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Never Give In, Never Give Up Faith Grip
Holding on to the Promises of God Faith Grip
Firm Grip Holding Her Head High Lead Yourself
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Inspirational Quote Notebook - 'What's Holding
You Back?' - Inspirational Journal to Write in -
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working smart (and getting to what matters
most)

Holding Hands Jan 14 2023 Holding Hands ...
... is the most basic of all affections ... an
intimate gesture which shows love, caring and
emotion without saying a word. Here is an
invitation to hold hands with those in hospitals,
hospices, or homes, to make your visits with
them more entertaining, inspiring, and
meaningful.

The Missionary Review of the World Feb 15
2023

Dear Reader Oct 11 2022 From the Sunday
Times bestselling author of The Last Act of Love,
Cathy Rentzenbrink's Dear Reader is the

ultimate love letter to reading and to finding the
comfort and joy in stories. 'Exquisite' - Marian
Keyes, author of Grown Ups 'A warm,
unpretentious manifesto for why books matter' -
Sunday Express Growing up, Cathy
Rentzenbrink was rarely seen without her nose
in a book and read in secret long after lights out.
When tragedy struck, it was books that kept her
afloat. Eventually they lit the way to a new path,
first as a bookseller and then as a writer. No
matter what the future holds, reading will
always help. A moving, funny and joyous
exploration of how books can change the course
of your life, packed with recommendations from
one reader to another.

In the Grip of His Hand Dec 21 2020 A book of
encouragement and help for those wondering
about the unexpected and unwelcome challenges
that come in life. A collection of some of the
author's extraordinary experiences and her
insight into their important life lessons, these
unusual and sometimes miraculous encounters
prove God's great love shows up on a personal
level. The stormy seas and rocky trails are not
meant to destroy us, but to make us strong. We
are invited to draw closer to the One who
lovingly guides and faithfully provides, no matter
how great the challenge. This edition has pages
for the reader to journal their own thoughts and
study notes.

Simon & Schuster Thesaurus for Children
Jul 16 2020 The Simon & Schuster Thesaurus for
Children provides students with the tools they
need to build their vocabulary, improve their
writing skills, and express themselves more
accurately and precisely. The thesaurus is
packed with information that encourages
children to expand their knowledge of the
English language. With over 800 main entries
and 5,000 synonyms, the Simon & Schuster
Thesaurus for Children helps young writers
make correct word choices and avoid repetition.

It stimulates children's creativity and gives them a new understanding of the complex resources of language. SOME SIMON & SCHUSTER THESAURUS FOR CHILDREN HIGHLIGHTS: • More than 800 entries and 5,000 synonyms • Entries that give parts of speech, definitions, and example sentences • Easy-to-use cross-references • A complete index of all the synonyms, antonyms, phrases, and idioms • Special word banks that contain additional word choices • Unique word alerts that warn of possible problems in grammar or word use • Common phrases and idioms Synonyms that include definitions and one or more example sentences

The Human Hand as an Inspiration for Robot Hand Development Jan 02 2022 "The Human Hand as an Inspiration for Robot Hand Development" presents an edited collection of authoritative contributions in the area of robot hands. The results described in the volume are expected to lead to more robust, dependable, and inexpensive distributed systems such as those endowed with complex and advanced sensing, actuation, computation, and communication capabilities. The twenty-four chapters discuss the field of robotic grasping and manipulation viewed in light of the human hand's capabilities and push the state-of-the-art in robot hand design and control. Topics discussed include human hand biomechanics, neural control, sensory feedback and perception, and robotic grasp and manipulation. This book will be useful for researchers from diverse areas such as robotics, biomechanics, neuroscience, and anthropologists.

Whatever it Takes Apr 24 2021 A portrait of African-American activist Geoffrey Canada describes his radical approach to eliminating inner-city poverty, one that proposes to transform the lives of poor children by changing their schools, their families, and their neighborhoods at the same time.

