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She's a Spitfire

Sports psychology; exploring the effects of psychological interventions on important performance-related outcomes, has become ever more popular and prevalent within elite level soccer clubs in the past decade as teams look to gain psychological as well as physiological advantages over their competitors. Psychology in Elite Soccer; More Than Just a Game seeks to present a detailed understanding of the theories underpinning the psychological issues relating to soccer along with practical insights into effective psychological interventions and strategies. This book uses contemporary theory and research to elucidate key concepts and applied interventions and will include world-leading expert commentaries of contemporary theoretical and applied

approaches in understanding critical issues in soccer along with providing practical implications and insights into working effectively in soccer-related contexts. *Psychology in Elite Soccer; More Than Just a Game* is an evidence-based resource to guide research and facilitate practice and will be a vital resource for researchers, practitioners and coaches within the area of sport psychology and related disciplines.

Soccer Skills Mastery

Coaching soccer is demanding. Impossible to perfect, it requires a broad knowledge of many performance areas including technique, tactics, psychology and the social aspects of human development. The first two components are covered in detail in many texts - but *Soccer Brain* uniquely offers a comprehensive guide to developing the latter two - player mindsets and winning teams. The environment that a coach creates, and the relationships formed with players, is the bedrock of performance and achievement. Coaches who are able to deliver students of the game, and who are able to help players execute skills and tactics under pressure are the future leaders of the world's most loved sport. *Soccer Brain* teaches coaches to train players to compete with confidence, with commitment, with intelligence, and as part of a team. The positive messages from each chapter of *Soccer Brain* help coaches to develop players through patience, repetition, reinforcement, re-appraisal and high value relationships. *Soccer Brain* is for the no limits coach. It's for the coach who is passionate about developing players and building a winning team. This is not a traditional soccer coaching book filled with drills or tactics or playing patterns. This book is about getting the very best from you, the coach, and helping you develop a coaching culture of excellence and world class

football mindsets. This book is for Soccer Coaches of all levels and experience. Written by Dan Abrahams, the best-selling author of "Soccer Tough," it aims to show coaches how their approach to coaching is as much about their relationships with players and the coaching environment as it is about tactics, fitness or strength. By utilising the information in this book - coaches will be able to create an optimum coaching world that creates confident, committed, and mentally strong players. More book details are available on the Bennion Kearny website.

Unseen Academicals

One dark and handsome control-freak sports star meets one smarty pants bioengineer with hair to match her fiery temper. It's an experiment straight out of sexual thermodynamics. Every good scientist knows the second law of thermodynamics: the universe's disorder, entropy, is always increasing. Professionally and personally speaking, Nairne's familiar with the principle. After a streak of costly fame, now she's set on saving the world, microscope in hand, and there's no time for romance. Problem is, when a rude, despicably sexy Adonis shows up to run their board meeting, chemistry and its ensuing chaos become more than a formula--now they're a burning hot reality. Mafia prince. Professional footballer. Bad boy demeanor and a reputation for being as talented between the sheets as he is on the pitch. Rumors are the man's an absolute brute. And he turns out to be just as demanding, controlling and vicious in person as he is on paper. The Law of Attraction's proven true, as Nairne finds herself accepting Zed's proposal: rough, wild stress release, more orgasms than she can count, and most importantly--no falling in love. Agreement in place. End date

secured. No attachments. No forever. What could possibly go wrong?

Soccerland

Global soccer psychologist Dan Abrahams is back with a follow up to his groundbreaking, international bestseller "Soccer Tough." In "Soccer Tough 2: Advanced Psychology Techniques for Footballers" Dan introduces soccer players to more cutting edge tools and techniques to help them develop the game of their dreams. Soccer Tough 2 is split into four sections - Practice, Prepare, Perform, and Progress and Dan's goal is simple - to help players train better, prepare more thoroughly, perform with greater consistency and progress faster. Each section offers readers an assortment of development strategies and game philosophies that bring the psychology of soccer to life. They are techniques that have been proven on pitches and with players right across the world. Like the original Soccer Tough, this book has been designed to be readable, accessible, and no-nonsense. Every chapter is short, engaging and packed full of stories from some of the best men and women soccer players in the world today.

