

## The Four Minute Mile

On 6 May 1954 Roger Bannister became the first man to run a mile in under four minutes, establishing himself as one of the most famous sportsmen in history. Bannister has written a substantial new introduction of this 50th anniversary edition of *The First Four Minutes*, reflecting on his experiences in 1954, his life ever since then and the evolution of mile running over the last five decades. *The First Four Minutes*, first published in 1955, covers not only the great race but also those preceding it (including the 1952 Helsinki Olympics) and the ones that followed, where Bannister triumphantly proved that his record time was more than just a one-off. He retired from competition in 1955 and went on to pursue a distinguished career as a neurologist. He was Chairman of the first executive Sports Council from 1971 to 1974. During his years in office the organisation developed the Sport for All programme and the first effective drugs test for anabolic steroids, a test still used today. He was Master of Pembroke College, Oxford for eight years and still lives in the city. He is chairman of the St Mary's Hospital Medical School Development Trust.

50,000 copies sold, now in paperback... If you can think impossible thoughts, then you can do impossible things!! The power of change: create new thinking for new solutions! Includes a new introduction demonstrating the "power of impossible thinking," plus access to exclusive book summary and authors' interview at the book's companion Web site. *The Power of Impossible Thinking* is about getting better at making sense of what's going on around you so you can make decisions that respond to reality, not inaccurate or obsolete models of the world. This bestseller reveals how mental models stand between you and the truth and how to transform them into your biggest advantage! Learn how to develop new ways of seeing, when to change to a new model, how to swap amongst a portfolio of models, how to understand complex environments and how to do "mind R and D," improving models through constant experimentation. Jerry Wind and Colin Crook review why it's so hard to change mental models and offer practical strategies for dismantling "hardened missile silos". Finally they show how to access models quickly through intuition, and assess the effectiveness of any mental model. Purchasers of this book gain access to audio summaries on a companion web site, along with a new half-hour interview with the authors.

Training and coaching manual. Illus.

The story of the life of young Olympic-caliber runner John Baker tells of his determination to remain unvanquished in spirit even when struck by incurable cancer

A Season Inside with Mark Wetmore, Adam Goucher, and the University of Colorado Men's Cross-Country Team

The Miracle Mile

The Tipping Point

How Little Things Can Make a Big Difference

The Fifth Book of Peace

The Mystique of the Four-minute Mile

Stories of the 1954 British Empire and Commonwealth Games

Using years of research and interviews with adventure sports athletes, the New York Times best-selling author of *Abundance* and *A Small, Fury Prayer* attempts to unlock the secrets to ultimate human performance and the state of consciousness called "flow."

25,000 first printing.

Highly acclaimed author Neal Bascomb brings his peerless research and fast-paced narrative style to a young adult adaptation of one of his most successful adult books of all time, *The Perfect Mile*, an inspiring and moving story of three men racing to achieve the impossible -- the perfect four-minute mile. There was a time when running the mile in four minutes was believed to be beyond the limits of human foot speed. In 1952, after suffering defeat at the Helsinki Olympics, three world-class runners each set out to break this barrier: Roger Bannister was a young English medical student who epitomized the ideal of the amateur; John Landy the privileged son of a genteel Australian family; and Wes Santee the swaggering American, a Kansas farm boy and natural athlete. Spanning three continents and defying the odds, these athletes' collective quest captivated the world. Neal Bascomb's bestselling adult account adapted for young readers delivers a breathtaking story of unlikely heroes and leaves us with a lasting portrait of the twilight years of the golden age of sport.

