

Never Let Go A Philosophy Of Lifting Living And Learning Dan John

Offering philosophical insights into the popular morning brew, Coffee -- Philosophy for Everyone kick starts the day with an entertaining but critical discussion of the ethics, aesthetics, metaphysics, and culture of coffee. Matt Lounsbury of pioneering business Stumptown Coffee discusses just how good coffee can be Caffeine-related chapters cover the ethics of the coffee trade, the metaphysics of coffee and the centrality of the coffee house to the public sphere Includes a foreword by Donald Schoenholt, President at Gillies Coffee Company

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "Never Let Go: A Philosophy of Lifting, Living and Learning." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

There are a Few People in every Profession Who Can Be Considered great at what they do, and a few who rise above greatness and approach legendary. In the fitness and conditioning world, Dan John is one of the greatest of all time. A true professional, and an expert in Every Sense of the Word: Dan John is a legend in this field. Alwyn Cosgrove, Alwyncosgrove.com After listening to Dan John Lecture Or Reading his work, I envy his athletes not only for the good fortune of receiving his coaching expertise, but also for the lessons that will carry them along through life. Dan is a common man, but an uncommon motivator. Dave Tate, CEO elitefts.com Coach John is one of the premier instructors in the world of movement, strength and athleticism. His lectures on athletic training have revolutionized the thinking of thousands, and this new text, Never Let Go, will Set the standard in smarter, more productive training methods. Dr. Mark Cheng, L. Ac, Ph.D., RKC Team Leader

The author of Straw Dogs, famous for his provocative critiques of scientific hubris and the delusions of progress and humanism, turns his attention to cats—and what they reveal about humans' torturous relationship to the world and to themselves. The history of philosophy has been a predictably tragic or comical succession of palliatives for human disquiet. Thinkers from Spinoza to Berdyaev have pursued the perennial questions of how to be happy, how to be good, how to be loved, and how to live in a world of change and loss. But perhaps we can learn more from cats--the animal that has most captured our imagination--than from the great thinkers of the world. In Feline Philosophy, the philosopher John Gray discovers in cats a way of living that is unburdened by anxiety and self-consciousness, showing how they embody answers to the big questions of love and attachment, mortality, morality, and the Self: Montaigne's house cat, whose unexamined life may have been the one worth living; Meo, the Vietnam War survivor with an unshakable capacity for "fearless joy"; and Colette's Saha, the feline heroine of her subversive short story "The Cat", a parable about the pitfalls of human jealousy. Exploring the nature of cats, and what we can learn from it, Gray offers a profound, thought-provoking meditation on the follies of human exceptionalism and our fundamentally vulnerable and lonely condition. He charts a path toward a life without illusions and delusions, revealing how we can endure both crisis and transformation, and adapt to a changed scene, as cats have always done.

Training people in sport as a coach or in fitness as a personal trainer is certainly rewarding work. But, there's a problem: What do we do next? There are countless books on diet and exercise, hundreds of machines, devices and gimmicks to train people, and new gadgets and gizmos are popping up daily. "Can You Go?" answers this question: What do we NEED to do next? Appropriate assessment leads to the appropriate answer. If there's a mobility issue, focus on mobility work. The same is true for body composition and strength; focus on what we need to do, not what we want to do. For the performance athlete, sometimes assessment can be the short, brutal and harsh question, "Can you go?" Lessons from this frankness can be learned by both the coach and trainer. The ill and the elite share the same basic body, and the job is to enhance performance and quality of life in every training situation.

When veteran television announcer Charlie Jones got assigned to the hinterlands of Olympic broadcasting to cover rowing, canoeing, and kayaking, he serendipitously discovered a powerful philosophy for focused living: That's Outside My Boat. He learned that Olympic rowers never let anything outside their boat prevent them from achieving their goals. Jones, with coauthor Kim Doren, realized that the world of business - and all aspects of life - could greatly benefit when this same perspective is applied. The book uses the power of the personal example to show how focusing on what one decides is important fosters success. Bob Wright, vice chairman of General Electric; Terry Bradshaw, NFL broadcaster and TV personality; Jack Kemp, codirector of Empower America; Liz Dolan, former Nike corporate vice president; and many other business leaders apply this philosophy to their own experience in That's Outside My Boat. It's a powerful tool for business and life.

