



CATALOGUE – SUMMER 2023

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Bennion Kearny predominantly develops and publishes academic, professional, popular, and practical titles across just about every subject area. Authors come from all walks of life including business, academia, the world of sport, and beyond. The house is also pioneering the use of machine learning and Artificial Intelligence to help create new opportunities for the writing and development of commercial titles.

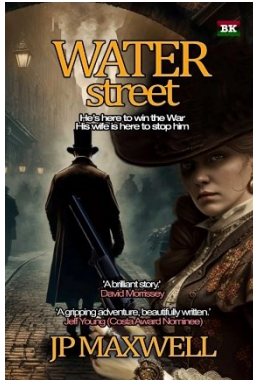
If you would like to discuss any of the titles in this catalogue, or anything else, please contact:

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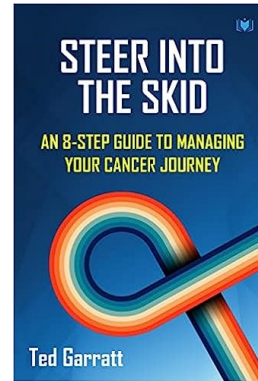
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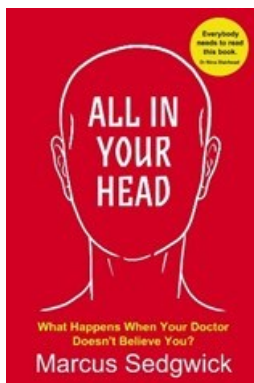
Latest



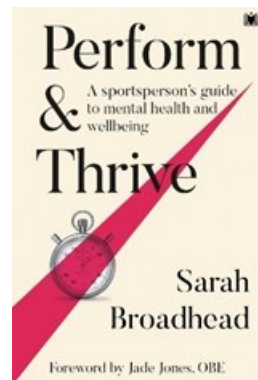
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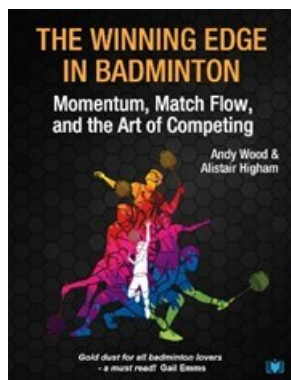
Steer Into The Skid: An 8-Step Guide to Managing Your Cancer Journey



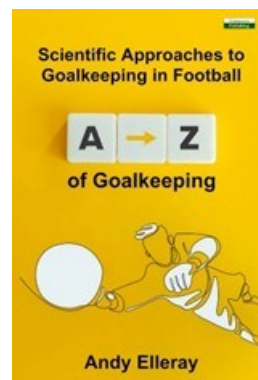
All In Your Head: What Happens When Your Doctor Doesn't Believe You?



Perform & Thrive: A Sportsperson's Guide to Mental Health and Wellbeing



The Winning Edge in Badminton: Momentum, Match Flow, and the Art of Competing



A-Z of Goalkeeping: Scientific Approaches to Goalkeeping in Football

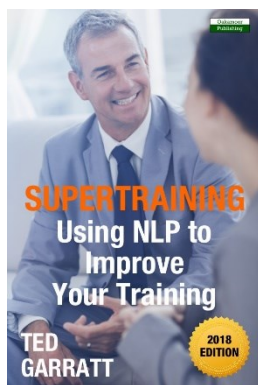
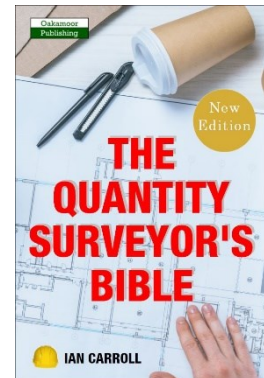
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Business

The Quantity Surveyor's Bible

The *Quantity Surveyor's Bible* is essential reading for anyone interested in a career in the construction industry. Fully updated and expanded for this new edition, the book is a practical and realistic guide to a professional career as a Quantity Surveyor, Contracts Manager, or Project Manager. Told in a fun and user-friendly style, it's the sort of stuff they don't teach people at university, and is a behind-the-scenes – all-you-need-to-know – account of the author's own adventures in the construction industry.

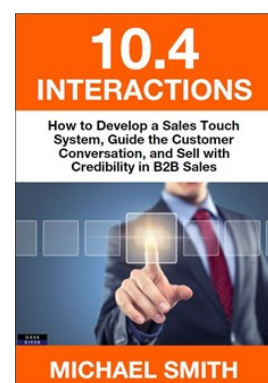


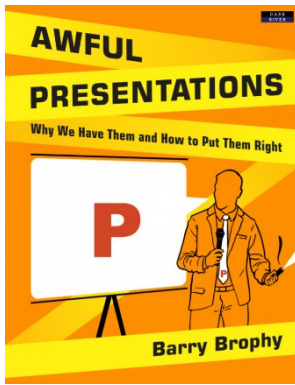
SuperTraining: Using NLP to Improve Your Training

In *SuperTraining*, one of the UK's leading trainers - Ted Garratt - covers more than 60 NLP techniques and approaches, including: Anchors, Reframing, Creating Rapport, Sleight of Mouth, Non-Verbal Communication, Future Pacing, Matching, and more. This book will help trainers to engage with, and develop, their participants better than ever before. Designed to be a practical resource, this book aids trainers and readers who have a rudimentary understanding of NLP, but it will also benefit complete novices who want to learn about NLP and how it can help them.

10.4 Interactions: How to Develop a Sales Touch System, Guide the Customer Conversation, and Sell with Credibility in B2B Sales

A few years back, Google published research that brought a new term - "Zero Moment of Truth" - to the world's attention. It derived from a study that found how, on average, consumers need 10.4 interactions from various sources to develop their buying knowledge before they make a purchasing decision. Additional research, looking at B2B sales, has found that the number of interactions - or touches between seller and buyer - needed to secure a sale is somewhere between 7 and 13. In essence, it is 10.4 interactions all over again. Whatever the exact number required for any sale (and this will vary by customer, sector, the level of competition, and more) salespeople in a multi-touch selling environment generate sales by creating compelling and credible journeys of discovery for the decision makers in any purchasing organisation. This book maps out the process.



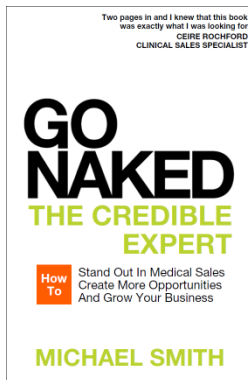


Awful Presentations: Why We Have Them and How to Put Them Right

Awful presentations are too often the norm, with swathes of text on the screen, presenters speaking over everyone's heads, little interaction, no stories, poor images, and a bored audience.

In this book, presentation specialist Barry Brophy explains why competent people give hapless presentations. And it's *not* because of nerves. Most of what you thought you knew about presentations is wrong; successful presentations are not about speaking but listening. They are not about your knowledge but the audience's needs. They are not about ditching

PowerPoint but using it properly. They are not about overcoming fear when speaking but overcoming caution when preparing. The truth is people already have the skills to present - conversational skills - and anyone can craft a spellbinding presentation. Conversations work whereas presentations invariably fail, and this book explains the hidden mental habits which can lead readers to misuse already-perfected speaking skills when presenting.