- Develop a no limit attitude towards your potential
- Create a world class improvement programme for your soccer
- Ramp up your training attitude using cutting-edge motivational theories
- Prepare to play with energy and confidence
- Use your 'controllers' to manage your focus, your intensity, and your emotions on the pitch
- Learn to play under pressure like the best footballers in the world do
- Measure and build your self-belief

Soccer Tough 2 has been written with one thing in mind to make you the best footballer you can be.

Soccer Brain

Rejoin the Soccer Sisters in this latest installment—full of friendship, teamwork, and soccer fun! Val Flores has always loved being a Soccer Sister. She and her best friend Makena have been part of the super competitive Brookville Breakers for a long time now, and she knows there's nothing that could break them—or the team—up. But when the other girls start talking about the winter dance and going boy crazy, Val begins to feel out of place. It doesn't help that her teammate Jessie has been acting super weird and later tells Val the team would be better off without her. When the Breakers play a game against El Fuego, a team from Val's school, she wonders if she should switch sides. Is Val's time with the Breakers up? Does she belong as a Soccer Sister after all? And should she quit while she's ahead—even if it costs her team the indoor soccer championship? Fans of Alex Morgan's *The Kicks* will love this series by former soccer player, coach, and motivational speaker Andrea Montalbano. "The Soccer Sisters series isn't just about soccer. It's about friendships, family, and the awesome thrill that comes from winning."—Carl Hiassen, *New York Times* bestselling author

Soccer Tough 2

One town under siege . . . One batch of doughnuts . . . One ripple of resentment. Profit-hungry developers are swarming over Middleton, determined to see the local football ground turned into luxury flats. But they haven't counted on the spirited resistance of local baker, Bill Baxter, who vents his frustration at the developers' plans by neglecting to put jam into a batch of doughnuts. Unbeknown to Bill, a rogue jamless doughnut sets in train a ripple of irrational anger that

grows, wave upon wave, until finally it threatens to swamp the entire nation, leaving careers ruined, fortunes won and Parliament in turmoil. But where will it end? And what will become of Bill and his beloved Middleton? Stand up comedian Dominic Holland delivers another slick slice of comedy that will have you roaring with laughter, rooting for the good guys and relegating the villains to the bottom of the table.

Playing Out of Your Mind

Two feuding sisters from Malibu, California, take their rivalry to the soccer field when both girls make the high school team.

Where Others Won't

Two years after her mother's death of cancer, fourteen-year-old Flora leaves the family's Maine farm for Colorado's International Sports Academy, where fierce competition could end their dream of Flora playing for U.S. Soccer.

Soccer Anatomy

Football has come to the ancient city of Ankh-Morpork. And now, the wizards of Unseen University must win a football match, without using magic, so they're in the mood for trying everything else. This is not going to be a gentleman's game. The prospect of the Big Match draws in a street urchin with a wonderful talent for kicking a tin can, a maker of jolly good pies, a dim but beautiful young woman, who might just turn out to be the greatest fashion model there has ever been, and the mysterious Mr Nutt (and no one knows anything much about Mr Nutt, not even Mr Nutt). As the match approaches,

four lives are entangled and changed for ever. Because the thing about football - the important thing about football - is that it is not just about football. Here we go! Here we go! Here we go!

Soccer Tough

Jack loves to play soccer, but when he realizes he is not as good as he would like to be, he threatens to quit. His dad saves the day by buying him a magic soccer ball. This magic ball helps transform Jack from a player that struggles on the soccer field to one of the best players on the team! Or does it?

Muscle Injuries in Sport Medicine

He's a Brute

An astonishing story that puts a human face on the ongoing debate about immigration reform in the United States, now updated with a new Epilogue and Afterword, photos of Enrique and his family, an author interview, and more—the definitive edition of a classic of contemporary America Based on the Los Angeles Times newspaper series that won two Pulitzer Prizes, one for feature writing and another for feature photography, this page-turner about the power of family is a popular text in classrooms and a touchstone for communities across the country to engage in meaningful discussions about this essential American subject. Enrique's Journey recounts the unforgettable quest of a Honduran boy looking for his mother, eleven years after she is forced to leave her starving family to find work in the United States. Braving unimaginable