It's important to know what world we are living in today, and if you truly want to be successful, it's important to know the complexities or habits that are holding you back from living a more simple and fulfilling lifestyle. Find out what is holding you back from getting the results that you want. Sometimes you think you have it all under control, but there is much more to be aware of before you can master your own behavior and become free of all chains. Many people will hold on to a lifestyle that is not working for them just because they think that's just the way things are, yet they never seem to understand what exactly is holding them back from getting things done efficiently. For those people, now is the time to question yourself! Is the problem educational, spiritual, physical, or financial, or is it a lack of hope and faith? Are debts keeping you working, and not giving you time to think? What if debts were a way to keep you working, and never thinking!? Inside this book, you will learn how to overcome all of these obstacles in an easy-to-follow step-by-step format. In this book you will learn: * How to unleash your greatest ideas (start doing what you always wanted to do successfully, today. Live your dream lifestyle even when you face hard times.) * How to position yourself in life to win

even if you thought you lost. * How hope, love, and faith can save your life, business, and relationship, and take you to a whole other level. * How to listen to the inner you * How taking action, even when scared to death, can set you free. In this book, you will also learn all that you need to know to be able to let go of who you were, embrace the person inside-who keeps talking to you-, and find your destiny. You will learn to listen to the inner you and plan your best moves. Most importantly, you will learn to let go and get ready to fly.

A philosophical look at the movie Inception and its brilliant metaphysical puzzles Is the top still spinning? Was it all a dream? In the world of Christopher Nolan's four-time Academy Award-winning movie, people can share one another's dreams and alter their beliefs and thoughts. Inception is a metaphysical heist film that raises more questions than it answers: Can we know what is real? Can you be held morally responsible for what you do in dreams? What is the nature of dreams, and what do they tell us about the boundaries of "self" and "other"? From Plato to Aristotle and from Descartes to Hume, Inception and Philosophy draws from important philosophical minds to shed new light on the movie's captivating themes, including the one that everyone talks about: did the top fall down (and does it even matter)? Explores the movie's key questions and themes, including how we can tell if we're dreaming or awake, how to make sense of a paradox, and whether or not inception is possible Gives new insights into the nature of free will, time, dreams, and the unconscious mind Discusses different interpretations of the film, and whether or not philosophy can help shed light on which is the "right one" Deepens your understanding of the movie's multi-layered plot and dream-infiltrating characters, including Dom Cobb, Arthur, Mal, Ariadne, Eames, Saito, and Yusuf An essential companion for every dedicated Inception fan, this book will enrich your experience of the Inception universe and its complex dreamscape. In the early twentieth century, Chinese Buddhists sought to strengthen their tradition through publications, institution building, and initiatives aimed at raising the educational level of the monastic community. In The Huayan University Network, Erik J. Hammerstrom examines how Huayan Buddhism was imagined, taught, and practiced during this time of profound political and social change and, in so doing, recasts the history of twentieth-century Chinese Buddhism. Hammerstrom traces the influence of Huayan University, the first Buddhist monastic school founded after the fall of the imperial system in China. Although the university lasted only a few years, its graduates went on to establish a number of Huayan-centered educational programs throughout China. While they did not create a new sectarian Huayan movement, they did form a network unified by a common educational heritage that persists to the present day. Drawing on an extensive range of Buddhist texts and periodicals, Hammerstrom shows that Huayan had a significant impact on Chinese Buddhist thought and practice and that the history of Huayan complicates narratives of twentieth-century Buddhist modernization and revival. Offering a wide range of insights into the teaching and practice of Huayan in Republican China, this book sheds new light on an essential but often overlooked element of the East Asian Buddhist tradition.

In order to save his foster father's life, Jian Qianning became the surrogate daughter of a mysterious Wealthy Class. But when she became pregnant, her father died. The next year, the baby was born, a pair of dragon and phoenix births with ugly birthmarks on their faces. The foster mother, who was in debt for gambling debts, had actually secretly carried the baby boy to get the surrogate money, causing the son to disappear without a trace! Five years later, she and her daughter set up a stall in front of the children's park. They met an extremely handsome young man who held ... "It was her precious son of five years ..."

