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### KEY=JOURNEY - JOHNSON ELLIANA

#### LONG-TERM ATHLETE DEVELOPMENT

**Human Kinetics** Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain the knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgs—pioneers and veteran LTAD facilitators—critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs and take steps to improve sport and coaching philosophies and reach adherence and performance goals. Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues. Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research: • Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and variations in trainability across the life span • Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete • The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity • Considerations in the development of optimal programs for participants passing through each of the seven stages Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents, coaches, and sport administrators a deeper understanding of the LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants.

#### HUMBLE JOURNEY

#### MORE PRECIOUS THAN GOLD

We've all gotten bad news. A job lost, failing health, loss of a loved one. How would you handle a devastating call you never wanted to receive? Olympian and WNBA star Swin Cash knows what it feels like because she's been there too. She's gotten "the call." Humble Journey: More Precious Than Gold traces her road from the fateful call in 2008, when she failed to make the U.S. Olympic team a second time, to the call in 2012. Join her on this eventful journey through her professional and personal life and discover why the lessons she learned are more precious than the medal she earned.

#### LETTERS TO A YOUNG ATHLETE

**Penguin** A legendary NBA player shares his remarkable story, infused with hard-earned wisdom about the journey to self-mastery from a life at the highest level of professional sports Chris Bosh, NBA Hall of Famer, eleven-time All-Star, two-time NBA champion, Olympic gold medalist, and the league's Global Ambassador, had his playing days cut short at their prime by a freak medical condition. His extraordinary career ended "in a doctor's office in the middle of the afternoon." Forced to reckon with moving forward, he found himself looking back over the course he'd taken, to the pinnacle of the NBA and beyond. Reflecting on all he had learned from a long list of basketball legends, from LeBron and Kobe to Pat Riley and Coach K, he saw that his important lessons weren't about basketball so much as the inner game of success—right attitude, right commitment, right flow within a team. Now he shares that journey, giving us a view from the inside of what greatness feels like and what it takes. Letters to a Young Athlete offers a proven path for taming your inner voice and making it your ally, through the challenges of failure and success alike.

#### TESSA AND SCOTT

#### OUR JOURNEY FROM CHILDHOOD DREAM TO GOLD

**House of Anansi** The Canadian skaters who won the 2010 Olympic gold medal in ice dancing share their story, from their childhoods to world stardom, and discuss the behind-the-scenes reality of competitive skating.

#### MENTAL HEALTH IN ELITE SPORT

#### APPLIED PERSPECTIVES FROM ACROSS THE GLOBE

**Routledge** Mental Health in Elite Sport: Applied Perspectives from Across the Globe provides a focused, exhaustive overview of up-to-date mental health research, models, and approaches in elite sport to provide researchers, practitioners, coaches, and students with contemporary knowledge and strategies to address mental health in elite sport across a variety of contexts. Mental Health in Elite Sport is divided into two main parts. The first part focuses globally on mental health service provision structures and cases specific to different world regions and countries. The second part focuses on specific mental health interventions across countries but also illustrates specific case studies and interventions as influenced by the local context and culture. This tour around the world offers readers an understanding of the massive global differences in mental health service provision within different situations and organizations. This is the first book of its kind in which highly experienced scholars and practitioners openly share their programs, methods, reflections, and failures on working with mental health in different contexts. By using a global, multi-contextual analysis to address mental health in elite sport, this book is an essential text for practitioners such as researchers, coaches, athletes, as well as instructors and students across the sport science and mental health fields.

#### MIND GYM

#### AN ATHLETE'S GUIDE TO INNER EXCELLENCE

**McGraw Hill Professional** Praise for Mind Gym "Believing in yourself is paramount to success for any athlete. Gary's lessons and David's writing provide examples of the importance of the mental game." --Ben Crenshaw, two-time Masters champion and former Ryder Cup captain "Mind Gym hits a home run. If you want to build mental muscle for the major leagues, read this book." --Ken Griffey Jr., Major League Baseball MVP "I read Mind Gym on my way to the Sydney Olympics and really got a lot out of it. Gary has important lessons to teach, and you'll find the exercises fun and beneficial." --Jason Kidd, NBA All-Star and Olympic gold-medal winner In Mind Gym, noted sports psychology consultant Gary Mack explains how your mind influences your performance on the field or on the court as much as your physical skill does, if not more so. Through forty accessible lessons and inspirational anecdotes from prominent athletes--many of whom he has worked with--you will learn the same techniques and exercises Mack uses to help elite athletes build mental "muscle." Mind Gym will give you the "head edge" over the competition.