peril, often clinging to the sides and tops of freight trains, Enrique travels through hostile worlds full of thugs, bandits, and corrupt cops. But he pushes forward, relying on his wit, courage, hope, and the kindness of strangers. As Isabel Allende writes: “This is a twenty-first-century Odyssey. If you are going to read only one nonfiction book this year, it has to be this one.” Praise for Enrique’s Journey “Magnificent . . . Enrique’s Journey is about love. It’s about family. It’s about home.”—The Washington Post Book World “[A] searing report from the immigration frontlines . . . as harrowing as it is heartbreaking.”—People (four stars) “Stunning . . . As an adventure narrative alone, Enrique’s Journey is a worthy read. . . . Nazario’s impressive piece of reporting [turns] the current immigration controversy from a political story into a personal one.”—Entertainment Weekly “Gripping and harrowing . . . a story begging to be told.”—The Christian Science Monitor “[A] prodigious feat of reporting . . . [Sonia Nazario is] amazingly thorough and intrepid.”—Newsday

Soccer Mom

A young boy is pressured by his family to abandon his promising soccer career for football.

Soccer For Dummies

Sarah knows that she is the best dancer in her class, and she is eager to show off at the upcoming recital--but when a new move proves unexpectedly difficult and she has to ask for help, her confidence is shaken.

The Ripple Effect

"It's as if Dan was sitting right next to you with a dry erase board saying, 'See what I mean?' This is another must have book for the soccer lover." ~ Ray Leone, Head Coach, Harvard A follow-up to the Amazon #1 best-seller, Soccer iQ, Volume 2 is written in the same conversational and humorous tone as its predecessor. Volume 2 is an easy read that identifies more of the most common soccer mistakes and provides players with simple, connect-the-dots solutions that they can immediately implement into their games. It is another must-have book for any serious soccer player. "Soccer iQ Vol. 2 gives you way more than your money's worth." ~ Tony Amato - Head Coach, Arizona

Sean Wants to Be Messi

Dan Abrahams is the world-renowned sport psychologist who has helped to transform player development and the coaching of soccer. Now, for the first time, Soccer Tough and Soccer Tough II are available in one cost-effective, high-value volume.

Soccer Duel

Team rivalry threatens to spoil a budding friendship between a showy soccer player, Bryce, and soft-spoken but talented Renny.

Dancing Solo

Soccer Tough demystifies mental toughness and football psychology and offers practical techniques that will enable soccer players of all abilities to actively develop focus, energy, and confidence. Soccer Tough will help banish the

fear, mistakes, and mental limits that holds players back.

Soccer Tough

This is what your coaches would have said to you if you were a boy, told through the story of a small-college soccer team that won more games than it ever had a right to win. It's an inspiring and straightforward look at the qualities that define the most competitive females, and what separates the ones who get it from the ones who don't. *Everything Your Coach Never Told You* is the instruction manual for female athletes who want to do more than just play. It's for those girls who want to win, win big, and never apologize for it. It's the call-to-arms for competitive female athletes who dare to color outside of the lines. Not recommended for readers under the age of 13.

Everything Your Coach Never Told You Because You're a Girl

***A *Bad Boy Inc.* spin-off Can a woman with her past and secrets ever take a chance on love? Being a single mom is tough, but Carla doesn't mind the minivan and the PTA meetings. What does concern her are the random acts of violence striking too close to home. Has someone discovered her secret alter ego? An assassin for hire, Carla's done her best to cover her tracks. Is it enough? The coach who keeps flirting with her doesn't appear to suspect that she's more than she seems; however, when danger threatens, Carla won't be able to hide the fact that she's a killer mom. And she'll do anything to keep her son safe. Genre: Romantic Suspense, single mother romance, handsome coach, romantic thriller, kick ass heroine, assassin romance

Focused for Soccer

Take an inside look at the world's most popular sport. Soccer Anatomy will show you how to elevate your game by increasing strength, speed, and agility for more accurate passes and powerful shots. Soccer Anatomy includes 79 exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting muscles in action. Soccer Anatomy goes beyond exercises by placing you on the pitch and in the game. Illustrations of the active muscles involved in kicking, heading, tackling, and diving show you how each exercise is fundamentally linked to soccer performance. From attacking to defending to goalkeeping, Soccer Anatomy will improve every aspect of your game. You'll learn how to modify exercises to target specific areas based on your style of play, personal needs, and goals. And you can prepare for competition by minimizing injuries using a system developed by FIFA's medical research program. Combining authoritative advice, expert instruction, and stunning four-color illustrations, Soccer Anatomy is truly an inside look at this one-of-a-kind sport. Whether you're a player, coach, or fan, if you're serious about soccer, this is one book you need to own.