Go Naked: The Credible Expert: How to Stand Out In Medical Sales, Create More Opportunities, And Grow Your Business

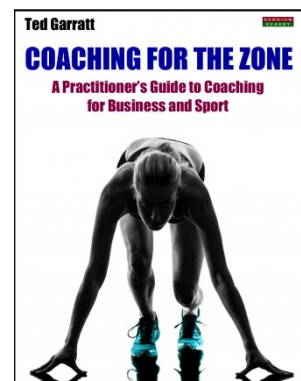
The Credible Expert provides the medical sales professional, with the second instalment of the *Go Naked* series, this time with an even more thought-provoking and practical perspective on how to stand out, create more opportunities, and grow business. It breaks down the steps required for securing opportunities and making sales so that - irrespective of a reader's experience - they will be able to select the right customers, deliver compelling messages, learn how to create personal value and significance, and develop thought-provoking and change-enabling discussions. Everything

is geared towards one thing: making people the most successful salespersons possible.

Coaching For The Zone: A Practitioner's Guide to Coaching for Business and Sport

Many people think The Zone is a matter of luck; it either happens or it doesn't. Because of this, they don't plan for the Zone and when it happens don't know how to repeat it. In *Coaching For The Zone*, leading coach practitioner and trainer Ted Garratt guides the reader through the process of training clients to enter The Zone. He demonstrates how to coach for The Zone to equip individuals with the skills and confidence to break through barriers and transform their abilities.

The book is split into two sections. The first section follows an 8-part coaching programme with a coachee in a business environment, but also includes examples and case histories from sport. The second section contains Key Skills and Exercises that the practitioner can use when coaching clients for The Zone.





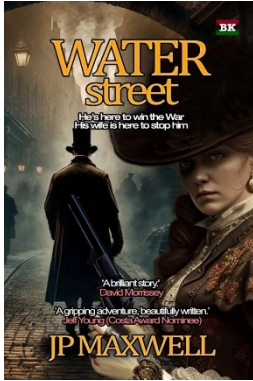
Ace the Sale! a Practical Methodology for Selling B2B Enterprise Software, Hardware or Services

Ace the Sale! is a no-nonsense guide, uniquely written for the busy sales rep. Using a golf course analogy, this book takes each hole as a must-do step in the sales cycle.

There is clear instruction on everything the sales rep needs, including how to raise Emotional Intelligence and better connect with prospects, understanding how to price deals, recognising when to 'walk away', what reference visits should accomplish, developing dynamic presentations skills, and much more. Based on the author's highly successful sales career

experiences, and filled with real-world examples and insights - this book offers a fast track understanding for greater success in the tough but exciting world of sales.

Fiction



Water Street

Liverpool 1863. The American Civil War comes to the British Empire's second city and the world's richest port.

Confederate Commander Banastre X. Dunwoody has a plan to turn the conflict by securing advanced warships, but the U.S. Government is one step ahead of him. It seeks to sabotage his efforts through its covert agent – Harriet Dunwoody – Banastre's pregnant wife.

Alongside her undercover partner Conté, Harriet discovers that Banastre has plans to do more than building ships; he has a scheme that could very well draw Britain into the war.

As Gettysburg looms, an ocean away there's another battle to be won and lost. The fate of the USA and the City of Liverpool rests upon it.

Based on True Events

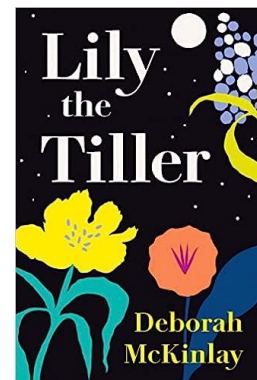
A brilliant story – *David Morrissey*

A gripping adventure, beautifully written – *Jeff Young (Costa Award nominee)*

A strapping ride through history – *Caroline Smailes*

Lily The Tiller

From international best-selling author Deborah McKinlay. Lily the Tiller is a nomadic gardener on the permanent lam from a bleak, abusive past. Scouring the lanes of South West England looking for temporary work, she pitches up at Motthoe, a now dilapidated, but once grand, country estate, where Dreamer Harry – Motthoe's reluctant owner via recent inheritance – falls for her with only the slimmest hopes of reciprocation. In Lily's care, a walled garden at Motthoe begins to blossom and the greening magic of this new life touches each of Motthoe's cast of idiosyncratic inhabitants. But, even in the midst of this community blossoming, dark hints and ill-omens suggest Lily's grim history can be run from no longer.



10-Minute Treats: Seventeen Short Stories

Diverse, stimulating, and wonderfully succinct, *10-Minute Treats* is a compelling collection of 17 short stories from debutant author Bernard Shevlin. Covering genres including Crime, Science Fiction, Comedy, and Adventure, *10-Minute Treats* offers the reader a number of evocative, thought-provoking, and plain entertaining tales that can be read in (or around) 10 minutes.

From *The Final Shadow's* examination of our place in the Universe to a Frat boy's scheming in *The Door*, the book presents an intriguing and satisfying selection of tales for the reader. Other tales include a master techno-criminal's final hurrah in *The Last Job*, the very boring man who becomes the life and soul of the party in *A Funny Turn*, and *The Recruit*, where a University Professor who manipulates his students for sex meets his match.



Definitions

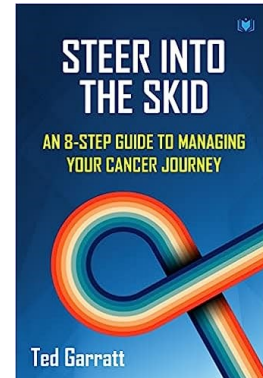
When someone is missing and all you have are their words... The sudden disappearance of Charley Ellison's sister leaves too many unanswered questions. With no close family, and the police showing little interest, Charley must track down Gina herself, using her sister's custom definitions - random words and sentences summarising life events. This leads Charley to realise how little she really knows about Gina's relationship with her fiancé and his family. Desperate to find Gina, Charley begins a dangerous journey, using the definitions to question people close to her sister. They lead her into the sinister world of the family Gina was about to marry into. But Charley's own past holds dark secrets too, ones that threaten to overcome her at every turn.

Self Help

[Steer Into The Skid: An 8-Step Guide to Managing Your Cancer Journey](#)

Steer Into The Skid is based on the cancer journey of author and business coach Ted Garratt, who experienced a two-and-a-half-year fight against melanoma. Following his professional experiences, Ted wanted to face his health challenges head-on, and knew that certain techniques would give him the best means – through a strong and effective mindset – to do so. He knew that retreating into his shell was not the most effective way forward.

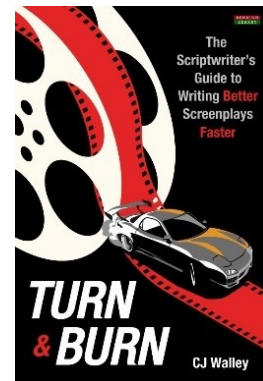
The book provides a practical approach to dealing with the mental side of having cancer. It offers a tried-and-tested 8-stage approach, based on Ted's journey, and is built around mindfulness, meditation, tools from psychology, coaching, counselling, and more. In this book, you will discover a menu of options that you can use – depending on personal needs and preferences – designed to help you respond purposefully to the health journey you find yourself on.