New beginnings are just what the doctor ordered in this riveting tale by #1 New York Times bestselling author Sherryl Woods. As a psychologist, Mallory Blake knew there were times when one had to let go. She also knew just how much it hurt. After her husband's death, she'd packed up her belongings and moved to San Francisco, wishing it was as easy to box up her memories and seal away her regrets. But she had her patients at the hospital who helped her move forward, patients like six-year-old Davey. The broken little boy needed Mallory—not that his doctor agreed. Mallory had heard the rumors about neurosurgeon Justin Whitmore. She had experienced firsthand his temper, his impossible standards and his undeniable charm. But beneath all of that, Mallory discovered Justin hid an old pain, one she wasn't sure she could heal. And yet she couldn't walk away from him. Because there were times when it was right to move on...and times when you took someone's hand and never let go. Originally published in 1988. FREE BONUS STORY INCLUDED IN THIS VOLUME! Doctor, Soldier, Daddy by Caro Carson An army physician on a mission needs a mother for his child—and plain Jane Kendry Harrison is just what the doctor ordered. Dashing soldier Jamie MacDowell needs a mother for his infant son, stat! And while the handsome M.D. has no shortage of candidates, he lets his baby boy help with the selection. Little Sam falls for quiet Kendry Harrison—a surprising choice, maybe. But Jamie quickly realizes that the orderly's sweet veneer hides a multitude of attractions—and if he's not careful, he could wind up wrecking their carefully set-up "arrangement." Originally published in 2013.

Never Let GoA Philosophy of Lifting, Living and Learning

Inspired by the philosophy of Wittgenstein and his idea that the purpose of real philosophical thinking is not to discover something new, but to show in a strikingly different light what is already there, this book provides philosophical readings of a number of 'arthouse' and Hollywood films. Each chapter contains a discussion of two films—one explored in greater detail and the other analyzed as a minor key which reveals the possibility for the book's ideas to be applied across different films, registers, and genres. The readings are not only interpretive, but they offer a way of thinking and feeling about, with, and through films which is genuinely transformative. Rupert Read's main contention is that certain films can bring about a change in how we see the world. He advocates an ecological approach to film-philosophy analysis, arguing that film can re-shape the viewer's relationship to the environment and other living beings. The transformative 'wake-up call' of these films is enlightenment in its true sense. The result is a book that ambitiously aims to change, though film, how we think of ourselves and our place in the world, at a time when such change is more needed than ever before.

Confusion, fury, and disbelief filled Rucker McClure's soul when he saw his wife across the airport waiting room. A year ago, Dinah had vanished without a trace, but he'd never stopped looking for her, never given up hope - until now, when it seemed all his worst fears were true: she'd betrayed her country and abandoned the husband she'd sworn to love until death. From the Trade Paperback edition.

From the Booker Prize-winning author of The Remains of the Day and When We Were Orphans, comes an unforgettable edge-of-your-seat mystery that is at once heartbreakingly tender and morally courageous about what it means to be human. Hailsham seems like a pleasant English boarding school, far from the influences of the city. Its students are well tended and supported, trained in art and literature, and become just the sort of people the world wants them to be. But, curiously, they are taught nothing of the outside world and are allowed little contact with it. Within the grounds of Hailsham, Kathy grows from schoolgirl to young woman, but it's only when she and her friends Ruth and Tommy leave the safe grounds of the school (as they always knew they would) that they realize the full truth of what Hailsham is. Never Let Me Go breaks through the boundaries of the literary novel. It is a gripping mystery, a beautiful love story, and also a scathing critique of human arrogance and a moral examination of how we treat the vulnerable and different in our society. In exploring the themes of memory and the impact of the past, Ishiguro takes on the idea of a possible future to create his most moving and powerful book to date.

Clutter has a negative effect on your life. You want to live differently, but you haven't been able to make progress. Marcie

Lovett, author of *The Clutter Book*, will motivate you to make the changes you want. Learn to let go of what you don't need and find room for what you value. The direct, accessible writing style and interactive exercises will inspire you to succeed. In this book, Marcie guides you through the process of letting go of the clutter that is keeping you from achieving success. Whether your clutter is caused by things, commitments or thoughts, Marcie encourages you to make the choices to conquer your challenges. If previous attempts at letting go of clutter have not been successful for you, you will benefit from the motivation and wisdom Marcie offers. Written in a straightforward and accessible style, filled with insight and real-life stories, the book enables readers to learn from the experience of others and overcome obstacles to success. You will understand why you keep clutter, save time and money by avoiding unnecessary purchases, discover the habits that hold you back, find ways to fight procrastination and create systems that allow you to retrieve and return items. Whether you want to live with less or live with what you have, this is the book for you.