#### HANDBOOK OF SPORTS MEDICINE AND SCIENCE, THE PARALYMPIC ATHLETE

**Wiley-Blackwell** This brand new Handbook addresses Paralympic sports and athletes, providing practical information on the medical issues, biological factors in the performance of the sports and physical conditioning. The book begins with a comprehensive introduction of the Paralympic athlete, followed by discipline-specific reviews from leading authorities in disability sport science, each covering the biomechanics, physiology, medicine, philosophy, sociology and psychology of the discipline. The Paralympic Athlete also addresses recent assessment and training tools to enhance the performance of athletes, particularly useful for trainers and coaches, and examples of best practice on athletes' scientific counseling are also presented. This new title sits in a series of specialist reference volumes, ideal for the use of professionals working directly with competitive athletes.

#### A SHOT AT HISTORY

#### MY OBSESSIVE JOURNEY TO OLYMPIC GOLD

**Harper Collins** Abhinav Bindra once shot 100 out of 100 in practice six times in a row and walked out of the range unhappy. He is a perfectionist who once soled his shoes with rubber from Ferrari tyres because he thought it would help. He would wake up at 3 am to practise at his range at home if an idea suddenly struck him. It is from such obsession that greatness arrives. Abhinav Bindra's journey to become the first Indian to win an individual Olympic gold, and the first Indian to win a World Championship gold, is a story of single-minded passion. The Olympics has been an all-consuming journey for him ever since he was shattering beer bottles and glass ampoules in his garden in Chandigarh. No obstacle was too hard to overcome, no amount of practice too much, no experiment too futile and no defeat so severe that it made a comeback impossible. Shattered by his failure at the 2004 Athens Olympics when a gold medal seemed imminent, he changed as a shooter: from a boy who loved shooting, he became an athlete bent on redemption, a scientist who would try anything - from mapping his own brain to drinking yak milk to climbing rock walls - to win at the Beijing Olympics in 2008. His victory was not just a personal triumph, it was a gift to his nation, a breaking down of a sporting barrier that had stood for a century. Bindra's feat has taught his peers, and those yet to come, that an Olympic gold isn't an impossible dream. In ranges, on fields, in arenas, Indian athletes now own a new belief, they wear the knowledge that no challenge is beyond them. Helping to tell this remarkable story is sportswriter Rohit Brijnath, who collaborated with Bindra in producing this compelling autobiography of one of India's greatest sportsmen.

#### NICOMACHEAN ETHICS

**Phoemixx Classics Ebooks** Nicomachean Ethics Aristotle - The Nicomachean Ethics is one of Aristotle's most widely read and influential works. Ideas central to ethics—that happiness is the end of human

endeavor, that moral virtue is formed through action and habituation, and that good action requires prudence—found their most powerful proponent in the person medieval scholars simply called "the Philosopher." Drawing on their intimate knowledge of Aristotle's thought, Robert C. Bartlett and Susan D. Collins have produced here an English-language translation of the *Ethics* that is as remarkably faithful to the original as it is graceful in its rendering. Aristotle is well known for the precision with which he chooses his words, and in this elegant translation his work has found its ideal match. Bartlett and Collins provide copious notes and a glossary providing context and further explanation for students, as well as an introduction and a substantial interpretive essay that sketch central arguments of the work and the seminal place of Aristotle's *Ethics* in his political philosophy as a whole. The *Nicomachean Ethics* has engaged the serious interest of readers across centuries and civilizations—of peoples ancient, medieval, and modern; pagan, Christian, Muslim, and Jewish—and this new edition will take its place as the standard English-language translation.