Lead Yourself First Mar 16 2023 A guide to the role of solitude in good leadership, including profiles of historical and contemporary figures who have used solitude to lead with courage, creativity, and strength. Throughout history, leaders have used solitude as a matter of course. Eisenhower wrote memoranda to himself during World War II as a way to think through complex

problems. Martin Luther King found moral courage while sitting alone at his kitchen table one night during the Montgomery bus boycott. Jane Goodall used her intuition in the jungles of Central Africa while learning how to approach chimps. Solitude is a state of mind, a space where you can focus on your own thoughts without distraction, with a power to bring mind and soul together in clear-eyed conviction. Like a great wave that saturates everything in its path, however, handheld devices and other media now leave us awash with the thoughts of others. We are losing solitude without even realizing it. To find solitude today, a leader must make a conscious effort. This book explains why the effort is worthwhile and how to make it. Through gripping historical accounts and firsthand interviews with a wide range of contemporary leaders, Raymond Kethledge (a federal court of appeals judge) and Michael Erwin (a West Pointer and three-tour combat veteran) show how solitude can enhance clarity, spur creativity, sustain emotional balance, and generate the moral courage necessary to overcome adversity and criticism. Anyone who leads anyone—including oneself—can benefit from solitude. With a foreword by Jim Collins (author of the bestseller *Good to Great*), *Lead Yourself First* is a rallying cry to reclaim solitude—and all the benefits, both practical and sublime, that come with it.

Hallelujah Anyway Jun 26 2021 "Anne Lamott is my Oprah." —Chicago Tribune The New York Times bestseller from the author of *Dusk, Night, Dawn, Almost Everything* and *Bird by Bird*, a powerful exploration of mercy and how we can embrace it. "Mercy is radical kindness," Anne Lamott writes in her enthralling and heartening book, *Hallelujah Anyway*. It's the permission you give others—and yourself—to forgive a debt, to absolve the unabsolvable, to let go of the judgment and pain that make life so difficult. In *Hallelujah Anyway: Rediscovering Mercy* Lamott ventures to explore where to find meaning in life. We should begin, she suggests, by "facing a great big mess, especially the great big mess of ourselves." It's up to each of us to recognize the presence and importance of mercy everywhere—"within us and outside us, all around us"—and to use it to forge a deeper understanding of ourselves and more honest

connections with each other. While that can be difficult to do, Lamott argues that it's crucial, as "kindness towards others, beginning with myself, buys us a shot at a warm and generous heart, the greatest prize of all." Full of Lamott's trademark honesty, humor and forthrightness, *Hallelujah Anyway* is profound and caring, funny and wise—a hopeful book of hands-on spirituality.

Mentor Jun 07 2022

[Grip: The art of working smart \(and getting to what matters most\)](#) Apr 12 2020 'If you feel like a hostage of your to-do list, and struggle to find time for what matters most, this book will be a big help.' DANIEL H. PINK, #1 New York Times bestselling author of *When and Drive*

Choosing Courage May 06 2022 How does an ordinary person become a hero? It happens in a split second, a moment of focus and clarity, when a choice is made. Here are the gripping accounts of Medal of Honor recipients who demonstrated guts and selflessness on the battlefield and confronted life-threatening danger to make a difference. There are the stories of George Sakato and Vernon Baker—both of whom overcame racial discrimination to enlist in the army during World War II (Sakato was a second-generation Japanese American, Baker an African American) and went on to prove that heroes come in all colors—and Clint Romesha, who led his outnumbered fellow soldiers against a determined enemy to prevent the Taliban from taking over a remote U.S. Army outpost in Afghanistan. Also included are civilians who have been honored by the Congressional Medal of Honor Foundation for outstanding acts of bravery in crisis situations, from a school shooting to the 9/11 attacks on the World Trade Center. Adding depth and context are illuminating essays on the combat experience and its aftermath, covering topics such as overcoming fear; a mother mourning the loss of her son; and "surviving hell" as a prisoner of war.

[The Mentor-world Traveler](#) Feb 03 2022

Woman Success Identity Aug 29 2021 For many years women have been paving their road to independence. Although a woman's emancipation movements have made important breakthroughs, the world remains a men's

playground and the struggle is not over for many women around the globe. We hear mind-blowing stories on the news or may even have some unfavorable personal experiences. Despite all the maltreatment, women have been choosing peaceful measures in the form of women's power walking and women power slogans in the struggle for their rights. It shows the will and a true character. This book will help you find the strength to be your authentic self and claim your seat at the table. You will uncover your ability to become successful in your all beginnings. As a woman, you are born a natural multitasker. However, in most cases, a lot of your potential is buried in routine. This book will help you utilize all your talents and grow as a successful individual. It will show you ways to apply your organizational and other skills towards your success. Many self growths guides for women are superficial and lack intention. This book will help you build strategic alliances. Moreover, it will attempt to break the stigma of women's behavior in society. Inevitably, this book touches upon such matters as men women and money. Money energy has been considered men's. It goes back to the beginning of the days when a man brought home the prey. Although, times have changed societal perception has remained. A powerful woman and a powerful man are not viewed and accepted equally. This wonderful authentic self-psychology handbook will be your guide in the world of misconceptions. It will help you become your better self and flourish as a woman. Whether you are a woman or not this book will be a great gift for those who need empowerment and support.