[Turn & Burn: The Scriptwriter's Guide to Writing Better Screenplays Faster](#)

Inspired by top screenwriter CJ Walley's extensive online posts and extended three-fold to include content on character development, dialogue, effective drafting, and building a career, the *Turn & Burn* methodology offers practical, real-world advice for quickly turning stories – within any genre – into engaging and authentic movie scripts.

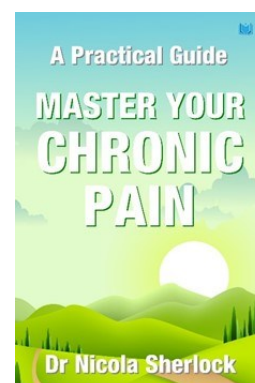
Turn & Burn is a proven and systematic way for writers to get the very best out of their ideas and unique artistic voices.



Master Your Chronic Pain: A Practical Guide

Chronic pain is a huge problem. It is estimated that between one third and one half of the adult population in the UK live with pain. In turn, many people struggle to manage their pain; they report that it affects nearly every aspect of their lives, and that they feel held captive by it.

Furthermore, the emotional impact of pain has been increasingly recognised, and it is recommended that treatments for chronic pain no longer rely on medication alone. However, it is difficult to find relatable, easy-to-understand information on the non-medical aspects of pain management.



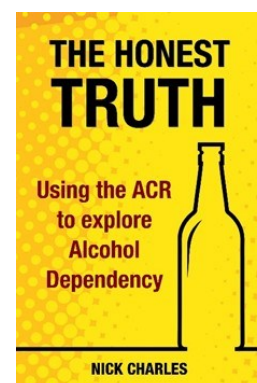
Master Your Chronic Pain adopts a holistic view of pain. Each chapter looks at a different aspect of pain management, from the benefits of mindfulness meditation to overcoming a fear of exercise to strategies for improving sleep. The emotional impact of pain is discussed, and practical tips for managing stress, worry, and low mood are given. Strategies for managing thoughts and emotions are explored, and the impact of pain on relationships is examined. This book uses principles from Acceptance and Commitment Therapy (ACT) which has been established as a highly effective therapeutic approach in the management of chronic pain.

Through *Master Your Chronic Pain*, readers will be able to take control of their condition. The interventions and techniques detailed have consistently helped to improve outcomes and reduce people's reliance on medication. The techniques help people to live fuller, more enjoyable lives once more.

The Honest Truth: Using the ACR to explore Alcohol Dependency

Alcohol dependency – where alcohol has a hold over someone's behaviour – affects people from all walks of life. It can impact an individual's health, wealth, relationships, life fulfilment, and so much more.

In *The Honest Truth*, we explore how to evaluate whether someone has a dependency on alcohol through the ACR: the Alcohol Consumption Regime. It is a focused, simple, six-week programme punctuated with periods of permitted drinking and periods of non-drinking. By the end of it, the reader will see, for themselves, whether alcohol has control over them. With this knowledge in place, they are now better equipped to determine how to move forwards should they need to. The ACR can also be used as a day-to-day routine to moderate and safely control drinking patterns.



Developed over decades of work with alcohol dependents, the ACR offers the proof that people require when judging their drinking habits. This no-nonsense, concise book also contains a variety of background information, case studies, signs of dependency, and beyond. *The Honest Truth* will be one of the most valuable books you will ever read.

Spend Green and Save The World: Tackling Climate Change Through The Consumer-Led Movement

Climate change is the most important issue facing the world today. But are you left wondering what more you can do, personally?

This book is a practical guide on what you can do to make a difference. And the amazing thing is that it only takes 3.5% of a population to act in order to create cultural change, and a mindshift in wider thinking! By coming together and using our consumer power – as part of The Consumer-Led Movement – we can influence businesses and government policy, and rapidly shape a better future. All through consciously choosing how we spend our money.

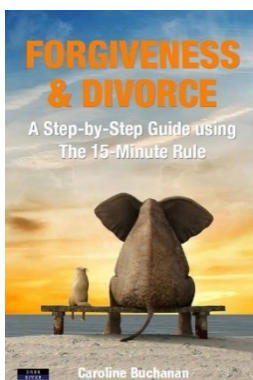
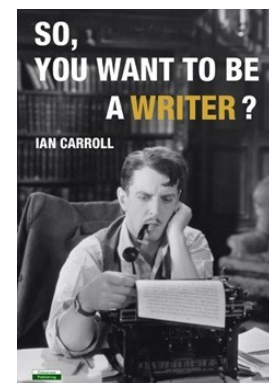


Making changes can be challenging even when we have the best of intentions. Instead of massive, overnight changes – incremental change is the key. By applying principles from psychology and problem-solving techniques, this book shows readers how to embark on a motivational journey of actualising climate change solutions. These provide the means to live in line with environmental values, and improve overall wellbeing.

So, You Want to be a Writer?

So, You Want to be a Writer covers a wide range of topics and discusses different genres, formats for writing, how to overcome obstacles, and explores the many avenues that will hopefully lead writers to success.

Short, succinct chapters cover areas such as: How to get a Publisher; Copyright; Self-Publishing; Adapting Books; Writing Fiction and Non-Fiction; Agents; and much more.



Forgiveness & Divorce: A Step-by-Step Guide using The 15-Minute Rule

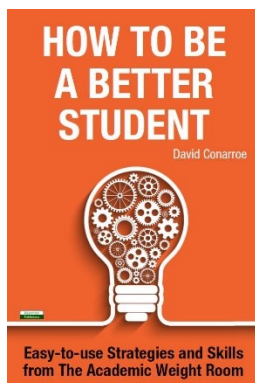
Many people struggle to generate forgiveness. Whether it is a partner who cheated, or proved dishonest in other areas, or some personal guilt that continues to suffocate – forgiveness is hard. Yet, the power to forgive, and move on with life, will help bring rewards, enlightenment, and a brighter future.

In this book, best-selling international author, Caroline Buchanan, shares The 15-Minute Rule – a step-by-step framework for fostering forgiveness and self-forgiveness. We can all find 15 minutes in our busy lives and, through the anecdotes, short exercises, and examples in the book, we can embrace and develop a brighter future through the power of forgiveness.

The 15-Minute Rule for Forgiveness

Forgiveness is one of the most powerful and liberating actions a person can take. Whether it is forgiving others, or oneself – for past deeds or mistakes – forgiveness can open people up to a life of happiness, fulfilment, and newfound accomplishment. The 15-Minute Rule is all about creating a safe framework for fostering forgiveness and self-forgiveness. We can all find 15 minutes in our busy lives and, through the short exercises and examples in the book, forgiveness and mental serenity can be attained.

In this book, best-selling author Caroline Buchanan shares candid stories from her life, and those of people she has worked with, to create a no-nonsense book, jam-packed with advice and practical instruction so that readers can start to develop forgiveness today!