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## TALENT IDENTIFICATION AND DEVELOPMENT IN SPORT

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### INTERNATIONAL PERSPECTIVES

**Routledge** Identifying talent in athletes and developing that ability to its fullest potential is a central concern of sport scientists, sports coaches and sports policy makers. This book offers a comprehensive synthesis of current knowledge in talent identification and development in sport, from the biological basis of ability to the systems and processes within sport through which that ability is nurtured. Written by a team of leading international experts, the book explores key factors and issues in contemporary sport, including: genetics secondary factors such as birth date, cultural context and population size perceptual motor skill acquisition and expertise sports development policy in-depth case studies, including European soccer, East African running and US pro sports. With an emphasis throughout on practical implications and processes for all those working in sport, the book offers an authoritative evaluation of the strengths and weaknesses of contemporary systems for identifying and developing talent in sport. This is important reading for any student, researcher or practitioner with an interest in skill acquisition, youth sport, elite sport, sports coaching or sports development.

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### THE ADVOCATE

The Advocate is a lesbian, gay, bisexual, transgender (LGBT) monthly newsmagazine. Established in 1967, it is the oldest continuing LGBT publication in the United States.

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### CHANGING THE GAME

### THE PARENTS GUIDE TO RAISING HAPPY, HIGH PERFORMING ATHLETES, AND GIVING YOUTH SPORTS BACK TO OUR KIDS

**Morgan James Publishing** The modern day youth sports environment has taken the enjoyment out of athletics for our children. Currently, 70% of kids drop out of organized sports by the age of 13, which has given rise to a generation of overweight, unhealthy young adults. There is a solution. John O'Sullivan shares the secrets of the coaches and parents who have not only raised elite athletes, but have done so by creating an environment that promotes positive core values and teaches life lessons instead of focusing on wins and losses, scholarships, and professional aspirations. Changing the Game gives adults a new paradigm and a game plan for raising happy, high performing children, and provides a national call to action to return youth sports to our kids.

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### JAMAICAN GOLD

### JAMAICAN SPRINTERS

**University of West Indies Press** "Riddle me this, riddle me that, guess me this riddle, and perhaps not: A we run things, things no run we. Who could that be?" One possible answer: Jamaican sprinters. Enquiring minds want to know: Why do Jamaicans run so fast? Usain Bolt may be the most recent and the most spectacular Jamaican practitioner of the art of speed, but he and Shelly-Ann Fraser stand on the shoulders of giants of both genders, heirs to a pedigree that goes back at least a hundred years to the teenaged Norman Manley and before. For years before the explosion of "Lightning" Bolt on the Beijing Olympics track, the consistent speediness of men and women from this small island had been the subject of serious and humorous speculation, pride and "su-su". What is the "gold" that is mined so consistently by Jamaican sprinters that permits the little country to claim a place among the top five countries, measured in terms of medals per capita of population, in almost every Olympics since the Second World War - and all on the basis of athletics, mostly the sprints (400 metres and under)? Can science explain it? Does the touchy area of genetics - even though, scientifically speaking, there's no such thing as "race" - explain it? For instance, all the current world record holders for the sprints - and most of the former for the past fifty years or so - have been born in the Americas, descendants of slaves of West African lineage. Is running fast "in the blood", so to speak? Or is it as simple as the varieties of yam (twenty-two at last count) to be found on the hills of Jamaica and in the stomachs of its people? Behind the simple tales of the tape are theories and questions that have attracted fourteen specialists from a range of disciplines, from biochemistry to physiology, from genetics to psychiatry, each with an insight, a piece of the puzzle. *Jamaican Gold* presents research and argument, history and biography - and much more - for the specialist and the sports fan, for the academic and the coach, in one attractive, easy-to-read volume, packed with photographs and illustrations, including a special section of memorable photos of the heroes of yesteryear and today. With *Jamaican Gold* to hand, the London Olympics will be just as thrilling, and you'll be closer to answering the question: Why do those Jamaicans run so fast?

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### PISA TAKE THE TEST SAMPLE QUESTIONS FROM OECD'S PISA ASSESSMENTS

### SAMPLE QUESTIONS FROM OECD'S PISA ASSESSMENTS

**OECD Publishing** This book presents all the publicly available questions from the PISA surveys. Some of these questions were used in the PISA 2000, 2003 and 2006 surveys and others were used in developing and trying out the assessment.