*Foiled by Randomness* is a standalone book in Nassim Nicholas Taleb's landmark *Incerto* series, an investigation of opacity, luck, uncertainty, probability, human error, risk, and decision-making in a world we don't understand. The other books in the series are *The Black Swan*, *Antifragile*, *Skin in the Game*, and *The Bed of Procrustes*. *Foiled by Randomness* is the word-of-mouth sensation that will change the way you think about business and the world. Nassim Nicholas Taleb—veteran trader, renowned risk expert, polymathic scholar, erudite raconteur, and New York Times bestselling author of *The Black Swan*—has written a modern classic that turns on its head what we believe about luck and skill. This book is about luck—or more precisely, about how we perceive and deal with luck in life and business. Set against the backdrop of the most conspicuous forum in which luck is mistaken for skill—the world of trading—*Foiled by Randomness* provides captivating insight into one of the least understood factors in all our lives. Writing in an entertaining narrative style, the author tackles major intellectual issues related to the underestimation of the influence of happenstance on our lives. The book is populated with an array of characters, some of whom have grasped, in their own way, the significance of chance: the baseball legend Yogi Berra; the philosopher of knowledge Karl Popper; the ancient world's wisest man, Solon; the modern financier George Soros; and the Greek voyager Odysseus. We also meet the fictional Nero, who seems to understand the role of randomness in his professional life but falls victim to his own superstitious foolishness. However, the most recognizable character of all remains unnamed—the lucky fool who happens to be in the right place at the right time—he embodies the "survival of the least fit." Such individuals attract devoted followers who believe in their guru's insights and methods. But no one can replicate what is obtained by chance. Are we capable of distinguishing the fortunate charlatan from the genuine visionary? Must we always try to uncover nonexistent messages in random events? It may be impossible to guard ourselves against the vagaries of the

*goddess Fortuna, but after reading Fooled by Randomness we can be a little better prepared. Named by Fortune One of the Smartest Books of All Time A Financial Times Best Business Book of the Year*

*Top five Best Books About Running, Runner's World Magazine Top three Best Books About Running, readers of Runner's World Magazine (December 2009) A phenomenal portrait of courage and desire that will do for college cross-country what John Feinstein's A Season on the Brink did for college basketball.*

*Unbroken*

*The Quest for the Four Minute Mile*

3:59.4

*The Autobiography*

*The Millionaire Real Estate Agent*

*No Meat Athlete*

*The Story of America's Greatest Running Legend, Steve Prefontaine*

The 1954 British Empire and Commonwealth Games in Vancouver changed both the city and world sport forever. The Games will always be remembered for the "Miracle Mile," the much-anticipated showdown between the first two men to break the four-minute barrier, England's Roger Bannister and Australia's John Landy. But as the press focused the world's attention on Vancouver, and Bannister outpaced Landy in the stretch, fate found an even more dramatic story that seared itself into the memories of all who saw it. England's Jim Peters, the world-record holder in the marathon, entered Empire Stadium at the end of a brutal twenty-six-mile run, collapsing repeatedly before a medic stopped him two hundred yards from the finish line. These two stories brought the Games to a stirring conclusion on its final day - Saturday, August 7, 1954 - but there were many other extraordinary moments throughout the events. A group of novice UBC rowers pulled off the biggest upset in Games history on the Fraser Valley's Vedder Canal. Australia's Marjorie Jackson-Nelson, the fastest woman in history, blasted down the track one final time to remain undefeated in international competition, an unprecedented accomplishment before and since. Emmanuel Ifeajuna, a little-known high jumper from Nigeria, surprised the world when he won Africa's first-ever international gold medal. He later masterminded a bloody coup that plunged his nation into devastating civil war. Every single day offered up unbelievable tales of glory and grief. As one 1954 billboard boldly proclaimed, the Games were "a week you'll remember a lifetime!"

