful and moving sports books ever written. Brilliant sweeping in literary power and pace, this startling book will permanently change how you view the Olympic athlete. It is a fascinating world of suspense and emotion where human desire for excellence rules over all, and where there are no second chances for glory. But above all, Gold in the Water is a triumph of the human spirit.

"US swimmer Michael Phelps was the most decorated Olympic athlete in history before the 2016 Summer Games in Rio de Janeiro, Brazil. Winning an additional five golds and a silver in Rio for a total of 28 career medals, Phelps has a list of accomplishments in the pool that may never be matched. Learn all about Phelps's Olympic victories, how he maintains a world-class swimmer's body, what he does for fun, his plans for the future, and much more ovided by publisher.

Bob Bowman, best known as the coach for the record-breaking run of Michael Phelps, is one of the most successful coaches in sports history. He is lauded for his intense personality, incredible dedication to his athletes, and his ability to nurture talent in athletes who have the heart and drive to win. This is his motivational book about winning in all walks of life and what you have to do to get there. He presents ten key concepts that all people should live by. Illuminating his lessons with spirited anecdotes, Bowman will teach you how to get gold out of every day by setting goals and getting motivated to achieve them. He will explain that taking risks is the key to success in any pursuit, and

coach you on how you can become more risk-tolerant. By following The Golden Rules, you will learn to visualize in order to achieve your goals, and that above all else, dedication to your training, your job, or whatever area it is you are seeking to triumph in is paramount for success. Beneath the SurfaceMy StorySimon and Schuster

Golden Girl

Beneath the Surface

Interpreting Subsurface Seismic Data
Mind Training for Swimmers
From Olympic Heartbreak to Ultimate Redemption
David Janssen - Our Conversations

Eight medals, including six gold and two bronze. Michael Phelps used the Olympic Games in Athens as his breakout event. Already known in the swimming world for the summer of 2003 when he set seven world records in 41 days, Michael's record-tying medal haul made him a mainstream name. He's well on his way to his ambitious goal of "changing the sport of swimming," but despite Michael's pre-eminence in the pool, his story is not a swimming diary but a take of adversities overcome and redemption through persistence.

This "profound and disturbing" (New York Times Book Review) bestseller written by a Guantánamo prisoner is now a major feature film starring Tahar Rahim and Jodie Foster. When The Mauritanian was first published as Guantánamo Diary in 2015—heavily redacted by the U.S. government—Mohamedou Ould Slahi was still imprisoned at the detainee camp in Guantánamo Bay, Cuba, despite a federal court ruling ordering his release, and it was unclear when or if he would ever see freedom. In October 2016 he was finally released and reunited with his family. During his fourteen-year imprisonment the United States never charged him with a crime. Now he is able to tell his story in full, with previously censored material restored. This searing diary is not merely a vivid record of a miscarriage of justice, but a deeply personal memoir—terrifying, darkly humorous, and surprisingly gracious. The Mauritanian is a document of immense emotional power and historical importance.

From legendary Olympic gold medalist Dara Torres comes a motivational, inspirational memoir about staying fit, aging gracefully, and pursuing your dreams. Dara Torres captured the hearts and minds of Americans of all ages when she launched her Olympic comeback as a new mother at the age of forty-one—years after she had retired from competitive swimming and eight years since her last Olympics. When she took three silver medals in Beijing—including a heartbreaking .01-second finish behind the gold medalist in the women's 50-meter freestyle—America loved her all the more for her astonishing achievement and her good-natured acceptance of the results. Now, in Age Is Just a Number, Dara reveals how the dream of an Olympic comeback first came to her—when she was months into her first, hard-won pregnancy. With humor and candor, Dara recounts how she returned to serious training—while nursing her infant daughter and contending with her beloved father's long battle with cancer. Dara talks frankly about diving back in for this comeback; about being an older athlete in a younger athletes' game; about competition, doubt, and belief; about working through pain and uncertainty, and finally—about seizing the moment and, most important, never giving up. A truly self-made legend, her story will resonate with women of all ages—and with anyone daring to entertain a seemingly impossible dream.

David Bowman, best known as the coach for the record-breaking run of Michael Phelps, is one of the most successful coaches in sports history. He is lauded for his intense personality, incredible dedication to his athletes, and his ability to nurture talent in athletes who have the heart and drive to win. This is his motivational book about winning in all walks of life and what you have to do to get there. He presents ten key concepts that all people should live by. Illuminating his lessons with spirited anecdotes, Bowman will teach you how to get gold out of every day by setting goals and getting motivated to achieve them. He will explain that taking risks is the key to success in any pursuit, and coach you on how you can become more risk-tolerant. By following The Golden Rules, you will learn to visualize in order to achieve your goals, and that above all else, dedication to your training, your job, or whatever area it is you are seeking to triumph in is paramount for success.