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### THE YOUNG FEMALE ATHLETE

**Springer** Utilizing a multidisciplinary approach and drawing on the experience of experts in their respective fields, this unique book presents and discusses an array of topics relevant to the ever-growing population of pediatric, adolescent and young adult female athletes. Each topic is clearly defined and includes epidemiology, diagnosis, treatment and future directions. Opening chapters discuss growth and development, sports nutrition, resistance training, and psychological considerations for the young female athlete, with a chapter focusing on the female athlete triad. Later chapters present injuries and management strategies common to the young female athlete, such as overuse injuries, spondylolysis, hip and ACL injuries, concussion, and cardiovascular complications. The concluding chapter considers the benefits of physical activity for chronic disease prevention later in life. *The Young Female Athlete* provides useful, up-to-date information for any practitioner treating this active population, encouraging sports participation with fitness, injury prevention, personal growth, and long-term health.

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### THE FASTEST MAN ALIVE

### THE TRUE STORY OF USAIN BOLT

**Simon and Schuster** 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.

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### ONLY WITH PASSION

### FIGURE SKATING'S MOST WINNING CHAMPION ON COMPETITION AND LIFE

**PublicAffairs** In the glamorous, ultra-competitive world of figure skating, Katarina Witt is a living legend. She has won more titles than anyone else before her — including two Olympic gold medals, four world championships, and eight national championships. She is also renowned for independence and self-possession in a world where many stars are in thrall to management companies, and for her ability to stay true to skating while developing new careers in business, movies and television. Witt has always done whatever she's done with all her heart — with passion, intelligence, and a love of perfection. Now, in *Only with Passion*, she offers advice to a new generation of women athletes making their way in the world on how to live full out, compete with edge, and navigate life with grace. When a young skater consults her for advice on whether to train abroad — and leave a boyfriend behind — Witt finds occasion to recall the major turning points of her own journey, from her East German childhood to the international spotlight. She shares her inside perspective and frank opinions on the insular world of skating and offers her views about what it takes to be a champion, and to create a fulfilling life. Whether she's talking about life on or off the ice (or on the cover of *Playboy!*), Witt is always candid, fresh, and down-to-earth. Written with E.M. Swift, author of *My Sergei*, one of the best-selling skating books of all time, *Only with Passion* is the perfect gift for young women, young athletes — particularly skaters — and skating fans of all ages.

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### GLOBAL TRENDS 2030

### ALTERNATIVE WORLDS

**Createspace Independent Publishing Platform** This publication covers global megatrends for the next 20 years and how they will affect the United States. This is the fifth installment in the National Intelligence Council's series aimed at providing a framework for thinking about possible futures and their implications. The report is intended to stimulate strategic thinking about the rapid and vast geopolitical changes characterizing the world today and possible global trajectories during the next 15-20 years by identifying critical trends and potential discontinuities. The authors distinguish between megatrends, those factors that will likely occur under any scenario, and game-changers, critical variables whose trajectories are far less certain. NIC 2012-001. Several innovations are included in *Global Trends 2030*, including: a review of the four previous *Global Trends* reports, input from academic and other experts around the world, coverage of disruptive technologies, and a chapter on the potential trajectories for the US role in the international system and the possible impact on future international relations. Table of Contents: Introduction 1 Megatrends 6 Individual Empowerment 8 Poverty Reduction 8 An Expanding Global Middle Class 8 Education and the Gender Gap 10 Role of Communications Technologies 11 Improving Health 11 A MORE CONFLICTED IDEOLOGICAL LANDSCAPE 12 Diffusion of Power 15 THE RISE AND FALL OF COUNTRIES: NOT THE SAME OLD STORY 17 THE LIMITS OF HARD POWER IN THE WORLD OF 2030 18 Demographic Patterns 20 Widespread Aging 20 Shrinking Number of Youthful Countries 22 A New Age of Migration 23 The World as Urban 26 Growing Food, Water, and Energy Nexus 30 Food, Water, and Climate 30 A Brighter Energy Outlook 34 Game-Changers 38 The Crisis-Prone Global Economy 40 The Plight of the West 40 Crunch Time Too for the Emerging Powers 43 A Multipolar Global Economy: Inherently More Fragile? 46 The Governance Gap 48