Cofounder of Fast Company magazine and bestselling author of *Mavericks at Work* and *Practically Radical* shows how true business innovation can spring from the unlikeliest places. Far away from Silicon Valley, in familiar, traditional, even unglamorous fields, ordinary people are unleashing extraordinary advances that amaze customers, energize employees, and create huge economic value. Their secret? They understand that the work of inventing the future doesn't just belong to geeks designing mobile apps and virtual-reality headsets, or to social-media entrepreneurs hoping to launch the next Facebook. Some of today's most compelling organizations are doing brilliant things in simple settings such as retail banks, office cleaning companies, department stores, small hospitals, and auto dealerships. William C. Taylor, cofounder of Fast Company and best-selling author of *Practically Radical*, traveled thousands of miles to visit these hotbeds of simple brilliance and unearth the principles and practices behind their success. He offers fascinating case studies and powerful lessons that you can apply to do ordinary things in extraordinary ways, regardless of your industry or profession. Consider, for instance, how...  
·Miami Beach's dazzling 1111 Lincoln Road reimaged the humble parking garage as a high-profile public space that hosts weddings, yoga classes, and celebrity gatherings.  
·USAA, the financial-services giant that provides soldiers and their families with insurance and banking products, inspires frontline employees to deliver legendary service by immersing them in military culture.  
·Pal's Sudden Service, a fast-food chain with a cult following, serves up burgers and fries with such speed and accuracy that companies from other industries pay to learn from its astonishing discipline.  
·Lincoln Electric, a manufacturer based in Euclid, Ohio, dominates its ultracompetitive markets with a fierce devotion to quality and productivity. But the key to its prosperity is a share-the-wealth model that gives everybody a sense of security and a piece of the action. It has maintained a strict no-layoff pledge since 1958. As Taylor writes: "The story of this book, its message for leaders who aim to do something important and build something great, is both simple and subversive: In a time of wrenching disruptions and exhilarating advances, of unrelenting turmoil and unlimited promise, the future is open to everybody. The thrill of breakthrough creativity and breakaway performance . . . can be summoned in all sorts of industries and all walks of life, if leaders can reimagine what's possible in their fields." *Simply Brilliant* shows you how.

Presque Isle State Park, a peninsula extending seven miles into Lake Erie, attracts four million visitors each year. Since the late 1800s, the park has been an ecological and recreational paradise where visitors can enjoy solitude, reflection, and the wonders of nature. At times strong storms are driven in off of Lake Erie, however, and since 1814, man has been struggling to protect Presque Isle against the forces of nature that constantly cause destruction and erosion on the park. Through extensive research and vintage images gathered from the collections of author Eugene Ware, the Erie County Historical Society, Erie County Public Library, Pennsylvania Department of Conservation and Natural Resources, and various local sources, *A History of Presque Isle* reflects the history and special aura of the park. It traces the long and rich past of Presque Isle and Erie, Pennsylvania, from the peninsula's formation in the ice ages to the early 1950s. Through a series of conversations with Joe Root, the legendary hermit who lived in the park from approximately 1880 until nearly 1915, as well as his own personal reflections, Ware provides an unforgettable glimpse into the beauty and majesty of Presque Isle, including what it offers visitors today. *A History of Presque Isle* documents the history and complete story of a Pennsylvania park known for its ghosts, legends, and gift for influencing visitors to this day.

3:59.4The Quest to Break the Four Minute MileRandom House

Ask a Manager

A Novel

From Nowhere to the Top of the World

How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work

The Four-Minute Mile

The Whole Body Reset

Transform the Business of Your Life and the Life of Your Business

*Most of us believe that we will finally feel satisfied and content with our lives when we get the good news we have been waiting for, find a healthy relationship, or achieve one of our personal goals. However, this rarely happens. Good fortune is often followed by negative emotions that overtake us and result in destructive behaviors. "I don't deserve this," "this is too good to be true," or any number of harmful thought patterns prevent us from experiencing the joy and satisfaction we have earned. Sound familiar? This is what New York Times bestselling author Gay Hendricks calls the Upper Limit Problem, a negative emotional reaction that occurs when anything positive enters our lives. The Upper Limit Problem not only prevents happiness, but it actually stops us from achieving our goals. It is the ultimate life roadblock. In The Big Leap, Hendricks reveals a simple yet comprehensive program for overcoming this barrier to happiness and fulfillment, presented in a way that engages both the mind and heart. Working closely with more than one thousand extraordinary achievers in business and the arts—from rock stars to Fortune 500 executives—whose stories are featured in these pages, the book describes the four hidden fears that are at the root of the Upper Limit Problem. The Big Leap delivers a proven method for first identifying which of these four fears prevents us from reaching our personal upper limit, and then breaking through that limitation to achieve what Hendricks refers to as our Zone of Genius. Hendricks provides a clear path for achieving our true potential and attaining not only financial success but also success in love and life. Interviews with the great runners who pioneered the sub-4 mile.*