Beneath the SurfaceMy StorySimon and Schuster
Golden Girl
Beneath the Surface
Interpreting Subsurface Seismic Data
Mind Training for Swimmers
From Olympic Heartbreak to Ultimate Redemption
David Janssen - Our Conversations

Eight medals, including six gold and two bronze. Michael Phelps used the Olympic Games in Athens as his breakout event. Already known in the swimming world for the summer of 2003 when he set seven world records in 41 days, Michael's record-tying medal haul made him a mainstream name. He's well on his way to his ambitious goal of "changing the sport of swimming," but despite Michael's pre-eminence in the pool, his story is not a swimming diary but a take of adversities overcome and redemption through persistence.

This "profound and disturbing" (New York Times Book Review) bestseller written by a Guantánamo prisoner is now a major feature film starring Tahar Rahim and Jodie Foster. When The Mauritanian was first published as Guantánamo Diary in 2015—heavily redacted by the U.S. government—Mohamedou Ould Slahi was still imprisoned at the detainee camp in Guantánamo Bay, Cuba, despite a federal court ruling ordering his release, and it was unclear when or if he would ever see freedom. In October 2016 he was finally released and reunited with his family. During his fourteen-year imprisonment the United States never charged him with a crime. Now he is able to tell his story in full, with previously censored material restored. This searing diary is not merely a vivid record of a miscarriage of justice, but a deeply personal memoir—terrifying, darkly humorous, and surprisingly gracious. The Mauritanian is a document of immense emotional power and historical importance.

From legendary Olympic gold medalist Dara Torres comes a motivational, inspirational memoir about staying fit, aging gracefully, and pursuing your dreams. Dara Torres captured the hearts and minds of Americans of all ages when she launched her Olympic comeback as a new mother at the age of forty-one—years after she had retired from competitive swimming and eight years since her last Olympics. When she took three silver medals in Beijing—including a heartbreaking .01-second finish behind the gold medalist in the women's 50-meter freestyle—America loved her all the more for her astonishing achievement and her good-natured acceptance of the results. Now, in Age Is Just a Number, Dara reveals how the dream of an Olympic comeback first came to her—when she was months into her first, hard-won pregnancy. With humor and candor, Dara recounts how she returned to serious training—while nursing her infant daughter and contending with her beloved father's long battle with cancer. Dara talks frankly about diving back in for this comeback; about being an older athlete in a younger athletes' game; about competition, doubt, and belief; about working through pain and uncertainty, and finally—about seizing the moment and, most important, never giving up. A truly self-made legend, her story will resonate with women of all ages—and with anyone daring to entertain a seemingly impossible dream.

David Bowman, best known as the coach for the record-breaking run of Michael Phelps, is one of the most successful coaches in sports history. He is lauded for his intense personality, incredible dedication to his athletes, and his ability to nurture talent in athletes who have the heart and drive to win. This is his motivational book about winning in all walks of life and what you have to do to get there. He presents ten key concepts that all people should live by. Illuminating his lessons with spirited anecdotes, Bowman will teach you how to get gold out of every day by setting goals and getting motivated to achieve them. He will explain that taking risks is the key to success in any pursuit, and coach you on how you can become more risk-tolerant. By following The Golden Rules, you will learn to visualize in order to achieve your goals, and that above all else, dedication to your training, your job, or whatever area it is you are seeking to triumph in is paramount for success.

Beneath the SurfaceMy StorySimon and Schuster
Golden Girl
Beneath the Surface
Interpreting Subsurface Seismic Data
Mind Training for Swimmers
From Olympic Heartbreak to Ultimate Redemption
David Janssen - Our Conversations

Eight medals, including six gold and two bronze. Michael Phelps used the Olympic Games in Athens as his breakout event. Already known in the swimming world for the summer of 2003 when he set seven world records in 41 days, Michael's record-tying medal haul made him a mainstream name. He's well on his way to his ambitious goal of "changing the sport of swimming," but despite Michael's pre-eminence in the pool, his story is not a swimming diary but a take of adversities overcome and redemption through persistence.