Governance Starts at Home: Risks and Opportunities 48 INCREASED FOCUS ON EQUALITY AND OPENNESS 53 NEW GOVERNMENTAL FORMS 54 A New Regional Order? 55 Global Multilateral Cooperation 55 The Potential for Increased Conflict 59 INTRASTATE CONFLICT: CONTINUED DECLINE 59 Interstate Conflict: Chances Rising 61 Wider Scope of Regional Instability 70 The Middle East: At a Tipping Point 70 South Asia: Shocks on the Horizon 75 East Asia: Multiple Strategic Futures 76 Europe: Transforming Itself 78 Sub-Saharan Africa: Turning a Corner by 2030? 79 Latin America: More Prosperous but Inherently Fragile 81 The Impact of New Technologies 83 Information Technologies 83 AUTOMATION AND MANUFACTURING TECHNOLOGIES 87 Resource Technologies 90 Health Technologies 95 The Role of the United States 98 Steady US Role 98 Multiple Potential Scenarios for the United States' Global Role 101 Alternative Worlds 107 Stalled Engines 110 FUSION 116 Gini-out-of-the-Bottle 122 Nonstate World 128 Acknowledgements 134 GT2030 Blog References 137 Audience: Appropriate for anyone, from businesses to banks, government agencies to start-ups, the technology sector to the teaching sector, and more. This publication helps anticipate where the world will be: socially, politically, technologically, and culturally over the next few decades. Keywords: Global Trends 2030 Alternative Worlds, global trends 2030, Global Trends series, National Intelligence Council, global trajectories, global megatrends, geopolitics, geopolitical changes

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## GOLD IN THE WATER

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### THE TRUE STORY OF ORDINARY MEN AND THEIR EXTRAORDINARY DREAM OF OLYMPIC GLORY

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**St. Martin's Griffin** 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 to Olympic glory, as well as a super-extraordinary athlete desperate to walk away from it all. Led by one of the most passionate coaches in sports, a brilliant and explosive strategist on a personal quest for redemption, this team of dark horses and Olympic favorites works through escalating rivalries, joyous triumphs, and heartbreaking setbacks. 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. Boldly 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.

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## RUNNER'S JOURNEY

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**University of Toronto Press** In this autobiography of a former Olympian and leader in sport history, Bruce Kidd details why sports are important to him, what he's learned from them, and why he continues to fight to make them more equitable.

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## THE ODYSSEY

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### BEAUTIFUL BOY

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### A FATHER'S JOURNEY THROUGH HIS SON'S ADDICTION

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**Simon and Schuster** THE NUMBER ONE NEW YORK TIMES BESTSELLER NOW A MAJOR FILM, STARRING STEVE CARELL AND BAFTA AND GOLDEN GLOBE NOMINATED TIMOTHEE CHALAMET 'What had happened to my beautiful boy? To our family? What did I do wrong?' Those are the wrenching questions that haunted every moment of David Sheff's journey through his son Nic's addiction to drugs and tentative steps toward recovery. Before Nic Sheff became addicted to crystal meth, he was a charming boy, joyous and funny, a varsity athlete and honor student adored by his two younger siblings. After meth, he was a trembling wraith who lied, stole, and lived on the streets. With haunting candour, David Sheff traces the first subtle warning signs: the denial, the 3am phone calls (is it Nic? the police? the hospital?), the attempts at rehab. His preoccupation with Nic became an addiction in itself, and the obsessive worry and stress took a tremendous toll. But as a journalist, he instinctively researched every avenue of treatment that might save his son and refused to give up on Nic. This story is a first: a teenager's addiction from the parent's point of view - a real-time chronicle of the shocking descent into substance abuse and the gradual emergence into hope. Beautiful Boy is a fiercely candid memoir that brings immediacy to the emotional rollercoaster of loving a child who seems beyond help. Read the other side of Nic Sheff's bestselling memoir, Tweak. Praise for Beautiful Boy:- 'A brilliant, harrowing, heartbreaking, fascinating story, full of beautiful moments and hard-won wisdom. This book will save a lot of lives and heal a lot of hearts'. Anne Lamott 'An important book... moving, timely and startlingly beautiful.' Richard Branson