What do ethicists and moral philosophers really think about? What are the most pressing concerns in the discipline today? This collection of interviews with a range of interesting and original thinkers in the field provides a snapshot of contemporary ethics in all its complexity and nuance. It contains 26 probing interviews conducted by Richard Marshall of the cultural magazine 3AM, each consisting of a carefully condensed version of the interview, preceded by a brief biography of the interview subject. Marshall's questions are deeply knowledgeable while always accessible to the layperson, and the interviewees respond in kind with rich and opinionated responses. The result is a deeply engaging entrée into the state of ethics today.

We all suffer the loss of a loved one. This uplifting book will guide you on your journey through grief and inspire you with evidence of the afterlife. A practicing lawyer for over two decades, Mark Anthony is also a gifted medium who has worked with thousands of clients. He shares incredible true stories of contact with spirits and their enduring messages of forgiveness, gratitude, and acceptance. Even more remarkable, you will be able to recognize and make contact with the spirits of your loved ones. Compelling, comforting, and inspiring for those of all backgrounds and faiths, *Never Letting Go* offers true healing through messages of hope from the Other Side. Watch Mark Anthony discuss *Never Letting Go* here. Praise: "This deep, emotionally touching book is destined to become a metaphysical classic."—Joyce Keller, author of *Seven Steps to Heaven* "An enlightening journey through coping with grief and discovering spiritual renewal. I highly recommend this book!"—Jeffrey A. Wands, author of *Another Door Opens*

This book highlights, scrutinizes, and deploys Bernstein's philosophical research as it has intersected and impacted American and European philosophy. The chapters show the breadth and scope of his work while expanding key insights into new contexts and testing his work against thinkers outside the canon of his own scholarship.

"Stevens's taut writing and chilling depiction of love twisted beyond recognition make this a compelling read." —Publishers Weekly, Starred Review "Disturbing, suspenseful, and just a little nerve-wracking." —Library Journal Eleven years ago, Lindsey Nash escaped into the night with her young daughter and left an abusive relationship. Her ex-husband, Andrew, was sent to jail and Lindsey started over with a new life. Now, Lindsey is older and wiser, with her own business and a teenage daughter who needs her more than ever. When Andrew is finally released from prison, Lindsey believes she has cut all ties and left the past behind her. But she gets the sense that someone is watching her, tracking her every move. Her new boyfriend is threatened. Her home is invaded, and her daughter is shadowed. Lindsey is convinced it's her ex-husband, even though he claims he's a different person. But has he really changed? Is the one who wants her dead closer to home than she thought? With *Never Let You Go*, Chevy Stevens delivers a chilling, twisting thriller that crackles with suspense as it explores the darkest heart of love and obsession.

This book is a collection of essays on Husserl's *Crisis of European Sciences* by leading philosophers of science and scholars of Husserl. Published and ignored under the Nazi dictatorship, Husserl's last work has never received the attention its author's prominence demands. In the *Crisis*, Husserl considers the gap that has grown between the "life-world" of everyday human experience and the world of mathematical science. He argues that the two have become disconnected because we misunderstand our own scientific past—we confuse mathematical idealities with concrete reality and thereby undermine the validity of our immediate experience. The philosopher's foundational work in the theory of intentionality is relevant to contemporary discussions of qualia, naive science, and the fact-value distinction. The scholars included in this volume consider Husserl's diagnosis of this "crisis" and his proposed solution. Topics addressed include Husserl's late philosophy, the relation between scientific and everyday objects and "worlds," the history of Greek and Galilean science, the philosophy of history, and Husserl's influence on Foucault.

Provides a guide for starting a "philosophy dinner club," a club that meets to discuss philosophy and cook food from each philosopher's home country.