This "profound and disturbing" (New York Times Book Review) bestseller written by a Guantánamo prisoner is now a major feature film starring Tahar Rahim and Jodie Foster. When The Mauritanian was first published as Guantánamo Diary in 2015—heavily redacted by the U.S. government—Mohamedou Ould Slahi was still imprisoned at the detainee camp in Guantánamo Bay, Cuba, despite a federal court ruling ordering his release, and it was unclear when or if he would ever see freedom. In October 2016 he was finally released and reunited with his family. During his fourteen-year imprisonment the United States never charged him with a crime. Now he is able to tell his story in full, with previously censored material restored. This searing diary is not merely a vivid record of a miscarriage of justice, but a deeply personal memoir—terrifying, darkly humorous, and surprisingly gracious. The Mauritanian is a document of immense emotional power and historical importance.

From legendary Olympic gold medalist Dara Torres comes a motivational, inspirational memoir about staying fit, aging gracefully, and pursuing your dreams. Dara Torres captured the hearts and minds of Americans of all ages when she launched her Olympic comeback as a new mother at the age of forty-one—years after she had retired from competitive swimming and eight years since her last Olympics. When she took three silver medals in Beijing—including a heartbreaking .01-second finish behind the gold medalist in the women's 50-meter freestyle—America loved her all the more for her astonishing achievement and her good-natured acceptance of the results. Now, in Age Is Just a Number, Dara reveals how the dream of an Olympic comeback first came to her—when she was months into her first, hard-won pregnancy. With humor and candor, Dara recounts how she returned to serious training—while nursing her infant daughter and contending with her beloved father's long battle with cancer. Dara talks frankly about diving back in for this comeback; about being an older athlete in a younger athletes' game; about competition, doubt, and belief; about working through pain and uncertainty, and finally—about seizing the moment and, most important, never giving up. A truly self-made legend, her story will resonate with women of all ages—and with anyone daring to entertain a seemingly impossible dream.

David Bowman, best known as the coach for the record-breaking run of Michael Phelps, is one of the most successful coaches in sports history. He is lauded for his intense personality, incredible dedication to his athletes, and his ability to nurture talent in athletes who have the heart and drive to win. This is his motivational book about winning in all walks of life and what you have to do to get there. He presents ten key concepts that all people should live by. Illuminating his lessons with spirited anecdotes, Bowman will teach you how to get gold out of every day by setting goals and getting motivated to achieve them. He will explain that taking risks is the key to success in any pursuit, and coach you on how you can become more risk-tolerant. By following The Golden Rules, you will learn to visualize in order to achieve your goals, and that above all else, dedication to your training, your job, or whatever area it is you are seeking to triumph in is paramount for success.

Beneath the SurfaceMy StorySimon and Schuster
Golden Girl
Beneath the Surface
Interpreting Subsurface Seismic Data
Mind Training for Swimmers
From Olympic Heartbreak to Ultimate Redemption
David Janssen - Our Conversations

Eight medals, including six gold and two bronze. Michael Phelps used the Olympic Games in Athens as his breakout event. Already known in the swimming world for the summer of 2003 when he set seven world records in 41 days, Michael's record-tying medal haul made him a mainstream name. He's well on his way to his ambitious goal of "changing the sport of swimming," but despite Michael's pre-eminence in the pool, his story is not a swimming diary but a take of adversities overcome and redemption through persistence.

This "profound and disturbing" (New York Times Book Review) bestseller written by a Guantánamo prisoner is now a major feature film starring Tahar Rahim and Jodie Foster. When The Mauritanian was first published as Guantánamo Diary in 2015—heavily redacted by the U.S. government—Mohamedou Ould Slahi was still imprisoned at the detainee camp in Guantánamo Bay, Cuba, despite a federal court ruling ordering his release, and it was unclear when or if he would ever see freedom. In October 2016 he was finally released and reunited with his family. During his fourteen-year imprisonment the United States never charged him with a crime. Now he is able to tell his story in full, with previously censored material restored. This searing diary is not merely a vivid record of a miscarriage of justice, but a deeply personal memoir—terrifying, darkly humorous, and surprisingly gracious. The Mauritanian is a document of immense emotional power and historical importance.

From legendary Olympic gold medalist Dara Torres comes a motivational, inspirational memoir about staying fit, aging gracefully, and pursuing your dreams. Dara Torres captured the hearts and minds of Americans of all ages when she launched her Olympic comeback as a new mother at the age of forty-one—years after she had retired from competitive swimming and eight years since her last Olympics. When she took three silver medals in Beijing—including a heartbreaking .01-second finish behind the gold medalist in the women's 50-meter freestyle—America loved her all the more for her astonishing achievement and her good-natured acceptance of the results. Now, in Age Is Just a Number, Dara reveals how the dream of an Olympic comeback first came to her—when she was months into her first, hard-won pregnancy. With humor and candor, Dara recounts how she returned to serious training—while nursing her infant daughter and contending with her beloved father's long battle with cancer. Dara talks frankly about diving back in for this comeback; about being an older athlete in a younger athletes' game; about competition, doubt, and belief; about working through pain and uncertainty, and finally—about seizing the moment and, most important, never giving up. A truly self-made legend, her story will resonate with women of all ages—and with anyone daring to entertain a seemingly impossible dream.