My Hidden Confidence May 26 2021 MY HIDDEN CONFIDENCE is the compelling story of a life where several forms of abuse were a part of everyday living; a way of life that the author believed was the normal childhood experience of everyone. With honesty, openness and humour, the author takes you on a journey through a variety of gripping experiences, encouraging and inspiring you that, no matter what your life experiences are now, or have been, the best in your life is yet to come. This book is for anyone who is affected by any of the following types of abuse: emotional, financial, physical, sexual or parental. Deb also shares personally about her experiences with

depression. You'll be encouraged and inspired as Deb shares her own gripping experiences with honesty, openness and humour.

Firm Grip May 18 2023 Do you ever feel like you've lost your grip on life? Have setbacks shifted you off course from the life you planned? Do the scars of your past stir fear of a future that looks no better than your present? At some point, we all feel this way. It's inevitable, because life is hard. But is this our final destiny? Is there a way forward--beyond our negative thoughts? What if we could thrive, despite pain and fear, and even in the face of an uncertain future? Raw and vulnerable, Bill Nelson takes you into his journey with a rare, incurable cancer. He reveals what he discovered about living after realizing he wasn't dying, at least not yet. Discover how he shifted his thoughts and made new choices to create his life, not watch it happen. In *FIRM GRIP*, Bill offers practical wisdom to help you choose to create a new, hopeful life, even in the midst of adversity. This book will help you:

- Understand the power of your thoughts.
- Recognize the life-creating capacity of your choices.
- Trust in God's firm grip on your life.
- Live with more confidence in the aspects of life that matter most.
- Become awake and aware to what's happening in and around you.

No matter how off-track life feels, you can find hope again. The firm-grip life is a path to face your challenges, thrive in an imperfect life, and find peace you never thought possible. Motivational and inspiring, this book is an invitation to find a better grip on your life. Are you ready?

Inspiration and Design for Bio-Inspired Surfaces in Tribology: Emerging Research and Opportunities Nov 19 2020 Surface texturing has been recognized as a method for enhancing the tribological properties of surfaces for many years. Adding a controlled texture to one of two faces in relative motion can have many positive effects, such as reduction of friction and wear and increase in load capacity. To date, the true potential of texturing has not been realized due to the severe lack of detailed information about the mechanistic functional details of texturing in a tribological situation. *Inspiration and Design for Bio-Inspired Surfaces in Tribology: Emerging Research and Opportunities* is a pivotal reference source that

focuses on surface engineering techniques to mimic biological materials. Highlighting a broad range of topics including bio-mimetics, contact analysis, and thermodynamics, this book is ideally designed for engineers, environmentalists, academicians, researchers, and students.

438 Days Mar 24 2021 Declared "the best survival book in a decade" by *Outside Magazine*, *438 Days* is the true story of the man who survived fourteen months in a small boat drifting seven thousand miles across the Pacific Ocean. On November 17, 2012, two men left the coast of Mexico for a weekend fishing trip in the open Pacific. That night, a violent storm ambushed them as they were fishing eighty miles offshore. As gale force winds and ten-foot waves pummeled their small, open boat from all sides and nearly capsized them, captain Salvador Alvarenga and his crewmate cut away a two-mile-long fishing line and began a desperate dash through crashing waves as they sought the safety of port. Fourteen months later, on January 30, 2014, Alvarenga, now a hairy, wild-bearded and half-mad castaway, washed ashore on a nearly deserted island on the far side of the Pacific. He could barely speak and was unable to walk. He claimed to have drifted from Mexico, a journey of some seven thousand miles. A "gripping saga," (*Daily Mail*), *438 Days* is the first-ever account of one of the most amazing survival stories in modern times. Based on dozens of hours of exclusive interviews with Alvarenga, his colleagues, search-and-rescue officials, the remote islanders who found him, and the medical team that saved his life, *438 Days* is not only "an intense, immensely absorbing read" (*Booklist*) but an unforgettable study of the resilience, will, ingenuity and determination required for one man to survive more than a year lost and adrift at sea.