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## THE STATE, POPULAR MOBILISATION AND GOLD MINING IN MONGOLIA

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### SHAPING 'NEOLIBERAL' POLICIES

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**UCL Press** Mongolia's mining sector, along with its environmental and social costs, have been the subject of prolonged and heated debate. This debate has often cast the country as either a victim of the 'resource curse' or guilty of 'resource nationalism'. In The State, Popular Mobilisation and Gold Mining in Mongolia, Dulam Bumochir aims to avoid the pitfalls of this debate by adopting an alternative theoretical approach. He focuses on the indigenous representations of nature, environment, economy, state and sovereignty that have triggered nationalist and statist responses to the mining boom. In doing so, he explores the ways in which these responses have shaped the apparently 'neo-liberal' policies of twenty-first century Mongolia, and the economy that has emerged from them, in the face of competing mining companies, protest movements, international donor organizations, economic downturn, and local and central government policies.

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## BOY

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### TALES OF CHILDHOOD

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**Random House** Presents humorous anecdotes from the author's childhood which includes summer vacations in Norway and an English boarding school.

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## BACKPACKER

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Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

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## ASSESSMENTS FOR SPORT AND ATHLETIC PERFORMANCE

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**Human Kinetics** Many scientific sport assessment resources are difficult to understand, can be time consuming to implement, and provide data that are difficult to analyze. Assessments for Sport and Athletic Performance effectively solves those problems in this practical, user-friendly guide to performance-based evaluation. A perfect resource for coaches and fitness professionals, Assessments for Sport and Athletic Performance is a streamlined guide through the process of identifying appropriate tests for individuals or teams, making use of common low-cost equipment to administer the tests, interpreting data, adjusting training programs based on the results, and continually monitoring the training.

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## SPORTS PSYCHIATRY

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### STRATEGIES FOR LIFE BALANCE AND PEAK PERFORMANCE

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**American Psychiatric Pub** Although psychiatrists and other mental health clinicians interested in sports practice already have the necessary general skills to help competitive athletes deal with adversity and the multitude of emotions that sports can elicit, most typically they lack the sports-specific knowledge necessary to truly help these patients and clients. In Sports Psychiatry: Strategies for Life Balance and Peak Performance, the long-time team psychiatrist for the Baltimore Orioles and the Baltimore Ravens intends to remedy this knowledge gap by sharing his unique perspective and rare expertise in cultivating athletes' peak performance while promoting team unity, sound judgement, personal growth, pride, and a lasting sense of accomplishment. The book: Explains sports culture and team structure and function, vividly describing the environment in which elite competition takes place Focuses on the shifting nature and intensity of athletes' emotions -- the highs that come with success and the lows that accompany poor performance -- and describes the situations that magnify them, including injury and pain, media scrutiny, the availability of performance-enhancing drugs, and the fear of both failure and success Addresses critical topics, such as regulating energy, recognizing and controlling stress, preparing mentally for performance, and treating mental disorders common to athletes Draws on the author's length of experience and clinical observations, the evidence base of sports psychiatry, and fascinating stories of athletes at all levels to inform, teach, encourage, and inspire. Although written for mental health professionals, the book will also be of great interest to primary care and sports medicine physicians, athletic trainers, team owners and managers -- and of course -- the athletes themselves. Engaging and insightful, Sports Psychiatry is the go-to book for those in need of practical strategies for supporting and attaining peak performance.

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## THE CHAMPION'S MIND

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### HOW GREAT ATHLETES THINK, TRAIN, AND THRIVE

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**Rodale Books** Even among the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments. These athletes prove that raw athletic ability doesn't necessarily translate to a superior on-field experience—its the mental game that matters most. Sports participation—from the recreational to the collegiate Division I level—is at an all-time high. While the caliber of their games may differ, athletes at every level have one thing in common: the desire to excel. In The Champion's Mind, sports psychologist Jim Afremow, PhD, offers the same advice he uses with Olympians, Heisman Trophy winners, and professional athletes, including: • How to get in a "zone," thrive on a team, and stay humble • How to progress within a sport and sustain long-term excellence • Customizable pre-performance routines to hit full power when the gun goes off or the puck is dropped With hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers, The Champion's Mind will help you shape your body to ensure a longer, healthier, happier lifetime.