Out of Bounds

COMPETE MENTALLY TOUGH! WinningSTATE -Women's Soccer focuses on competing. It shows players how to take their mental game to a winning level. WinningSTATE instantly improves tournament performance. It gives players the mental toughness skills to eliminate distractions and crush apprehension, so they can execute in competition as well or better than they do in practice. WinningSTATE is for all ages

and abilities. It's for players who consistently want to bring their "A-Game" to the competitive arena. WinningSTATE inspires players to face the pressure head on, believe 100%, and execute with conviction. Players get the skills to conquer the nerves, fiercely compete, and win! Your mind is your most powerful weapon. Train it! WinningSTATE- Women's Soccer: The Athlete's Guide to Competing Mentally Tough

The First American Soccer Trivia Book

Quiet, sensitive Faith starts middle school already worrying about how she will fit in. To her surprise, Amanda, a popular eighth grader, convinces her to join the school soccer team, the Bloodhounds. Having never played soccer in her life, Faith ends up on the C team, a ragtag group that's way better at drama than at teamwork. Although they are awful at soccer, Faith and her teammates soon form a bond both on and off the soccer field that challenges their notions of loyalty, identity, friendship, and unity. *The Breakaways* is a raw, and beautifully honest graphic novel that looks into the lives of a diverse and defiantly independent group of kids learning to make room for themselves in the world.

Caught Offside

One fiery-haired, sexy scientist finds her perfect complement in a dark and handsome soccer star. Opposites attract, and they've got chemistry that's explosive--literally. Physics calls it entropy. Philosophy calls it Murphy's Law: If something can go wrong, eventually it will. Professionally and personally speaking, Zed's familiar with the principle. After a decade of trying to alter the atomic makeup of the mafia from its nucleus, now he's set on leaving *The Life* and pursuing his

heart. Problem is, the sassy, hot-headed spitfire he can't quit is meddling in his slow burn escape plan, and turning it into full-on combustion. Not to mention, Nairne's got a painful history she won't talk about and more secrets than she has lab instruments--which is really saying something. In an ideal world, the bad boy footballer would follow the brainy beauty overseas and they'd live happily ever after. But Murphy's Law is proven true, as Zed finds his world imploding and his escape plan foiled. These enemies turned lovers end up discovering how costly it can be to meet the right person at the wrong time. A present he can't escape. A past she can't forget. A future they won't stop fighting for. They say all's fair in love and war. Book Two in the Tough Love Series--an enemies to lovers, suspenseful romance, full of sexy Italians, feisty heroines, globe-trotting action, and an ending that'll both satisfy you and leave you ready for more!

Jack and the Magic Soccer Ball

Muscle tears are one of the most common pathologies in sport and one of the most frequent causes of sport activity suspension. The purpose of this book is to review the state of the art of the actual knowledge on muscle tears in athletes, in particular for what concern the biology of muscle healing, the conservative and surgical treatments and the preventive aspects. Therefore, this textbook can be a valid tool for all Sport Medicine practitioners such as physicians, physiotherapists and fitness coaches.

Golf Tough

The extraordinary story of a refugee football team and the transformation of a small American town.

Enrique's Journey

PrettyTough

From Bridgewater Associates to Netflix, some of North America's largest companies admit to being heavily influenced by concepts from pro sports. So what do they know that other organizations don't? The answer is simple: people innovation is the new competitive advantage. Through in-depth interviews and meticulous research, *Where Others Won't* dives deeper than ever before into professional sports from around the world to uncover over 50 easily implementable people strategies to help you win. Whether it's recruitment, leadership, culture or high-performance, sports has been quality-testing people strategies for decades. You'll hear first-hand accounts from executives, coaches and players, including Southampton president Ralph Krueger, former Detroit Pistons president Joe Dumars, former Denver Broncos general manager Ted Sundquist, Utah Jazz coach Igor Kokoskov, former Green Bay Packer Na'il Diggs, former Sunderland and Burnley captain Steven Caldwell, former Richmond leader Daniel Jackson, NCAA soccer coach Gary Curneen, and Paris St-Germain defender Ashley Lawrence. Are you willing to look where others won't?