David Bowman, best known as the coach for the record-breaking run of Michael Phelps, is one of the most successful coaches in sports history. He is lauded for his intense personality, incredible dedication to his athletes, and his ability to nurture talent in athletes who have the heart and drive to win. This is his motivational book about winning in all walks of life and what you have to do to get there. He presents ten key concepts that all people should live by. Illuminating his lessons with spirited anecdotes, Bowman will teach you how to get gold out of every day by setting goals and getting motivated to achieve them. He will explain that taking risks is the key to success in any pursuit, and coach you on how you can become more risk-tolerant. By following The Golden Rules, you will learn to visualize in order to achieve your goals, and that above all else, dedication to your training, your job, or whatever area it is you are seeking to triumph in is paramount for success.

Beneath the SurfaceMy StorySimon and Schuster
Golden Girl
Beneath the Surface
Interpreting Subsurface Seismic Data
Mind Training for Swimmers
From Olympic Heartbreak to Ultimate Redemption
David Janssen - Our Conversations

Eight medals, including six gold and two bronze. Michael Phelps used the Olympic Games in Athens as his breakout event. Already known in the swimming world for the summer of 2003 when he set seven world records in 41 days, Michael's record-tying medal haul made him a mainstream name. He's well on his way to his ambitious goal of "changing the sport of swimming," but despite Michael's pre-eminence in the pool, his story is not a swimming diary but a take of adversities overcome and redemption through persistence.

This "profound and disturbing" (New York Times Book Review) bestseller written by a Guantánamo prisoner is now a major feature film starring Tahar Rahim and Jodie Foster. When The Mauritanian was first published as Guantánamo Diary in 2015—heavily redacted by the U.S. government—Mohamedou Ould Slahi was still imprisoned at the detainee camp in Guantánamo Bay, Cuba, despite a federal court ruling ordering his release, and it was unclear when or if he would ever see freedom. In October 2016 he was finally released and reunited with his family. During his fourteen-year imprisonment the United States never charged him with a crime. Now he is able to tell his story in full, with previously censored material restored. This searing diary is not merely a vivid record of a miscarriage of justice, but a deeply personal memoir—terrifying, darkly humorous, and surprisingly gracious. The Mauritanian is a document of immense emotional power and historical importance.

From legendary Olympic gold medalist Dara Torres comes a motivational, inspirational memoir about staying fit, aging gracefully, and pursuing your dreams. Dara Torres captured the hearts and minds of Americans of all ages when she launched her Olympic comeback as a new mother at the age of forty-one—years after she had retired from competitive swimming and eight years since her last Olympics. When she took three silver medals in Beijing—including a heartbreaking .01-second finish behind the gold medalist in the women's 50-meter freestyle—America loved her all the more for her astonishing achievement and her good-natured acceptance of the results. Now, in Age Is Just a Number, Dara reveals how the dream of an Olympic comeback first came to her—when she was months into her first, hard-won pregnancy. With humor and candor, Dara recounts how she returned to serious training—while nursing her infant daughter and contending with her beloved father's long battle with cancer. Dara talks frankly about diving back in for this comeback; about being an older athlete in a younger athletes' game; about competition, doubt, and belief; about working through pain and uncertainty, and finally—about seizing the moment and, most important, never giving up. A truly self-made legend, her story will resonate with women of all ages—and with anyone daring to entertain a seemingly impossible dream.

David Bowman, best known as the coach for the record-breaking run of Michael Phelps, is one of the most successful coaches in sports history. He is lauded for his intense personality, incredible dedication to his athletes, and his ability to nurture talent in athletes who have the heart and drive to win. This is his motivational book about winning in all walks of life and what you have to do to get there. He presents ten key concepts that all people should live by. Illuminating his lessons with spirited anecdotes, Bowman will teach you how to get gold out of every day by setting goals and getting motivated to achieve them. He will explain that taking risks is the key to success in any pursuit, and coach you on how you can become more risk-tolerant. By following The Golden Rules, you will learn to visualize in order to achieve your goals, and that above all else, dedication to your training, your job, or whatever area it is you are seeking to triumph in is paramount for success.

Beneath the SurfaceMy StorySimon and Schuster
Golden Girl
Beneath the Surface
Interpreting Subsurface Seismic Data
Mind Training for Swimmers
From Olympic Heartbreak to Ultimate Redemption
David Janssen - Our Conversations