*From the bestselling author of The Bomber Mafia: discover Malcolm Gladwell's breakthrough debut and explore the science behind viral trends in business, marketing, and human behavior. The tipping point is that magic moment when an idea, trend, or social behavior crosses a threshold, tips, and spreads like wildfire. Just as a single sick person can start an epidemic of the flu, so too can a small but precisely targeted push cause a fashion trend, the popularity of a new product, or a drop in the crime rate. This widely acclaimed bestseller, in which Malcolm Gladwell explores and brilliantly illuminates the tipping point phenomenon, is already changing the way people throughout the world think about selling products and disseminating ideas. "A wonderful page-turner about a fascinating idea that should affect the way every thinking person looks at the world." —Michael Lewis*

*Follows the journey of three young men--John Landy, Wes Santee, and Roger Bannister--who suffered defeat at the Helsinki Olympics in 1952 but nevertheless vowed to break the four-minute mile, training tirelessly to accomplish their goal.*

*When Running Made History*

*The Race of the Century: The Battle to Break the Four-Minute Mile*

*Hiroshima*

*Alan Webb and the Quest for the Fastest Mile*

*Four-Minute Mile*

*Three Athletes, One Goal, and Less Than Four Minutes to Achieve it*

*Provides a close-up portrait of champion runner Alan Webb, who in 2001, broke a thirty-six-year-old record by running the fastest mile in history, describing his efforts to stay focused despite life's many demands.*

*The undisputed classic of running novels and one of the most beloved sports books ever published, Once a Runner tells the story of an athlete's dreams amid the turmoil of the 60s and the Vietnam war. Inspired by the author's experience as a collegiate champion, the novel follows Quenton Cassidy, a competitive runner at fictional Southeastern University whose lifelong dream is to run a four-minute mile. He is less than a second away when the turmoil of the Vietnam War era intrudes into the staid recesses of his school's athletic department. After he becomes involved in an athletes' protest, Cassidy is suspended from his track team. Under the tutelage of his friend and mentor, Bruce Denton, a graduate student and former Olympic gold medalist, Cassidy gives up his scholarship, his girlfriend, and possibly his future to withdraw to a monastic retreat in the countryside and begin training for the race of his life against the greatest miler in history. A rare insider's account of the incredibly intense lives of elite distance runners, Once a Runner is an inspiring, funny, and spot-on tale of one individual's quest to become a champion.*

*The story of America's greatest running legend. For five years, no American runner could beat him at any distance over a mile. But at the age of 24, with his best years still ahead, long-distance runner Steve Prefontaine finally lost. Driving alone at night after a party, Prefontaine crashed his sports car, putting a tragic, shocking end to the life and career of one of the most influential, accomplished runners of our time. More than 20 years later, Prefontaine continues to influence the running world. From his humble origins in Coos Bay, Oregon, Prefontaine became the first person to win four NCAA titles in one event. Year after year, he was virtually*

unbeatable. Instead of becoming one of the new breed of professional track athletes, Pre chose to stay amateur and fight for the adequate funding he felt American amateur athletes deserved. A man of incredible desire and energy, Pre trained relentlessly. In his drive to be the best, he spurred others to do their best. As one racer said, "He ran every race as if it were his last." But Pre not only touched runners; his exciting technique as well as his maverick lifestyle made him a favorite of the fans. A race with Prefontaine in it was automatically an event. His brief but brilliant life—documented by author Tom Jordan—is the tale of a true American hero. This is his story. "Some people create with words or with music or with a brush and paints. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run like that before.' It's more than just a race, it's style. It's doing something better than anyone else. It's being creative." —Steve Prefontaine \*The e-book edition does not include photos