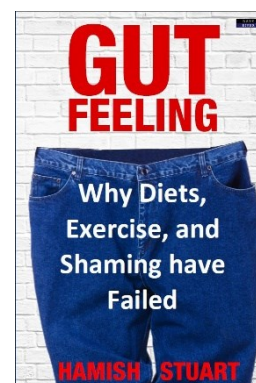


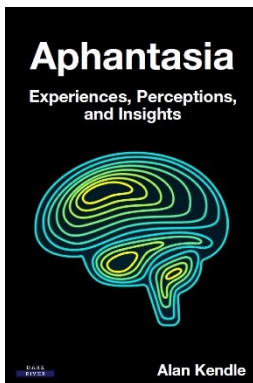
How to be a Better Student

How to be a Better Student is a book for college-level students, as well as older and returning students, which offers a clear set of strategies and routines for overcoming classroom challenges. Written by one of the nation's top academic support coaches, and supported by the latest research, the book is filled with clear, practical advice for improving a student's academic skills infrastructure. This methodology has been used successfully with students and student-athletes for more than 20 years and is a methodology that will pay dividends quickly.

Gut Feeling: Why Diets, Exercise, and Shaming have Failed

Gut Feeling is the story of why 'traditional' approaches fail to stop expanding waistlines – and what one can do about it. We need to understand why 'Eat Less, Move More' has not worked, why exercise is only part of any solution, and why fat-shaming makes things worse. We have to do what the science is actually telling us – what people can do, not what others think they should do. The book takes aim at the major players in the obesity crisis. From the manufacturers of processed food and fizzy drinks, to the dieting industry, to exercise gurus, to governments. The obesity debate is starting from the wrong place, dominated by people who do not really understand the big picture.





Aphantasia: Experiences, Perceptions, and Insights

Close your eyes and picture a sunrise. For the majority of people, the ability to visualize images - such as a sunrise - seems straightforward, and can be accomplished 'on demand'. But, for potentially some 2% of the population, conjuring up an image in one's mind's eye is not possible; attempts to visualize images just bring up darkness. Put together by lead author Alan Kendle - who discovered his Aphantasia in 2016 - this title is a collection of insights from contributors across the world detailing their lives with the condition. It offers rich, diverse, and often amusing insights and experiences into Aphantasia's effects. For anyone who wishes to understand this most

intriguing condition better, the book provides a wonderful and succinct starting point. Foreword by Professor Adam Zeman, Professor of Cognitive and Behavioural Neurology, University of Exeter.

From Dinner Date to Soulmate - Cynthia Spillman's Guide to Mature Dating

Written by international dating coach Cynthia Spillman, founder of The International Dating Academy and formerly the Chief Executive of Dinner Dates, *From Dinner Date to Soulmate* is a humorous, practical, and inspirational handbook for the growing mature dating market. The author shows how searching for a fulfilling new relationship must be undertaken mindfully and strategically, and that in order to attract the partner she deserves - a woman must first feel good about herself. Cynthia guides readers through a series of proven steps, encouraging them to examine their previous relationship patterns, and provides a whole host of mature dating skills, strategies, and techniques to be put into practice.



Write From The Start: The Beginner's Guide to Writing Professional Non-Fiction

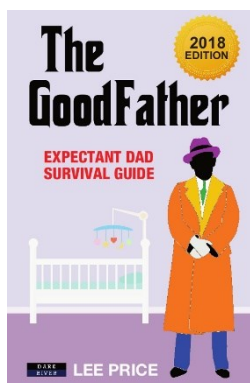
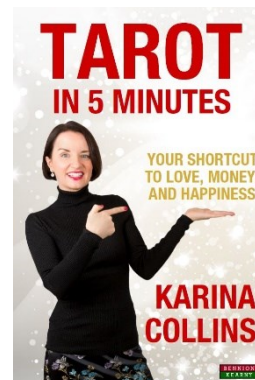
Write From The Start is a book that is aimed at novice writers, hobbyist writers, or those considering a full-time writing career, and offers a comprehensive guide to help readers plan, prepare, and professionally submit their non-fiction work. It is designed to get people up-and-running fast. *Write From The Start* teaches how to explore topic areas methodically, tailor content for different audiences, and create compelling copy. It will teach readers which writing styles work best for specific publications, how to improve one's chances of securing both commissioned and uncommissioned

work, how to build a portfolio that gets results, and how to take that book idea all the way to publication.

Tarot in 5 Minutes: Your Shortcut to Love, Money, and Happiness

Karina Collins is an acclaimed Tarot reader who has helped people, from all walks of life, to better understand their lives' journeys. Now, she is on a mission to help readers take control of their lives – through the power of Tarot – to better explore and understand their purpose and destiny.

In this full-colour book, Karina provides explanations and insights into the full 78-card Tarot deck, how to phrase questions most effectively, real-world sample readings, why seemingly scary cards represent opportunities for growth and triumph, and more.

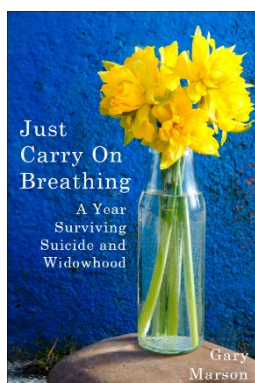
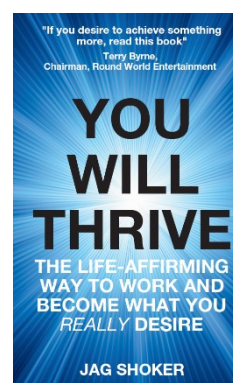


The GoodFather: Expectant Dad Survival Guide

Part-diary, part-guide, part-warning - *The GoodFather* is a light-hearted but invaluable look into the world of first-time fatherhood. Detailing the author's eye-opening path of discovery, the book charts his journey (alongside that of his partner and their baby) as he goes through pregnancy for the first time. The nuggets of information he picks up along the way, the tips to help smooth the process for all parties, and the precious opportunities to bank some brownie points, are all detailed.

You Will Thrive: The Life-Affirming Way to Work and Become What You Really Desire

You Will Thrive addresses the subject of modern disillusionment. It is essential reading for people looking to make the most of their talents and be something more in life. Something that matters. Something that makes a difference in the world. Through six empowering steps, it reveals 'the Way' to boldly follow your heart as it leads you to the perfect opportunities you seek.



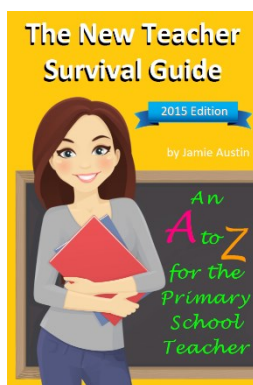
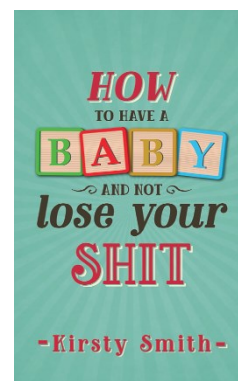
Just Carry On Breathing: A Year Surviving Suicide and Widowhood

Gary Marson's world collapsed in seconds when he returned home from work to find his wife - Louise - a gifted and much-loved doctor, had taken her life at the age of just 40. *Just Carry On Breathing* is a powerful, raw, touching and insightful account of Gary's subsequent journey through the first year of widowhood. It follows his attempts to deal with his overwhelming grief, adjust to the daily realities of his loss, make sense of the tragedy of suicide, and begin the task of rebuilding his life. The book explores the universal emotions and issues facing widows and widowers and suicide survivors, including confusion, exhaustion, guilt, numbness, and anger.