This carefully crafted ebook: "VOLTAIRE - Premium Collection: Novels, Philosophical Writings, Historical Works, Plays, Poems & Letters (60+ Works in One Volume) - Illustrated" is formatted for your eReader with a functional and detailed table of contents. François-Marie Arouet (1694-1778), known by his nom de plume Voltaire, was a French Enlightenment writer, historian, and philosopher famous for his wit, his attacks on the established Catholic Church, and his advocacy of freedom of religion, freedom of expression, and separation of church and state. Table of Contents: Novels *Candide* *Zadig* *Micromegas* *The Huron* *The White Bull* *The Man of Forty Crowns* *The Princess of Babylon* *The Sage and the Atheist* *Stories* *Memnon the Philosopher* *The Black and the White* *The World as it Goes* *Andre des Touches at Siam* *Bababec* *Jeannot and Colin* *The Travels of Scarmiento* *A Conversation with a Chinese* *Plato's Dream* *Pleasure in Having no Pleasure* *An Adventure in India* *The Good Brahmin* *The Two Comforters* *Ancient Faith and Fable* *The Study of Nature* *Dialogues* *Plays* *Mahomet* *Merope* *Olympia* *The Orphan of China* *Brutus* *Amelia* *Oedipus* *Mariamne* *Socrates* *Zaire* *Caesar* *The Prodigal* *Alzire* *Orestes* *Semiramis* *Catilina* *Pandora* *The Scotch Woman* *Nanine* *The Prude* *The Tatler* *Poems* *Henriade (Canto IX)* *The Lisbon Earthquake and Other Poems* *Philosophical Works* *A Philosophical Dictionary*

Letters on England Treatise on Tolerance Historical Works Age of Louis XIV The History of Peter the Great, Emperor of Russia Letters Letters to Jonathan Swift Letter from Voltaire to Charles Jean-Baptiste Fleury Literary Criticism Voltaire and England by Lytton Strachey Voltaire's Tragedies by Lytton Strachey Voltaire and Frederick the Great by Lytton Strachey Lectures on Voltaire by Robert Green Ingersoll Biographies Voltaire: A Sketch of His Life and Works by G. W. Foote and J. M. Wheeler Voltaire by John Morley Voltaire in the Netherlands by C. A. Van Sypesteyn Voltaire by George Saintsbury

How to help your child with mental illness through partnering, not parenting. Never Let Go is a supportive and practical guide for parents looking after a child with a mental illness. Suzanne Alderson understands the agonising struggle of bringing a child back from the brink of suicide, having spent three years supporting her own daughter through recovery. Her method of 'partnering, not parenting' has now helped thousands of other parents through her charity, Parenting Mental Health. Combining Suzanne's honest personal experience with expert input from psychologists, this book provides parents with the methods and knowledge they need to support, shield and strengthen their child as they progress towards recovery. Chapters include a background to the mental health epidemic, why a new method of parenting is crucial, how to change your thinking about mental health and practical advice on solutions to daily problems including accepting the new normal, dealing with others, and looking after yourself as well as your child.

Fifteen years ago, two teenagers were mysteriously found dead by the old railroad tracks in a small affluent town in New Jersey. One of them was Nap Dumas' twin, Leo, and the other, the town's sheriff's daughter. Most people concluded it a double suicide, others, just didn't buy it. Nap has dedicated his life to finding out what really happened that summer and when his missing ex-girlfriend's fingerprints show up at a crime scene, he's thrown into a labyrinth of dark family secrets and lies. Teaming up with the now retired sheriff, the two embark on a search for the truth where they will discover that conspiracies big and small can kill.

From #1 New York Times bestselling author Marieke Nijkamp (*This Is Where It Ends*) comes *Before I Let Go*, an emotional thriller about a suspicious death, a friend desperate for answers, and their small town's sinister secrets. Best friends Corey and Kyra were inseparable in their tiny snow-covered town of Lost Creek, Alaska. But as Kyra starts to struggle with her bipolar disorder, Corey's family moves away. Worried about what might happen in her absence, Corey makes Kyra promise that she'll stay strong during the long, dark winter. Then, just days before Corey is to visit, Kyra dies. Corey is devastated—and confused, because Kyra said she wouldn't hurt herself. The entire Lost community speaks in hushed tones, saying Kyra's death was meant to be. And they push Corey away like she's a stranger. The further Corey investigates—and the more questions she asks—the greater her suspicion grows. Lost is keeping secrets—chilling secrets. Can she piece together the truth about Kyra's death and survive her visit? Perfect for readers looking for: Mystery books for teens Bipolar teen characters Asexual characters Praise for *Before I Let Go*: A New York Times Bestseller! 2019 ALA Rainbow List 2018 Teen Choice Book of the Year Nominee "With exceptional handling of everything from mental illness to guilt and a riveting, magic realist narrative, this well wrought, haunting novel will stick with readers long after the final page."—Booklist *STARRED REVIEW* "Compulsive readability... Intriguingly spooky"—Kirkus Reviews "This sophomore novel from Nijkamp will haunt readers... The honest reflection of mental illness, suicide, friendship, and being an outsider provides ample topics for book discussion."—School Library Journal "[A] reflective examination on love and returning home... Nijkamp has an uncommon talent for drawing readers deep into the psyches of her characters."—Publishers Weekly Also by Marieke Nijkamp: *This Is Where It Ends* *Even If We Break*