New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

The Rise of Superman

A World War II Story of Survival, Resilience, and Redemption

Running with the Buffaloes

Bannister and Beyond

Simply Brilliant

Winning Running

Sub 4:00

**Robinson takes readers on a globe-trotting tour that combines a historian's insight with vivid personal memories going back to just after World War II. From experiencing the 1948 "Austerity Olympics" in London as a young spectator to working as a journalist in the Boston Marathon media center at the moment of the 2013 bombings, Robinson offers a fascinating first-person account of the tragic and triumphant moments that impacted the world and shaped the modern sport. He chronicles the beginnings of the American running boom, the emergence of women's running, the end of the old amateur rules, and the redefinition of aging for athletes and amateurs. With an intimate perspective and insightful reporting, Robinson captures major historical events through the lens of running. He recounts running in Berlin at the time of German reunification in 1990, organizing a replacement track meet in New Zealand after the disastrous 2011 earthquake, and the triumph of Ethiopian athlete Abebe Bikila in the 1960 Olympics in Rome. As an avid runner, journalist, and fan, Robinson brings these global events to life and reveals the intimate and powerful ways in which running has intersected with recent history.**

**"Ladies and gentlemen, here is the result of event nine, the one mile: first, #41, Roger Bannister ... with a time which will be a new English Native, British National, All-Comers, European, British Empire and World Record. The time was three..." As the announcer spoke those fateful words, the crowd roared, and the century-long quest to run 'the world's greatest race' was finally at an end. For decades, amateur athletes like the American Lon Myers, a stick-thin hypochondriac who was sick before and after every race, yet still held every US record from 50 yards to the mile, and Joe Binks, an English journalist who only trained once per week, dominated the field. Paavo Nurmi, the 'Phantom Finn', won nine Olympic gold medals and set so many world records that statisticians still argue over the total, but even he couldn't breach the magic four-minute mark. As competition intensified, the Swede Gunder 'the Wonder' Haegg ran the mile in 4:01.4 - but it took the legendary Roger Bannister and his two co-runners to finally accomplish 'the most significant sporting achievement of the twentieth century'. It took a wholesale reimagining of running itself, as each generation built on the discoveries and secrets of the last, until the fateful day finally arrived, and an impossible dream became reality: 6 May 1954. Roger Bannister. 3:59.4. Roger Bannister was the first person to run the mile in under four minutes. Fifty years on, his status, not just as a champion athlete but also as a true British hero, a gentleman and an amateur from a 'golden era' in sport, retains its unblemished appeal. Until now there has been little criticism and even less close historical study of Bannister and his achievement. This book redresses the balance, presenting a revisionist history of Sir Roger Bannister and in doing so providing fresh insights into the making of this British 'champion'. This book does more than detail the history of a sporting giant. It invites the reader to reconsider the very words often used to describe him - notably 'hero' and 'gentleman amateur'. Informed by contemporary sport science, the text also questions the significance of the four-minute mile. Providing fascinating insights into the history of track racing as well as athletic training methods and the beginnings of sport science, this is not just a testimonial to the legend of Roger Bannister, but instead is the first rigorous historical study of his sporting life and the man behind the legend. It reveals him as an ambivalent athlete, highly achievement-orientated and scientific, but also in love with the freedom of running sensuously in nature, in contrast to the constraints of modern sport.**

**New York Times Bestseller Stop—and even reverse!—age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at mid-life and beyond. You don't have to gain weight as you age. That's the simple yet revolutionary promise of The**

**Whole Body Reset**, which uncovers why standard diet and exercise advice stops working for us as we approach midlife—and reveals how simple changes to the way we eat can halt, and even reverse, age-related weight gain and muscle loss. The Whole Body Reset presents stunning new evidence about the power of “protein timing” for people at midlife—research that blows away current government guidelines, refutes the myth of slowing metabolisms and “inevitable” weight gain, and changes the way people in their mid-forties and older should think about food. The Whole Body Reset explains in simple, inspiring terms exactly how our bodies change with age, and how eating to accommodate those changes can make us respond to exercise as if we were twenty to thirty years younger. Developed by AARP, tested by a panel of more than 100 AARP employees, and approved by an international board of doctors, nutritionists, and fitness experts, The Whole Body Reset doesn't use diet phases, eating windows, calorie restriction, or other trendy gimmicks. Its six simple secrets and scores of recipes are easy to follow, designed for real people living in the real world. A dining guide even shows how to follow this program in popular restaurants from McDonald's to Starbucks to Olive Garden. And best of all: It works!