How to Have a Baby and Not Lose Your Shit

How to Have a Baby and Not Lose your Shit is for women who want to start a family but are not sure quite how 'into' babies they are. Women who have no intention of ever making their own Play-Doh; women who think that babies are a teeny, weeny bit boring.

Appealing to new and expectant mums (as well as existing mothers who will identify with many of the experiences) this is not a book about surviving parenting: having a baby is not an ordeal it's a brilliant life-affirming experience. This book is about enjoying parenting but acknowledging its challenges, about how you can love your children to the moon and back but still not like having fingers that smell disgusting.

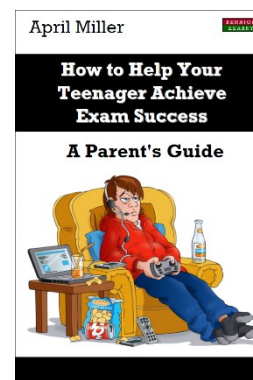


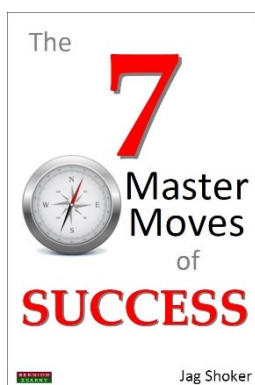
The New Teacher Survival Guide: An A-Z for the Primary School Teacher

Teachers are about to embark on a great adventure - entering a privileged career that is exciting, uplifting, overwhelming and terrifying (not necessarily in this order; occasionally all at once). Teaching is hard work, but it's never dull. Who couldn't love a day that might include short division the long jump, map reading, letter writing, roaming Daleks, and Roald Dahl? New teachers will be expected to be prepared for anything, be on top of everything, and have a knowledge-base to rival the Encyclopaedia Britannica. Drawn from over twenty years of classroom experience, this Survival A-Z is an invaluable collection of hints and tips designed to aid the smooth running of a positive classroom environment. It will help teachers to hit the ground running and focus on what's really important: the children.

How to Help Your Teenager Achieve Exam Success: A Parent's Guide

Written by an experienced A-Level teacher, this accessible - but most importantly concise - book offers practical advice for parents on how best to help their teenagers achieve exam success. Readers will discover how teenagers think and how they solve problems; learn how to revise together, effectively, and use their teenager's natural sociability to help them achieve their potential; help steer their teenagers to think academically; banish the 'marathon mentality' and enable their teenagers to work more effectively; understand the impact of food, exercise and technology; promote independent thought and action; and apply top class learning techniques to promote achievement.





The 7 Master Moves of Success

One of the most common clichés about success - that it is a journey, not a destination - has concealed one of its most defining qualities. Success really is a dynamic and ever-moving process. It is about making the right moves at the right time.

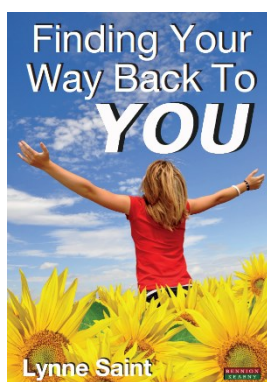
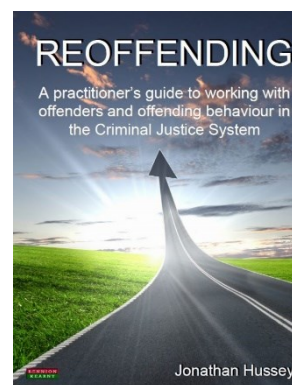
In this absorbing and uplifting book, Jag Shoker - a leading performance coach to business leaders, sports professionals and creative performers - brings the science and inspiration behind success to life. Drawing widely on research, his extensive consultancy experiences, and insights into the successes of top performers in business, sport, and entertainment, 7 Master

Moves is a synthesis of the leading-edge thinking, and paradigms, that underpin personal performance and potential. Building upon key research in fields such as neuroscience, psychology, expert performance and talent development.

Reoffending: a practitioner's guide to working with offenders and offending behaviour in the Criminal Justice System

This book is aimed at readers beginning their careers of working with offenders in the Probation Service and Youth Offending Service.

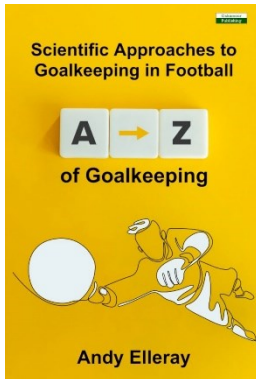
It examines how offenders enter the Criminal Justice System, and the working relationship between the offender and the practitioner. It goes on to cover specifics such as working with individuals who misuse substances, domestic abuse, violent offenders, working with sex offenders, and working with offenders with emotional problems.



Finding Your Way Back to YOU: A self-help book for women who want to regain their Mojo and realise their dreams!

Designed as a practical book with an accompanying downloadable journal and weblinked exercises, *Finding Your Way Back to YOU* introduces Neuro-Linguistic Programming, and Cognitive Behavioural Therapy techniques for women's change. It will help readers to develop and achieve the goals they dreamed of and show them how to increase self-confidence - removing any self-limiting beliefs that previously prevented them from getting what they want. The author is an experienced life coach, NLP Practitioner and Hypnotherapist.

Sport & Sports Coaching



A-Z of Goalkeeping: Scientific Approaches to Goalkeeping in Football

The goalkeeper. An enigma, an outlier, or just another player? In this concise and focussed book on goalkeeping – presented in an A-Z format – top coach and author Andy Ellera distils years of experience in the game into 61 key topic areas that help to increase understanding of the position and how to develop it.

Made up of a mixture of characteristics, attributes, playing factors and chosen players, Andy highlights the most significant elements of goalkeeper development, including Agility, Communication, Gloves, Jump Mechanics, Punching, and the Schmeichel family.

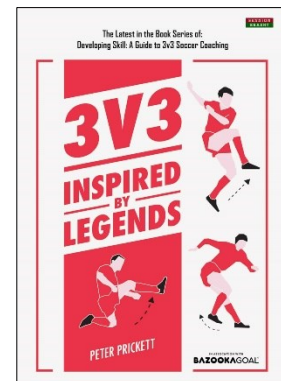
This no-nonsense, succinct book gets to the heart of goalkeeper training and advancement and includes a selection of sample session plans.

3v3: Inspired By Legends

Young footballers love to play, and a lot of inspiration comes from their heroes. The greats of the game all have their own skill sets and signature moves, whether that's Cristiano Ronaldo's chop, Neymar's flick, Lionel Messi's mazy dribbles, Harry Kane's deadly finishing, or Trent Alexander-Arnold's crossing. By focusing on these greats, young players immediately have images in their minds of the task at hand and the skill they are about to execute. They are *Inspired By Legends*.