WinningSTATE-Women's Soccer

Golf Tough is an original and inspiring book- a book that will transform your game. Dan Abrahams is Lead Psychologist for England Golf, as well as a former touring professional golfer, and PGA coach. In *Golf Tough*, Dan offers you a powerful blueprint for improvement and a detailed plan for consistent

high performance no matter what your standard of play. If you want to significantly lower your handicap, compete with greater consistency, win tournaments or reach the next level on the course, Dan's simple yet powerful philosophies, tools and techniques will help you break through your current barriers and reach your golfing goals. Dan is renowned in the sporting world for pulling no punches and in Golf Tough he introduces the reader to a different approach to golf. This book will show you how to practice to build skill, technique and confidence - your visits to the range will become more productive and purposeful than ever, and your practice more deliberate. Dan also reveals the secret processes golfing champions employ to prepare to compete under the most intense pressure, as well as how all golfers can learn to stand on the first tee brimming with self-belief. Dan believes all golfers can learn to take control on the course - in Golf Tough he shows you how. Taking a unique viewpoint on performance and progression, you will learn from some of the top authorities in the game - the world's leading golf statistician, one of the premier coaches in Europe, a putting coach to the stars, and a former caddy who spends his days teaching players to plot their way around the course. This accumulated wisdom, combined with Dan's cutting edge approach in sport psychology - and with up-to-date scientific research, practical lessons, and eye opening anecdotes from golf and a variety of sports - makes Golf Tough the essential golfing read. - TRAIN your golf brain and your golf game to compete with confidence under pressure - LEARN about your two on-course controllers - self-talk and body-language - to play with certainty, focus, energy and intelligence - DEVELOP a golf game with a winning mental structure by creating world class pre-shot and post-shot routines - LEARN to plot your way around a golf course intelligently by understanding and grading risk - UNDERSTAND how the quirks of your brain

hold you back, and learn tools to deal with distraction and a noisy inner voice.

Soccer iQ Vol. 2

"I have always been interested in the mental side of the game, and Focused for Soccer was the first book that helped me understand the power of attitude and how to get the best out of myself." Jamie Carragher Defender, Premier League, Liverpool FC --

One Life

When a cartoon appears in the school newspaper making fun of his tendency to talk a lot, Mac, the goalie for the Cougars soccer team, is determined to find out who is responsible.

WOLFPACK

"Rosamund Zander is a miracle. Her generous voice will resonate with you, change you and help you create work that matters." —Seth Godin, author of *The Icarus Deception* The bestselling author of *The Art of Possibility* returns with a new vision for achieving true human fulfillment that's sure to appeal to fans of Brene Brown's *Daring Greatly* and Elizabeth Gilbert's *Big Magic* As children, we develop stories about how the world works, most of which get improved upon and amended over time. But some do not, even as we mature in other ways. Opinionated, self-centered and fear-driven, these "child stories" are the source of the behavioral and emotional patterns that hold us back. When we learn to identify and rewrite these stories, limitless growth becomes possible. In her groundbreaking and inspiring new book, Rosamund

Stone Zander shows us that life is a story we tell ourselves, and that we have the power to change that story. She illuminates how breaking old patterns and telling a new story can transform not just our own lives, but also our relationships with others—whether in a marriage, a classroom, or a business. Finally, she demonstrates how, with this new understanding of ourselves and our place within an interconnected world, we can take powerful action in the collective interest, and gain a sense of deep connection to the universe. *Pathways to Possibility* expands our notions of how much we can grow and change, whether we can affect others or the world at large, and how much freedom and joy we can experience. Stimulating and profound, it is the perfect companion to her beloved first book, *The Art of Possibility*. From the Hardcover edition.