**Successful 800m & 1500m Racing and Training**  
**Master Your Mind and Defy the Odds - Clean Edition**

1954-1967

**A Shining Season**

**Its History and Analysis**

**The Four Minute Mile**

**The Hidden Role of Chance in Life and in the Markets**

*Breaking records and challenging the limits of human ability are central to much of our understanding of athletic track and field sports, with a world record title arguably as valued as an Olympic gold medal. Some particular limits and records take on greater significance, however, as in the case of the Four-Minute Mile which was roundly believed to be impossible until Roger Bannister shattered the illusion with half a second to spare in May 1954. These essays look at the background of Bannister's achievement and the meaning that was ascribed to it by the media and the public at large, drawing on an array of interdisciplinary and international influences to unpick the legend surrounding an historic moment in our social and sporting past.*

*#1 NEW YORK TIMES BESTSELLER • NOW A MAJOR MOTION PICTURE • Look for special features inside. Join the Random House Reader's Circle for author chats and more. In boyhood, Louis Zamperini was an incorrigible delinquent. As a teenager, he channeled his defiance into running, discovering a prodigious talent that had carried him to the Berlin Olympics. But when World War II began, the athlete became an airman, embarking on a journey that led to a doomed flight on a May afternoon in 1943. When his Army Air Forces bomber crashed into the Pacific Ocean, against all odds, Zamperini survived, adrift on a foundering life raft. Ahead of Zamperini lay thousands of miles of open ocean, leaping sharks, thirst and starvation, enemy aircraft, and, beyond, a trial even greater. Driven to the limits of endurance, Zamperini would answer desperation with ingenuity; suffering with hope, resolve, and humor; brutality with rebellion. His fate, whether triumph or tragedy, would be suspended on the fraying wire of his will. Appearing in paperback for the first time—with twenty arresting new photos and an extensive Q&A with the author—Unbroken is an unforgettable testament to the resilience of the human mind, body, and spirit, brought vividly to life by Seabiscuit author Laura Hillenbrand. Hailed as the top nonfiction book of the year by Time magazine • Winner of the Los Angeles Times Book Prize for biography and the Indies Choice Adult Nonfiction Book of the Year award*

*“Extraordinarily moving . . . a powerfully drawn survival epic.”—The Wall Street Journal*

*“[A] one-in-a-billion story . . . designed to wrench from self-respecting critics all the blurby adjectives we normally try to avoid: It is amazing, unforgettable, gripping, harrowing, chilling, and inspiring.”—New York*

*“Staggering . . . mesmerizing . . . Hillenbrand's writing is so ferociously cinematic, the events she describes so incredible, you don't dare take your eyes off the page.”—People*

*“A meticulous, soaring and beautifully written account of an extraordinary life.”—The Washington Post*

*“Ambitious and powerful . . . a startling narrative and an inspirational book.”—The New York Times Book Review*

*“Magnificent . . . incredible . . . [Hillenbrand] has crafted another masterful blend of sports, history and overcoming terrific odds; this is biography taken to the nth degree, a chronicle of a remarkable life lived through extraordinary times.”—The Dallas Morning News*

*“An astonishing testament to the superhuman power of tenacity.”—Entertainment Weekly*

*“A tale of triumph and redemption . . . astonishingly detailed.”—O: The Oprah Magazine*

*“[A] masterfully told true story . . . nothing less than a marvel.”—Washingtonian*

*“[Hillenbrand tells this] story with cool elegance but at a thrilling sprinter's pace.”—Time*

*“Hillenbrand [is] one of our best writers of narrative history. You don't have to be a sports fan or a war-history buff to devour this book—you just have to love great storytelling.”—Rebecca Skloot, author of The Immortal Life of Henrietta Lacks*