As players develop, they need to become truly confident with the ball, and the best way to achieve mastery is by maximising their touches on the ball. So, how can we offer lots of interactions with the ball and learn the key principles of the sport? Through triangles, a shape at the heart of football – in both attack and defence – which is comprised of three players. Indeed, 3v3 is a football training environment that has come ever more to the fore in recent years.

3v3: Inspired By Legends is the latest in Peter Prickett's 3v3 series of books, and enables coaches to use the examples of footballing greats so players can practise key footballing skills in small-sided environments. Detailing more than 45 players and incorporating 150 illustrated training games, the book combines the advantages of increased touches, heightened decision-making, and greater ball contacts with motivation and inspiration to develop players faster and better. Players want to play like their heroes!



Coaching Abroad: How 8 Coaches Got Jobs and Succeeded Worldwide

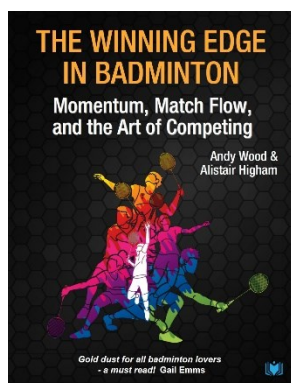
Football can take you anywhere on earth, and *coaching abroad* opens a world full of amazing opportunities.

In this book, by coach and author Blaine McKenna, the careers and lives of eight football coaches in the shadows are explored. Coaches without high-profile playing careers, who have worked in 28 countries across Europe, Asia, North America, Oceania, and Africa. Normal coaches with extraordinary stories.



Their journeys provide inspiration, unique insights, and realistic pathways that will help you carve a career in the professional game worldwide. This stuff doesn't get taught on coaching courses. This truly is the ultimate guide for leaving home and turning your football ambitions into reality!

Inside, you'll find stories of coaches going from a full-time insurance job to National Team Head Coach, title-winning seasons, transforming footballing nations, sackings, corruption, agents, playing in front of 100,000 fans, five-figure monthly salaries (USD), managing million-dollar budgets, demanding owners, and working alongside – and competing against – the likes of Clarence Seedorf, Fabio Cannavaro, and Marcello Lippi. All this whilst having unbelievable life experiences and living in some of the most beautiful places on earth.



The Winning Edge in Badminton: Momentum, Match Flow, and the Art of Competing

In badminton, competitive matches are won in the heat of the battle, and victory is not always a reflection of the skill or the technique of the players. It's often a reflection on how the players handled the journey of the match, the tactical choices they made, and how they dealt with changes in momentum. Indeed, it is a player's responses – on the court – that will turn around challenging situations and steer them to victory.

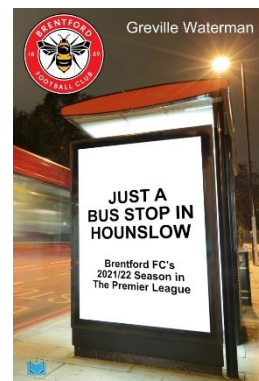
Written for competitive badminton players of all levels, and drawing on years of experience at the highest international level, authors Andy Wood and Alistair Higham take an in-depth look at what happens in the cauldron of competition. By examining match events, momentum, and match flow, they offer game insights which will change players' perceptions of what really happens in a match. And through this change of perception will come the understanding and ability to control the many factors that can make or break success.

Just a Bus Stop in Hounslow: Brentford FC's 2021/22 Season in The Premier League

After last winning promotion to the First Division in 1935, it took Brentford 31,449 days to retake their position in the top tier of English football, when they hosted Arsenal on a balmy night in August 2021 and surprised a worldwide audience of more than a billion fans with a famous victory.

But would the stunning opening night triumph prove to be a false dawn? How would the Bees – *Just a Bus Stop in Hounslow* – cope with the challenge of the Premier League where they would face clubs whose resources, squad depth, and quality dwarfed their own? Could a team that began the season without a single player who had started a Premier League match compete on a level playing field? Would Brentford's revolutionary methods – under charismatic manager Thomas Frank – eye-pleasing play, and tactical nous be enough to ensure Premier League survival?

Written with the full co-operation of the club and including exclusive interviews with players and officials, *Just a Bus Stop in Hounslow* follows Brentford's debut season at home – in their beautiful Brentford Community Stadium – and away, as they took on the 2021/22 season.



Champions Again:

The Story of Liverpool's 30-Year Wait for the Title

In 2020, Liverpool Football Club reclaimed its position as the number one football team in England. But it was a journey that had taken the world-famous club 30 years; a journey that was filled with drama, intrigue, and numerous false dawns.

Written by a lifelong Liverpool fan, this is a dramatic story of highs and lows, and how the club overcame their extended wait to become Champions Again!



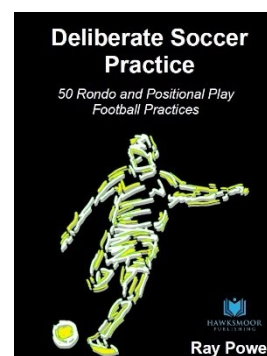
Featuring analysis of the managers, the players (good and bad), and the owners who have come and gone, this is a rollercoaster ride from the success of 1990 through the disappointments that were endured during a three-decade hiatus. Covering the triumphs and travesties – and the incidents and tragedy – along the way, this book celebrates the reappearance of Liverpool FC at the pinnacle of English football.

Deliberate Soccer Practice: 50 Rondo and Positional Play Football Practices

Deliberate Soccer Practice: 50 Rondo and Positional Play Practices is the fifth title in the bestselling practice series by coach and author Ray Power.

Rondos are a football training methodology in constrained spaces, where one team has an overload over another and attempts to keep the ball away from the opposition. It is a practical training approach that has been championed by legendary coaches Johan Cruyff and Pep Guardiola, and clubs like Ajax and Barcelona, amongst others. To these coaches and clubs, rondos are not just fun warm-up exercises, they are fundamental to the development of players and teams.

This book contains 50 well-planned, thought-out, and presented rondo-based football training practices for soccer coaches. They take the coach on a journey through the training methodology from basic to complex, with an eye on pitch shapes, the number of players available, and different scoring systems.



Coaching Youth Football: What Soccer Coaches Can Learn From The Professional Game

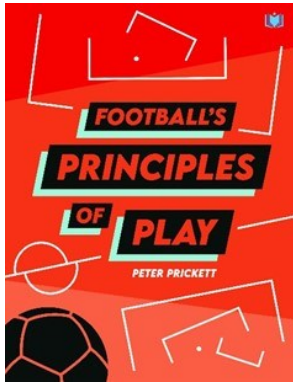
Coaching Youth Football is the highly-anticipated follow-up to the international, best-selling soccer coaching book, *Making The Ball Roll*, by Ray Power.

With the help of dozens of contributors from across the professional, academy, and grassroots games, Ray delves into the art and science of coaching youth football players, using up-to-date studies, methods, and examples across 360 superb pages.

The book covers not only the technical and tactical aspects of training in detail but also looks at the wider aspects of football coaching – including physical, psychological, and social elements – in clear language that will be of value to both expert and less-experienced youth football coaches.