The Inner Game of Tennis

Learn to: Get a handle on soccer rules and regulations Grasp the basic moves and plays Improve dribbling, passing, and other skills Appreciate this popular pastime Learn the basics, improve your game knowledge, and reach your soccer playing goals Do you get a kick out of soccer? Whether you're a youth league player, a soccer parent, or a World Cup fan, here at last is the book you've been waiting for. Now updated with the latest history, stats, and rules of this popular sport, *Soccer For Dummies* is the ultimate guide to the greatest and most popular sport on the planet. Kick off — get a beginner's history of soccer, from its early days in China to the modern game that's showcased in stadiums and played on soccer fields all across the globe Get to the nitty-gritty — discover the rules of the game, what each player on the field is expected to do, the tactics they employ, and the skills they need to play

The biggest sport in the world — explore everything about the professional game of soccer, from the biggest show on earth — the FIFA World Cup — to other international tournaments such as the European Championships, Copa America, and the CONCACAF Gold Cup For fans — find out what you can expect at a professional soccer game, as well as the lowdown on where you can find soccer on television, online, in newspapers, magazines, books, movies, and on DVDs Open the book and find: How soccer is played (and scored) Tips on coaching, how to keep fit, and how to play "the beautiful game" An in-depth look at women's soccer How club soccer is organized across the world Important international and club teams Fun soccer facts and interesting tidbits A look at the game's most fascinating players

Pathways to Possibility

Fans of Alex Morgan's *The Kicks* will love this new series by former soccer player, coach, and motivational speaker Andrea Montalbano about a group of friends and the lessons they learn through their love of the world's most popular sport Makena James absolutely loves soccer. She knows it's the best sport around and she feels lucky that the teammates on her super competitive and super skilled team, the Brookville Breakers, feel the same way. The girls always have and always will be Soccer Sisters. But when a new person joins the Breakers, everything changes. Skylar is a great player and really cool-but she also doesn't always play by the rules. Makena, hoping to impress Skylar, starts acting out and running wild, off and on the field. But with a huge tournament looming, Mac's got tough choices ahead. Choices that will affect her family, her friends, and the game she loves. Can she stay true to what the Soccer Sisters believe in and win

the big game?

Soccer Halfback

LEARN:: How to Skyrocket Your Performance on the Soccer Field Do you struggle with basic soccer moves others seem to pick up instantly? Do you wish there was a way of learning all those great skills you see other players do? If you want to become amazing in the shortest amount of time possible, you are in good company. Yet there's always a catch, isn't there? A little time passes and a whole lot of doubts creep in. You start feeling overwhelmed and it's easy to get discouraged when you see other people zooming along just fine, learning with ease all of the skills that you're struggling to even remotely pull off halfway! As things get tougher, you start seeing your dreams slip through your fingers. This dramatically impacts your performance, and not for the better. Thankfully, there's a solution right in front of you: just follow a blueprint from someone that has already gone from where you are to where you want to go. A well-tested blueprint will allow you to watch your skills skyrocket now, not later. **RIGHT NOW::** Develop Your Soccer Skills and Get Instant Results! It's not hard to develop your soccer skills and start playing the best game of your life if you just develop the necessary skills. The problem is that if you don't know the small secrets, developing your skills is going to be really tough! In "Soccer Skills Mastery", you'll discover a treasure trove of tips that will help you instantly develop your soccer skills and play the best game of your life. Other similar books offer general solutions on improving your soccer skills, but in this book you'll get access to everything I've learned over the past two decades of playing soccer. Ever wonder if there are really hidden secrets to unlocking the best soccer moves? Here's the truth:

the secrets are out there, and they're available to everyone. However, there's a catch: you usually learn the real secrets and insider knowledge through many years of trial and error. This book lets you skip the long, hard years of experimentation and go straight to improving your game. The small tips, tricks, and details that no one talks about openly are all found in this book; use them to start playing better than ever before!

DOWNLOAD:: Soccer Skills Mastery"Soccer Skills Mastery" contains a step-by-step blueprint for how to learn and master soccer skills in the fastest time possible. You will learn how to: Perform different heading techniques and adapt them into your games. Discover and correct the mistakes with kicking the ball with power and accuracy. Learn to cross a soccer ball with accuracy and small points that either make or break it Understand receiving and never lose control of the ball again Catapult your scoring abilities and why it works Perform dribbling moves that will help you get past any opponents, any time Practice your skills in order to reach your goals Use different skills on the different positions on the field Avoid being discouraged when things don't go your way You truly can become a fantastic soccer player if you invest the time required. Use the insider knowledge found in this book to get the job done. You will make it, guaranteed!

Would You Like To Know More?Download this book and take your soccer performance to the next level today. Scroll to the top of this page and select the buy button.