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## THE CAMBRIDGE HANDBOOK OF EXPERTISE AND EXPERT PERFORMANCE

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**Cambridge Handbooks in Psychol** In this book, some of the world's foremost 'experts on expertise' provide scientific knowledge on expertise and expert performance.

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## JOURNEY INTO TERROR

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### STORY OF THE RIGA GHETTO

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**Ardent Media** There were 40,000 Jews in Riga in July 1941, when the Germans occupied Latvia. 33,000 of them were interned in the ghetto, and most of them (according to Schneider's estimate, 29,000) were killed in November-December 1941 in the Rumbuli forest. At the same time, numerous Jews from the Reich began to be deported to the ghetto of Riga. Ca. 20,000 German, Austrian, and Czech Jews arrived there during the winter of 1941-42; 800 of them survived the war, which is much greater than the numbers of German Jewish survivors from the ghettos of Łódź, Minsk, Kaunas, etc. Presents a story of life and death in the ghetto, focusing mainly on the "German" part of it; the story is largely based on testimonies of survivors, including Schneider's own (she was deported to the Riga ghetto from Vienna in February 1942). Many of the Jews were sent to the Jungfernhof camp near the city, rather than to the ghetto. Later, some were transferred from the ghetto to the Salaspils camp, and in August 1943, 7,874 Jews were sent from the ghetto to the Kaiserwald camp. The rest of the ghetto was liquidated in October 1943, and ca. 60 people were left to remove all traces of the former inhabitants, after which they were also transferred to Kaiserwald. Pp. 157-175 contain a list of survivors, and pp. 177-211 contain documents.

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## SPORT AND EXERCISE PSYCHOLOGY RESEARCH

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### FROM THEORY TO PRACTICE

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**Academic Press** Sport and Exercise Psychology Research: From Theory to Practice provides a comprehensive summary of new research in sport and exercise psychology from worldwide researchers. Encompassing theory, research, and applications, the book is split into several themed sections. Section 1 discusses basic antecedents to performance including fitness, practice, emotion, team dynamics, and more. Section 2 identifies factors influencing individual performance. Section 3 discusses applied sport psychology for athletes and coaches, and section 4 includes approaches from exercise psychology on motivation and well-being. The book includes a mix of award winning researchers from the European Sport Psychology Association, along with top researchers from the U.S. to bring an international overview to sport psychology. Includes international contributions from Europe and the U.S. Encompasses theory, research, and applications Includes sport psychology and exercise research Features applied information for use with coaches, teams, and elite athletes Identifies performance enhancers and inhibitors

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## GLOBAL TRENDS 2030

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### ALTERNATIVE WORLDS : A PUBLICATION OF THE NATIONAL INTELLIGENCE COUNCIL

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**U.S. Government Printing Office** This report is intended to stimulate thinking about the rapid and vast geopolitical changes characterizing the world today and possible global trajectories over the next 15 years. As with the NIC's previous Global Trends reports, we do not seek to predict the future, which would be an impossible feat, but instead provide a framework for thinking about possible futures and their implications. In-depth research, detailed modeling and a variety of analytical tools drawn from public, private and academic sources were employed in the production of Global Trends 2030. NIC leadership engaged with experts in nearly 20 countries, from think tanks, banks, government offices and business groups, to solicit reviews of the report.

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## 21ST CENTURY SPORTS

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### HOW TECHNOLOGIES WILL CHANGE SPORTS IN THE DIGITAL AGE

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**Springer Nature** This book outlines the effects that technology-induced change will have on sport within the next five to ten years, and provides food for thought concerning what lies further ahead. Presented as a collection of essays, the authors are leading academics from renowned institutions such as Massachusetts Institute of Technology, Queensland University of Technology, and the University of Cambridge, and practitioners with extensive technological expertise. In their essays, the authors examine the impacts of emerging technologies like artificial intelligence, the Internet of Things, and robotics on sports and assess how they will change sport itself, consumer behavior, and existing business models. The book will help athletes, entrepreneurs, and innovators working in the sports industry to spot trendsetting technologies, gain deeper insights into how they will affect their activities, and identify the most effective responses to stay ahead of the competition both on and off the pitch.