*Peter Sagal, the host of NPR's Wait Wait...Don't Tell Me! and a popular columnist for Runner's World, shares "commentary and reflection about running with a deeply felt personal story, this book is winning, smart, honest, and affecting. Whether you are a runner or not, it will move you" (Susan Orlean). On the verge of turning forty, Peter Sagal—brainiac Harvard grad, short bald Jew with a disposition towards left, and a sedentary star of public radio—started running seriously. And much to his own surprise, he kept going, faster and further, running fourteen marathons and logging tens of thousands of miles on roads, sidewalks, paths, and trails all over the United States and the world, including the 2013 Boston Marathon, where he crossed the finish line moments before the bombings. In The Incomplete Book of Running, Sagal reflects on the trails, tracks, and routes he's traveled, from the humorous absurdity of running charity races in his underwear—in St. Louis, in February—or attempting to "quiet his colon" on runs around his neighborhood—to the experience of running as a guide to visually impaired runners, and the triumphant post-bombing running of the Boston Marathon in 2014. With humor and humanity, Sagal also writes about the emotional experience of running, body image, the similarities between endurance sports and sadomasochism, the legacy of running as passed down from parent to child, and the odd but extraordinary bonds created between strangers and friends. The result is "a brilliant book about running...What Peter runs toward is strength, understanding, endurance, acceptance, faith, hope, and charity" (P.J. O'Rourke).*

*Take your real estate career to the highest level! "Whether you are just getting started or a veteran in the business, The Millionaire Real Estate Agent is the step-by-step handbook for seeking excellence in your profession and in your life." --Mark Victor Hansen, cocreator, #1 New York Times bestselling series Chicken Soup for the Soul "This book presents a new paradigm for real estate and should be required reading for real estate professionals everywhere." --Robert T. Kiyosaki, New York Times bestselling author of Rich Dad, Poor Dad The Millionaire Real Estate Agent explains: Three concepts that drive production Economic, organizational, and lead generation models that are the foundations of any high-achiever's business How to "Earn a Million," "Net a Million," and "Receive a Million" in annual income*

*The Landy Era*

*Once a Runner*

*Foiled by Randomness*

*The Four Minute Formula*

*The Murder Mile*

*The Incomplete Book of Running*

*The Big Leap*

From the creator of the popular website Ask a Manager and New York 's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There 's a reason Alison Green has been called " the Dear Abby of the work world. " Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don 't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You 'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit " reply all " • you 're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate 's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager " A must-read for anyone who works . . . [Alison Green 's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work. " —Booklist (starred review) " The author 's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers ' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience. " —Library Journal (starred review) " I am a huge fan of Alison Green 's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor. " —Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide " Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way. " —Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

Roger Bannister's autobiographical account of his efforts and struggles to run the mile in less than four minutes.

"Bannister writes in much the same fashion as he runs—with rippling smoothness, eye-catching grace, and spectacular effectiveness." -The New York Times "It is strange that the intrinsically simple and unimportant act of placing one foot after another for 1,760 yards, as fast as possible, should become such an important sporting achievement. I think the appeal lies in its simplicity—it needs no money, no equipment, no particular physique, no knowledge, no education—and in a world of increasingly complex technology, it stands out as a naive statement about the nature of man. A man can, with his own two feet, overcome severe difficulties to reach a pinnacle upon which he can declare, 'No one has done this

before.' " -Roger Bannister, from the Introduction All sports have pivotal moments, single events that change perceptions forever after. For the sport of running, such a moment occurred on a blustery May afternoon in 1954, when Roger Bannister broke the four-minute mile. This is the story of that epic run. Today, fifty years later, lovers of the sport--runners and non-runners alike--will be moved by this modest but impassioned story of one of sport's true heroes.

"A new edition with a final chapter written forty years after the explosion."

Decoding the Science of Ultimate Human Performance

Roger Bannister and the Four-Minute Mile

Historical and Cultural Interpretations of a Sporting Barrier

The Quest to Break the Four Minute Mile

As Told through Conversation with the Park ' s Legendary Hermit, Joe Root

Can't Hurt Me

Sports Myth and Sports History

*Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: - Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help with not just athletic performance but your day-to-day life - Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.*