Gorilla GRIP - - TIPS! Jan 22 2021 My world famous Gorilla Grip has been doing the rounds for a while now - as has Gorilla Grip (*Advanced*) - as well as a compilation I put out. Combined with *0 Excuses Fitness*, these books have literally REVOLUTIONIZED the world of fitness - and building supreme levels of health, fitness, STRENGTH and vitality as we know it. And it should come as no secret that these projects are amongst my pet favorites as well. The *0 Excuses*

faithful KNOW that grip training - and building that "unnatural grip" - - that "kungfu like grip" is one of my hobbies, so to speak - - and hence the grip manuals. And now, I've gone one step FURTHER, my friend. I've put together my overall training knowledge into a 100 PLUS page course - 25 motivational and down to earth workout tips primarily aimed at improving your GRIP - and upper body strength - -but the icing on the cake is this - - you CAN apply these tips to ALL your workouts in general, even if those are WEIGHTLIFTING workouts! What you can expect to get from this course •25 tips that you can apply to not only your GRIP workouts - but also ANY other workout you so choose - including weight lifting. Its the principles that count, my friend, and these are EVERGREEN, TIMELESS principles that will hold you in good stead no matter what type of workout you engage in. •How you can get a killer workout with NO special equipment whatsoever - not even your own body, if you choose not to do bodyweight exercises (I ain't kidding there!) •One of the tips will cover an exercise the ancient Spartan warriors did before BATTLE - an exercise that by ITSELF is worth the ENTIRE price of admission for this course, and then some! And believe me, this exercise is so simple that it will blow your SOCKS off when you learn about it. You'll literally be staring goggle eyed at the screen and going "heck, I never did think about THAT!" •Grip combo workouts that will burn fat at record speeds as well as build grip strength and muscle throughout the entire core and upper body - not to mention LEGS as well. •You'll learn about an exercise that is possibly the BEST grip exercise out there - - and its so simple it'll have you scratching your head (again) wondering why "I didn't think of this before"! •You'll learn how legendary wrestler Dan "The Man" Hodge got to the point where he crushes apples for "fun" - - at the ripe "young" age of 80. Again, THAT one tip is probably worth the entire price of admission for the course, even if I say so myself! •For those of you that just "have" to lift weights - - well, do so. Something is better than nothing, and I'll tell you the RIGHT way to lift weights to develop that bone crushing grip you're after. •How to build yourself up to the point that people literally "shy away" from shaking hands with you- - and this is being said

in a good way, hehe. •Ruggedly strong HANDS - and vascularity that you've always wanted - and the sort of workouts that will GET you there.

And much, much more. Jump on this NOW, my friend - the price isn't going to remain at what it is now forever!! Best, Rahul Mookerjee

Never Give In, Never Give Up Aug 21 2023 A searing and inspiring story about how to overcome every kind of adversity.

Mentor-World Traveler Jul 08 2022

The Mentor Oct 31 2021

Up and Running Aug 17 2020 Patinkin shares the gripping story of a young boy's battle with a life-threatening illness and how a community fought to save him.

Believe in Miracles Feb 20 2021 Believe in Miracles is an amazing book written by a truly amazing man who is sharing his beautiful experience firsthand with the world and his commitment to God. A great read that will leave you inspired and full of hope. - KENDRA SCOTT - Founder and CEO of Kendra Scott Jewelry, Austin, Texas The power of the Holy Spirit speaks to us all in different ways, as evidenced in Believe in Miracles. It will inspire self-discovery, strengthen our faith, and bring us all closer to Christ. - DREW BREES - NFL

Quarterback, New Orleans Saints This is a book that matters. This great book is about God. The story will put you on your knees to pray. As a Christian, I believe in miracles. There are those few special moments in life where the Lord pulls back the heavens and pierces our normal day with the supernatural. Believe in Miracles tells us of one of those special days. This miraculous event needs to be told and retold to the world. This story needs to be experienced by each of us to fully grasp the magnificence of our Heavenly Father... the Lord of Miracles. - BRAD THOMAS - Lead Pastor, Austin Ridge Bible Church, Austin, Texas; www.austinridge.org Everyone should read this incredible book. God's power is amazing. This true story will keep you on the edge of your seat and is one reason why we should all Believe in Miracles. - SERGIO GARCIA - Professional Golfer, Castellón, Spain This book is about an intervention from God, a miracle that happened to me. The profound events I experienced in this true story are powerful proof that God is alive and well and one of the reasons why we should all believe in miracles. This is a

story to be read and savored, a living example of God's amazing grace and His unerring attention to every detail of our lives. It should bring us all to our knees in grateful prayer.