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## THE BRAWN DRAIN

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### FOREIGN STUDENT-ATHLETES IN AMERICAN UNIVERSITIES

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University of Illinois Press

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## THE PROMISE OF ADOLESCENCE

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### REALIZING OPPORTUNITY FOR ALL YOUTH

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**National Academies Press** Adolescence "beginning with the onset of puberty and ending in the mid-20s" is a critical period of development during which key areas of the brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population, the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescence "rather than focusing myopically on containing its risks. This report examines the neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities in opportunity, enabling all adolescents to flourish.

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## POPULAR SCIENCE

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Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

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## GLOBAL CORRUPTION REPORT: SPORT

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**Routledge** Sport is a global phenomenon engaging billions of people and generating annual revenues of more than US\$ 145 billion. Problems in the governance of sports organisations, fixing of matches and staging of major sporting events have spurred action on many fronts. Yet attempts to stop corruption in sport are still at an early stage. The Global Corruption Report (GCR) on sport is the most comprehensive analysis of sports corruption to date. It consists of more than 60 contributions from leading experts in the fields of corruption and sport, from sports organisations, governments, multilateral institutions, sponsors, athletes, supporters, academia and the wider anti-corruption movement. This GCR provides essential analysis for understanding the corruption risks in sport, focusing on sports governance, the business of sport, planning of major events, and match-fixing. It highlights the significant work that has already been done and presents new approaches to strengthening integrity in sport. In addition to measuring transparency and accountability, the GCR gives priority to participation, from sponsors to athletes to supporters an essential to restoring trust in sport.

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## THE ELITE YOUNG ATHLETE

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**Karger Medical and Scientific Publishers** A key resource for coaches, scientists and clinicians Sport is by its nature competitive and even during youth it is performed at different levels with elite young athletes at the top of the performance pyramid. A coordinated series of comprehensive, research-based reviews on factors underlying the performance of children and adolescents involved in competitive sport is presented in this volume. Leading exercise and sport scientists provide the latest information on the physiology of young elite athletes, the essential role of nutrition, and the effects of endurance, high-intensity and high-resistance training and overtraining as well as on the importance of laboratory and field-based monitoring of young athletes' performances. Further, thermoregulation and environmental factors that might affect performance are re-viewed. Finally, strategies for preventing sudden cardiac death and the diagnosis and management of common sport injuries in young athletes are discussed. The book provides up-to-date, evidence-based information for sports scientists, coaches, physiotherapists, pediatric sports medicine specialists, and other professionals involved in supporting elite young athletes.

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## ATHLETICS IN THE ANCIENT WORLD

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**Courier Corporation** Concise, convincing book emphasizes relationship between Greek and Roman athletics and religion, art, and education. Colorful descriptions of the pentathlon, foot-race, wrestling, boxing, ball playing, and more. 137 black-and-white illustrations.

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## THE PSYCHOSOCIAL IMPLICATIONS OF DISNEY MOVIES

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**MDPI** In this volume of 15 articles, contributors from a wide range of disciplines present their analyses of Disney movies and Disney music, which are mainstays of popular culture. The power of the Disney brand has heightened the need for academics to question whether Disney's films and music function as a tool of the Western elite that shapes the views of those less empowered. Given its global reach, how the Walt Disney Company handles the role of race, gender, and sexuality in social structural inequality merits serious reflection according to a number of the articles in the volume. On the other hand, other authors argue that Disney productions can help individuals cope with difficult situations or embrace progressive thinking. The different approaches to the assessment of Disney films as cultural artifacts also vary according to the theoretical perspectives guiding the interpretation of both overt and latent symbolic meaning in the movies. The authors of the 15 articles encourage readers to engage with the material, showcasing a variety of views about the good, the bad, and the best way forward.