*Summary: "World-class athletics was something that happened overseas, not in Australia. But on 13 December 1952, all that changed when John Landy ran a mile at Melbourne's Olympic Park in 4:02.1. In those few minutes, Landy re-ignited the race for the sub-four minute mile and inspired a generation of Australian athletes to challenge the world at distances from 880 yards to the marathon. Urged on by influential coaches Percy Cerutti and Franz Stampfl, Landy and his distance running mates including Les Perry, Dave Stephens, Al Lawrence, Dave Power, Don Macmillan, Herb Elliott, Albie Thomas, Ron Clarke, Ralph Doubell and Derek Clayton brought Australia international fame and success on the track, including Olympic gold. In a few short years, Landy led Australia from nowhere to the top of the world."--Publisher description.*

*Set mainly in America, with a backdrop of the 1954 race to break the four-minute mile, 'The Murder Mile' is hardboiled detective fiction that follows the investigation into the murder of a fictional athlete attempting to break the world record.*

*A long time ago in China, there existed three Books of Peace that proved so threatening to the reigning powers that they had them burned. Many years later Maxine Hong Kingston wrote a Fourth Book of Peace, but it too was burned--in the catastrophic Berkeley-Oakland Hills fire of 1991, a fire that coincided with the death of her father. Now in this visionary and redemptive work, Kingston completes her interrupted labor, weaving fiction and memoir into a luminous meditation on war and peace, devastation and renewal.*

*The Power of Impossible Thinking*

*How Great Organizations Do Ordinary Things in Extraordinary Ways*

*Run on Plants and Discover Your Fittest, Fastest, Happiest Self*

*Your Weight-Loss Plan for a Flat Belly, Optimum Health & a Body You'll Love at Midlife and Beyond*

*The Perfect Mile*

*Twin Tracks*

*The First Four Minutes*

It was a blustery late spring day in 1954 and a young Oxford medical student flung himself over the line in a mile race. There was an agonising pause, and then the timekeeper announced the record: three minutes, fifty-nine point four seconds. But no one heard anything after that first word - 'three'. One of the most iconic barriers of sport had been broken, and Roger Bannister had become the first man to run a mile in under four minutes. To this day, more men have conquered Mount Everest than have achieved what the slender, unassuming student managed that afternoon. Sixty years on and the letters still arrive on Roger Bannister's doormat, letters testifying to the enduring appeal of the four-minute mile and the example it set for the generation of budding athletes who were inspired to attempt the impossible. In this frank memoir, Sir Roger tells the full story of the talent and dedication that made him not just one of the most celebrated athletes of the last century but also a distinguished doctor, neurologist and one of the nation's best-loved public figures. With characteristically trenchant views on drugs in sport, the nature of modern athletics and record breaking, the extraordinary explosion in running as a leisure activity, and the Olympic legacy, this rare and brilliant autobiography gives a fascinating insight into the life of a man who has lived life to the fullest.

"The Four Minute Formula" is a life-changing book devised by Peak Performance expert, speaker and consultant, Eddie Slowikowski. After a near 30-year career working with people and businesses from all walks of life, Eddie developed a success-driven formula after his years as a professional athlete and a gold-medal winning Sub-4 Minute Miler. The tried and true 7 step formula in this book is easy to follow and is certain to help readers develop and create their best life. Slowikowski's book shares relevant and meaningful insight to help everyone from Fortune 500 companies to everyday people achieve peak performance in everyday life. Each chapter follows the steps to the Four Minute Formula filled with personal stories, experiences, and substantive information that will guide you to improve your quality of life and the relationship you have with yourself.

'The time is three...' Lost in the roar of the crowd were the remaining words, '...minutes, fifty-nine point four seconds.' Roger Bannister's time in 1954 did not just break the world record for the mile; it broke the long-standing four-minute barrier that had defeated many top runners including Nurmi, Wooderson and Hagg. Yet it was a time that should have been run many years before. Athletes tried and failed until Bannister's legendary run. Since then, the barrier has been broken by others, including Coe, Ovet and Cram. But is a 3:40 mile, or even a 3:30 mile, possible? From Walter George to Hicham El Guerrouj, this is the authoritative statistical history of miling and more than 500 runners who have tried to break the most famous time in athletics history."

The True Story of John Baker

A History of Presque Isle

Pre

Conquer Your Hidden Fear and Take Life to the Next Level