Life Is Not Always a Matter of Holding Good Cards Aug 09 2022 This is a lined notebook (lined front and back). Simple and elegant. 100 pages, high quality cover and (6 x 9) inches in size. It makes the perfect gift for coworkers, friends, family and anyone you care about, and will give them a big laugh.

God Was Holding My Hand Jul 28 2021

"Inspiring and motivational, God was holding my hand shares Michael's journey of coming to know the Lord. From his tumultuous childhood with a distant, complicated father to the day in 2001 when he accepted Christ as his savior - and every day since - he shows how he came to put his faith in God and accept God's plan for his life"--Page 4 of cover.

Holding Her Head High Apr 17 2023 Life lessons from single mothers throughout history form the inspiration for single mothers today. Single moms are not just a product of our modern culture. There have been single mothers throughout history, women who have raised not only their children but also nations with a higher vision for life. *Holding Her Head High* recounts stories of twelve such women from the third to the twenty-first centuries, women who found ways to twist their fates to represent God's destiny for their lives. These uniquely powerful, brave women, within the scope of their own world and times, are like the ninety-nine percent of single mothers today who never intended to carry that distinction. They are abandoned, widowed, or divorced, all carrying wounds, yet they also all found ways to exhibit courage, kindness, dignity, and faith to heal themselves by healing others. Actress Janine Turner, herself a single mother, describes the social implications for women and children from the Roman Empire through the Middle Ages to Pioneer days, including a single mother of slavery. Stories from women like Rachel Lavein Fawcett, abandoned single mother of Alexander Hamilton; Abigail Adams, a wartime widow; Harriet Jacobs, an unwed mother of slavery whose autobiography was published the year the Civil War began; and widowed Belva Lockwood, the first woman to officially run for President, all

carrying wounds but all offering insight, wisdom, and encouragement. Lessons include: Listen for God's higher calling Hold your head high Dare to dream Champion your children Heal with humor Don't Give Up Before the Miracle

Faith Grip Jun 19 2023 *Faith Grip* is an inspirational and self motivational book that that propels the readers to rise above the levels of mediocrity to a level of greatness in their life.

Betrayal Nov 12 2022 The book is a gripping, intriguing, life changing story. It is a very compelling story of what happens when you don't at first follow God, but also a story of how God can work in and through any situation. Join the author as she struggles through the dark days that led to incarceration and redemption. Follow her as she learns that God can turn the direst circumstances to His glory.

Life Is Not Always a Matter of Holding Cards Sep 10 2022 This is a lined notebook (lined front and back). Simple and elegant. 100 pages, high quality cover and (6 x 9) inches in size. It makes the perfect gift for coworkers, friends, family and anyone you care about, and will give them a big laugh.

Are You a Manager or a Leader? Sep 17 2020 "With the title of this book, Scott Comey asks an important question on which we should all reflect. Throughout, he draws on a depth of experience, personal stories, historical perspective, popular culture, bright minds, and interactive steps. In person and in video, you can lead more effectively with this guidance."

—Ethan Beaute, Chief Evangelist at BombBomb "Scott Comey's *Are You a Manager or a Leader?* is a masterful blueprint for successful leadership. With a mix of high-level concepts and street-level tactics, Scott gives you everything you need to become the leader you want to be. From building trust to defining your mission to knowing your numbers, Scott explains both the why and the how of essential leadership skills. Want to lead, or lead more effectively? Then read this book—and you're well on your way."

—Adam Contos, CEO, RE/MAX Holdings, Inc. "I really enjoyed Scott Comey's book on leadership, especially his delivery of key themes through personal stories. They were gripping, impactful, and memorable and made us want to read more. Scott's focus on "self" and how we are always going to be the more powerful effecting change

in ourselves instead of blaming others, is a message so needed today for the world's leaders. If you are a business leader and have others looking to you for direction, this is a must-read." —Tyrone K. Davids, CPA MBA & CEO of EDI Performance "This book is needed more than ever. We still have far too many managers and not enough leaders. Scott lays out a compelling case and powerful benefits that SOLID leadership provides. He's worked through adversity multiple times and the growth of his team is proof of his expertise. Get this book. Read and apply its wisdom, especially during these turbulent times." —Tony Rubleski, Bestselling Author, Mind Capture book series Are You a Manager or a Leader? inspires managers to take their employees to the next level of success with "golden nuggets" of leadership and wisdom. By changing how you look at your staff and by examining your role within your organization, managers will be inspired to build a great working culture, strengthen the relationships with their team, and continue to create an environment of success and productivity. When managers take the time to reflect upon their roles, they become amazing leaders, catapulting their companies to greater levels of success and achievement. Whether you are an entry-level manager, an executive within a corporation, or run a small business of your own, Scott Comey will take you through the journey of connection and reflection. It's time to take the leap and become the leader you were destined to be.