Coaching Youth Football covers the breadth of the game with compelling specifics, and with illustrations from across the football world – bringing together research, stories, best-practice, and a lifetime of experiences within the game. Chapters cover: Long-Term Player Development, Team Building, Modern Playing Positions, Age-Appropriate Coaching, Football Fitness, Small-Sided Games, Growth Mindset, Footballing Intelligence, Tactics, Coach Reflection, and more.





Football's Principles of Play

It started with a question, “What are the fundamentals of football?” Whilst there are hundreds of books that look into the specific principles of coaches like Jurgen Klopp, Pep Guardiola, and Marco Bielsa, there is no core, distilled text on the key principles of the game.

Until now.

Join best-selling author and coach – Peter Prickett – as he puts football under the microscope and breaks it down into its constituent parts. By addressing the two primary phases – in-possession and out-of-possession – the book examines the five attacking and five defending principles, plus the transitions between each phase, to reveal the underlying heart of the beautiful game.

These principles have underpinned coach education for decades and largely been unchallenged. When examining them, other deeper values emerge to support the one true principle – to score.

Designed for coaches and football fans interested in the theory of football, this handbook is a must-read for anyone looking to understand the foundations that football is built on.

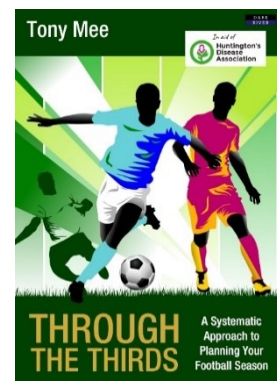
A UK bestseller.

Through the Thirds: A Systematic Approach to Planning Your Football Season

Based around a real-world training programme – which has been developed and delivered by Academy coaches with Academy players – it provides a logical series of progressions, and the opportunity to develop players across all areas of the pitch, both offensively and defensively.

The practices are designed for the 11-a-side game, and different team formations, and provide a complete season's programme of work. In turn, the book contains more than 140 fully-illustrated exercise plans in colour, alongside instructions for developing attacking play, strong defences, and effective transitions.

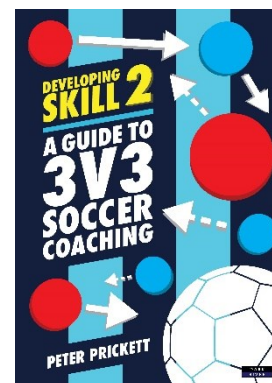
Chapters cover a host of areas, including: players' roles and responsibilities, warm-ups, developing play from the defensive third, developing play in the attacking third (including finishes), transitions from the defending third, and more.



Developing Skill 2: A Guide to 3v3 Soccer Coaching

Peter Prickett returns with the follow-up to his 2018 3v3 bestseller with new practices that link directly into finishing and creating goals. In this sequel to *Developing Skill: A Guide to 3v3 Soccer Coaching*, the advancement of the core principles of football through small-sided games is explored further. This book's focus is on the creation and conversion of goal scoring opportunities, as well as deeper dives into session design to help coaches create better practices.

Developing Skill 2: A Guide to 3v3 Soccer Coaching outlines how coaches can use and incorporate the 3v3 method into their training and provides more than 85 ready-to-use, illustrated practices. It also details how best to run warm-ups, how to work with different pitch sizes and shapes, and much more.

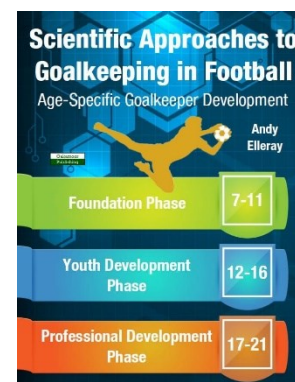


Scientific Approaches to Goalkeeping in Football: Age-Specific Goalkeeper Development

Looking deeper than the traditional 4-corner approach, the book covers a variety of topics, such as: innovative player support, the latest in performance analysis platforms, age-appropriate training practices, and female player development. Numerous player case studies and 30 ready-to-run practices are also included in this full-colour book.

Young people learn and develop in different ways and at varying rates – depending on factors such as age, genetics, and environment. This book seeks to provide useable blueprints for goalkeeping development, and the overall intention is to provide a meticulous and comprehensive guide to working with goalkeepers across different age groups and with differing levels of ability.

All the methods of support and player development have been used not just at the highest level of youth international and professional football, but also with amateur and grassroots players.

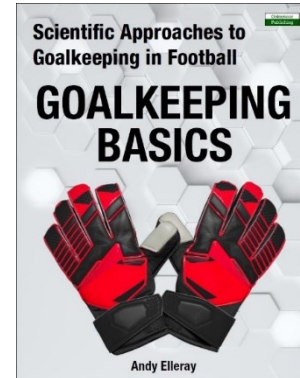


Scientific Approaches to Goalkeeping in Football:

Goalkeeping Basics

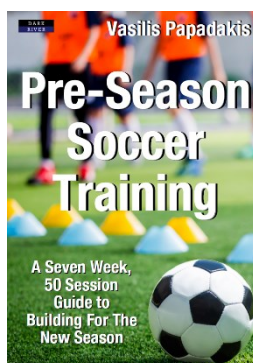
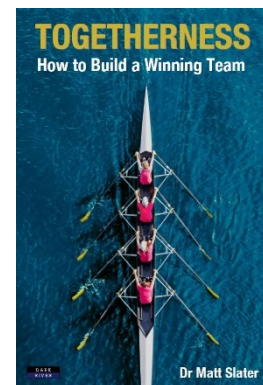
Goalkeeping in football is made up of many techniques, both with and without the ball. In “Goalkeeping Basics”, author Andy Ellera goes through a wide selection of common techniques and strips them right back to their fundamentals, what they look like, and how they can be properly learned and enhanced.

Accompanied by photo examples, plus a series of practices designed to work specifically on certain saves and situations, this colour book will illustrate and consolidate the key aspects behind goalkeeping in football.



Togetherness: How to Build a Winning Team

This concise and practical book – from Dr. Matt Slater, a world authority on togetherness – shows readers how to develop togetherness in their teams. The journey starts with an understanding of what underpins togetherness and how it can drive high performance and well-being simultaneously. It then moves onto practical tips and activities based on the 3R model (Reflect, Represent, Realise) that readers can learn and complete with their teams to unlock their togetherness.

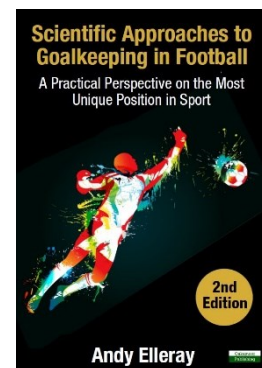


Pre-Season Soccer Training: A Seven Week, 50 Session Guide to Building For The New Season

Pre-Season Soccer Training covers the key elements of pre-season training including fitness drills, tactics, team understanding, skill development, set pieces, and transitional play. Using more than 165 illustrations, over 50 sessions, this book will help coaches of all levels to learn what a tested and effective pre-season can look like. The book is based on the current know-how and coaching being taught in UEFA classrooms, and sessions can be tweaked based on the age and experiences of your players.