You have two choices Be lucky enough in middle school, junior high or high school to be taught basic body movements and step-by-step instructions in the Olympic lifts, powerlifting, mobility, flexibility, kettlebell training & tumbling Apply Intervention

Whenever you need an amusing story to hold attention, drive home a point in speech making to enliven conversation, or to read just for fun, the more than 4,100 peppery, bubbling stories in this volume will satisfy every demand. All are arranged alphabetically under subject. The index and cross-index makes it possible to locate the right story quickly. The range of this volume is far and wide. The stories are about people in all walks of life. All of them are wholesome and clean. And what is more, you will want to remember and retell these stories. Drawn from the vagaries, the foibles, and the peculiarities of human nature, they provide countless chuckles from many different locales. The *ENCYCLOPEDIA of WIT, HUMOR and WISDOM* is indispensable for public speakers, toastmasters, lawyers, ministers, educators, writers, salesmen, and those who love a good laugh.

The "theory of forms" usually attributed to Plato is one of the most famous of philosophical theories, yet it has engendered such controversy in the literature on Plato that scholars even debate whether or not such a theory exists in his texts. *Plato's Forms: Varieties of Interpretation* is an ambitious work that brings together, in a single volume, widely divergent approaches to the topic of the forms in Plato's dialogues. With contributions rooted in both Anglo-American and Continental philosophy, the book illustrates the contentious role the forms have played in Platonic scholarship and suggests new approaches to a central problem of Plato studies.

A meditation on mortality and lost innocence: a portrait of adolescence as that hinge moment in life when self-knowledge brings intimations of one's destiny.

Fifty years after his death in 1965 the essays in this collection return to Paul Tillich to investigate his theology and its legacy, with a focus on contemporary British scholarship. Originating in a conference held in Oxford in 2014, the book contains 16 original contributions from a mixture of junior and more established scholars, most of whom have a connection to Britain. The contributions are diverse, but four themes emerge throughout the volume. Several essays are concerning with a characterisation of Tillich's theology. In dialogue with recent emphases on the radical Tillich, some essays suggest a more conservative estimation of Tillich's theology, rooted in the Idealist and classical Christian platonic traditions, whilst in constant engagement with changing existential situations. Secondly, and perhaps reflecting the context of religious diversity and theories of religious pluralism in Britain, many essays engage Tillich's approach to non-Christian religions. Thirdly, some essays address the importance of existentialist philosophy for Tillich, notably via an engagement with Sartre. Finally, a number of essays take up the diagnostic potential of Tillich's theology as a resource for engaging contemporary challenges.

Plato became the master for every dictator by sidestepping the Socratic method in his platonic state. Plato invented the subjective in an attempt to demean the objective and shuffle away the predicate philosophy of Socrates. The Platonic Idiom expresses the infirmity of western civilization.

This book takes a radically different approach to the challenge of coaching in strength and conditioning. In doing so, it addresses many of the paradoxes of strength and conditioning, providing new perspectives that shed light on to the many questions that challenge coaches. Rather than focusing on methods, it delves into the questions of what makes a coach effective. It examines the conditions that are necessary for training applications to become optimal, and the skills necessary to create these conditions. It provides coaches with a flexible pathway towards understanding the challenges of strength and conditioning and by which they can develop the craft of coaching to maximise their effectiveness and potential. The book is essential reading for anyone wishing to pursue a career as a strength and conditioning coach, acting essentially as a prequel to the many scientific and applied texts in the field. It will also appeal to more experienced coaches providing a wider perspective on the challenges they face and providing potential solutions not traditionally considered.

As he presses a revolver to his head, Reece Cole sees his little daughter's handprints on the windowpane. One last, painful reminder of her all too short life. But then he notices something about the handprints that defies belief. Something that verges on the impossible. He spends the next few days frantically trying to make sense of what is happening. Then a stranger stops at his gate with a small grey envelope. Inside is a single white card, inscribed with six breathtaking words: I can bring your daughter back.

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