Landmarks Mar 04 2022 SHORTLISTED FOR THE SAMUEL JOHNSON PRIZE 2015 SHORTLISTED FOR THE WAINWRIGHT PRIZE 2016 *Landmarks* is Robert Macfarlane's joyous meditation on words, landscape and the relationship between the two. Words are grained into our landscapes, and landscapes are grained into our words. *Landmarks* is about the power of language to shape our sense of place. It is a field guide to the literature of nature, and a glossary containing thousands of remarkable words used in England, Scotland, Ireland and Wales to describe land, nature and weather. Travelling from Cumbria to the Cairngorms, and exploring the landscapes of Roger Deakin, J. A. Baker, Nan Shepherd and others, Robert Macfarlane shows that language, well used, is a keen way of

knowing landscape, and a vital means of coming to love it. Praise for Robert Macfarlane: 'He has a poet's eye and a prose style that will make many a novelist burn with envy' John Banville, Observer "I'll read anything Macfarlane writes" David Mitchell, Independent 'Every movement needs stars. In [Macfarlane] we surely have one, burning brighter with each book.' Telegraph '[Macfarlane] is a godfather of a cultural moment' Sunday Times

[Jamie Johnson: Skills from Brazil](#) Dec 01 2021 Jamie is in his last year of primary school and loves being the best footballer in school. Until it's announced that a new, Brazilian student will be joining mid-term. Will the new boy overshadow Jamie's skill? From the school pitch to the beaches of Rio, Jamie Johnson is going to learn there's more to being a great footballer than he ever imagined.

[Faith Grip Holding on to the Promises of God](#) Jul 20 2023 Faith Grip is a inspirational and motivational book about overcoming all handicaps and setbacks in life to achieve your greatest success.

Inspirational Poems Sep 29 2021

Gona Dec 13 2022 Journey to a world beyond worlds. To a place where hatred causes suffering and being different is death, or for those who are willing to conform, slavery. This is the planet Piedra, a place of awe inspiring imagination, yet so real that the aroma of the sweat and blood of its people will grip your mind forbidding you sleep. Where those who have nothing, even the little they have will be taken away. Still in all of this darkness there is hope and that one hope is Gona.

The Motivational Effects of Audiences on the Grip Strength of College Male Non-athletes Oct 19 2020

[The Missionary Review](#) Jun 14 2020

[Inspirational Quote Notebook - 'What's Holding You Back?' - Inspirational Journal to Write in - Inspirational Quote Diary](#) May 14 2020 110 white pages College-ruled notebook (medium ruled) matte cover This Inspirational Journal for women, men and kids helps you staying motivated and inspired. Our motivational notebook has an inspiring quote 'What's Holding You Back?' on the front and consists of blank lined pages for you to write in. The mindful cover makes it a joy to use. Keep track of your

thoughts, memories and experiences with this Motivational Journal.

Getting a Grip Apr 05 2022 DIV At the age of sixteen, Monica Seles crashed on to the world tennis scene by becoming the youngest winner in French Open History. For three years, she dominated the tennis circuit, racking up eight Grand Slam titles, winning three back-to-back French Open titles. At post-match conferences she charmed the media with her trademark giggle. In January 1993, Seles defeated Steffi Graf in the Australian Women's Open and in April of that year, while playing a quarter-final in Hamburg, a boning knife was plunged between her shoulder blades by a Graff fan. Everything changed. The incident shocked the tennis world. Seles's injuries healed, but Seles did not. Now, in this compelling book she tells us in her own words what followed - years of seclusion, the fog of despair, binge eating, dealing with criticism about her weight from a brutal press, losing her father's coach to cancer and never regaining her dominance on court despite getting in to the top 10. After years battling to regain fitness and tennis glory, an excruciating injury forced Monica to take time off from tennis in 2003 and she embarked on her own journey. She abandoned the arduous workouts and punitive diets, and slowly uncovered the painful emotions behind years of tumultuous feelings. This is a human and inspiring story of determination, amazing talent and touching vulnerability, that Seles hopes will motivate and inspire others to find happiness in their own lives. Monica Seles is a former No 1 professional tennis player who became the youngest-ever champion at the French Open in 1990 and went on to win nine Grand Slam singles titles. In 2007, she was appointed goodwill ambassador for the UN's Global Sports for Peace and Development Initiative. /div

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