The Breakaways

Sean, a whimsical class two kid, wants to be the great Leo Messi, and he's willing to work hard for his cause. Join Sean as he battles fears, bullies, nagging parents, and tiresome

teachers in pursuit of his dream to become the best football player in the world. A children's book about football, math, practise and persistence. Not necessarily in this order. Illustrations: Elettra Cudignotto

Soccer Scoop

Based on her inspiring, viral 2018 commencement speech to Barnard College's graduates in New York City, New York Times bestselling author, two-time Olympic gold medalist and FIFA World Cup champion Abby Wambach delivers her empowering rally cry for women to unleash their individual power, unite with their pack, and emerge victorious together. Abby Wambach became a champion because of her incredible talent as a soccer player. She became an icon because of her remarkable wisdom as a leader. As the co-captain of the 2015 Women's World Cup Champion Team, she created a culture not just of excellence, but of honor, commitment, resilience, and sisterhood. She helped transform a group of individual women into one of the most successful, powerful and united Wolfpacks of all time. In her retirement, Abby's ready to do the same for her new team: All Women Everywhere. In Wolfpack, Abby's message to women is: We have never been Little Red Riding Hood. We Are the Wolves. We must wander off the path and blaze a new one: together. She insists that women must let go of old rules of leadership that neither include or serve them. She's created a new set of Wolfpack rules to help women unleash their individual power, unite with their Wolfpack, and change the landscape of their lives and world: from the family room to the board room to the White House. · Make failure your fuel: Transform failure to wisdom and power. · Lead from the bench: Lead from wherever you are. · Champion each other:

Claim each woman's victory as your own. - Demand the effing ball: Don't ask permission: take what you've earned. In Abby's vision, we are not Little Red Riding Hoods, staying on the path because we're told to. We are the wolves, fighting for a better tomorrow for ourselves, our pack, and all the future wolves who will come after us.

Psychology in Elite Soccer

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of “relaxed concentration” that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. “Introduced to The Inner Game of Tennis as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.”—from the Foreword by Pete Carroll

Heirpower!

Outcasts United: A Refugee Team, an American Town

An instant New York Times bestseller! “Rapinoe's 'signature pose' from the 2019 FIFA Women's World Cup is synonymous to the feeling we got when finishing this book: heart full, arms wide and ready to take up space in this world.”—USA Today Megan Rapinoe, Olympic gold medalist and two-time Women's World Cup champion, reveals for the first time her life both on and off the field. Guided by her personal journey into social justice, brimming with humor, humanity, and joy, she urges all of us to ask ourselves, What will you do with your one life? Only four years old when she kicked her first soccer ball, Megan Rapinoe developed a love – and clear talent – for the game at a young age. But it was her parents who taught her that winning was much less important than how she lived her life. From childhood on, Rapinoe always did what she could to stand up for what was right—even if it meant going up against people who disagreed. In *One Life*, Megan Rapinoe invites readers on a remarkable journey, looking back on both her victories and her failures, and pulls back the curtain on events we know only from the headlines. After the 2011 World Cup, discouraged by how few athletes were open about their sexuality, Rapinoe decided to come out publicly as gay and use her platform to advocate for marriage equality. Recognizing the power she had to bring attention to critical issues, in 2016 she took a knee during the national anthem in solidarity with former NFL player Colin Kaepernick to protest racial injustice and police brutality—the first high-profile white athlete to do so. The backlash was immediate, but it couldn't compare to the overwhelming support. Rapinoe became a force of change. Here for the first time, Rapinoe reflects upon some of the

most pivotal moments in her life and career – from her realization in college that she was gay, through the disputes with soccer coaches and officials over her decision to kneel, to the first time she met her now-fiancé WNBA champion Sue Bird, and up through suing the US Soccer Federation over gender discrimination and equal pay. Throughout, Rapinoe makes clear the obligation we all have to speak up, and the impact each of us can have on our communities. Deeply personal and inspiring, *One Life* reveals that real, concrete change lies within all of us, and asks: If we all have the same resource—this one precious life, made up of the decisions we make every day—what are you going to do? "One Life makes it clear that Rapinoe's greatest accomplishments may ultimately come away from the soccer pitch. She's a new kind of American hero."—San Francisco Chronicle

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