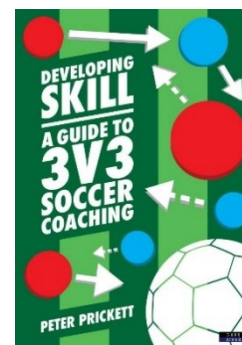
Scientific Approaches to Goalkeeping in Football: A practical perspective on the most unique position in sport [Second Edition]

This fully updated, resized, and revised second edition of *Scientific Approaches to Goalkeeping in Football* builds upon the success of the original 2013 bestseller, offering both theoretical and practical changes that have emerged in the area of goalkeeping over the last few years. Written by goalkeeping specialist Andy Elleray, this book offers a 2019 update to his class-leading approach to goalkeeping in football. Focusing, in particular, on young goalkeepers, it sheds light on training, player development, match performances, and player analysis. New methodologies, training approaches, and development considerations are included, along with brand new content on goalkeeping in female football, performance analysis examples, and advances in practice design.



Developing Skill: A Guide to 3v3 Soccer Coaching

In this book, coaches of all levels, working with players across all age groups and abilities, will learn to utilise the 3v3 method to develop skilful individuals and effective teams. The book builds up from 1v1 to 3v3 through technical exercises that improve individual skills. Then, it moves beyond 3v3, adding in more players (including goalkeepers), as situations demand it. With a core 3v3 training foundation, players will be able to explore and cement numerous key parts to their games, with depth and width, unlocking the various combinations - such as overlaps, one-twos, third man runs, and more - which are used at all levels of the sport. At the same time, players will have ample opportunities to develop and perfect creative dribbling moves.

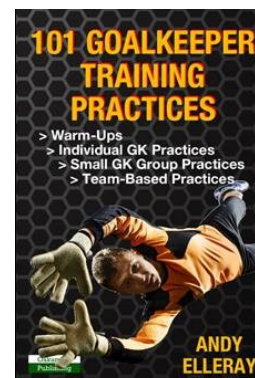


Developing Soccer Players: Forward-Specific Practices

Aimed at football coaches of all levels, and players of all ages and abilities, *Developing Soccer Players: Forward-Specific Practices* seeks to develop, and enhance, the skills and functions of forward players through low numbers training. This includes the player on their own, with a coach, and in small-sided games. Detailing research into technique, psychology, and using the statistics of how goals are scored in the modern game, this book highlights where and how modern goalscorers get their goals, and serves up exercises to help players develop and excel accordingly.

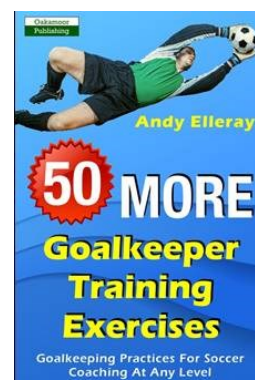
101 Goalkeeper Training Practices

In *101 Goalkeeper Training Practices*, goalkeeping coach Andy Ellera follows up his previous trilogy of goalkeeping books to provide fellow football coaches and goalkeepers with a wide variety of new practices that cover many aspects of goalkeeping. Practices are broken down into three areas: working with an individual goalkeeper, small groups of goalkeepers training together, and fuller team-based exercises. The overall intention is to provide realistic, varied, relevant, and innovative practices that stimulate the goalkeeper in every element of their game and performance.



50 More Goalkeeper Training Exercises

The goalkeeper training exercises in the book focus on five main viewpoints - technical, tactical, psychological, physical, and social/environmental. Each practice is weighted to develop these elements to greater and lesser degrees, and exercises include 1v1 techniques, decision making, shot stopping from different angles/distances, travelling around the goalmouth, re-positioning, cutback scenarios, and more. All the listed practices are real-world and have been used at a variety of levels within football to enhance goalkeeper development of all ages. They can all be adapted based on the numbers of players and resources available to the coach, while fundamental factors such as time and space allow the coach to be creative with how the exercises are implemented.



65 Goalkeeper Training Exercises: Modern Games-Based Soccer Drills for Shot Stopping, Footwork, Distribution, and More

In *65 Goalkeeper Training Exercises*, goalkeeping coach and educator, Andy Ellera, offers fellow football coaches a way of training that takes keepers from the confines of the goal or penalty area, into new, challenging, and fulfilling settings. Games-based goalkeeper training is an alternative to the traditional goalkeeping curriculum and combines physical, psychological, technical, tactical and social skills in small situations that keepers will face in matches. These include 1v1s, communicating with the defence, decision making, shot stopping, and more. Games-based training is about using games and activities drawn from football, selected sports, physical education, sports science, and other spheres, to help progress keepers with the skills they will really need in competitive match situations.

The Future Coach - Creating Tomorrow's Soccer Players Today: 9 Key Principles for Coaches from Sport Psychology

The Future Coach offers proven principles from soccer psychology for coaches to create winning cultures and re-define coaching excellence. Based around practically applied principles of performance psychology, coaches will gain the opportunity to explore how the values, beliefs, and expectations they hold, shape their coaching behaviour and end up defining the environment they work in and the players they work with. Coaches will learn new ways to design and implement their playing philosophy, identity, and style of play, on and off the field, with clarity and confidence.



Building a Successful High School Sports Program

In *Building a Successful High School Sports Program*, former High School Soccer Coach DeAngelo Wisner addresses the fundamentals of building a successful High School program. He covers numerous topic areas including how to choose team players, bringing them together, managing expectations, how to define success, working with administrators and colleagues, tracking progress, dealing with personal adversity, and much more. The book also includes contributions from a dozen highly successful High School coaches and Athletic Directors who offer decades of real-world wisdom and high-value advice. The book's foreword is by one of the world's leading and most recognizable Sport Psychologists - Bill Beswick.

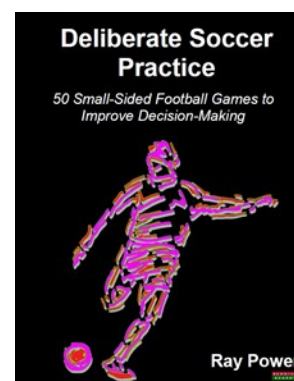


The Winning Golf Swing: Simple Technical Solutions for Lower Scores

No one ever said that the game of golf is easy. How often have readers seen or bought a golf instruction book that claims to offer an improved technique or a swing fix - but which doesn't explain *which part* of a player's technique needs fixing? In *The Winning Golf Swing*, renowned golf professional Kristian Baker gives readers a practical, yet easy-to-follow path to better golf. Through a rigorous but simple process, Kristian will help them to address the problems in their game so that they can shoot better scores. With contributions from some of the top minds in golf, this book delivers a complete process for improvement. Foreword by Bernard Gallacher, OBE. Kristian Baker is the Head of Instruction at The Wentworth Club in Surrey where he has worked for over 20 years.

Deliberate Soccer Practice: 50 Small-Sided Football Games to Improve Decision-Making

Small-sided games are the epicentre of soccer improvement. Done right, they can play a huge role in the development of players. The environment created through these games makes it possible not just to 'let the game be the teacher,' but also to improve specific skills and tactics - all in the context of the real game. We do this by manipulating the secondary rules of the game, by either adding elements or constraining players in various ways. The ultimate alternative to the 'drill,' small-sided games training promotes player autonomy through decision-making, problem-solving, and the much-heralded coaching technique of guided discovery. Small-sided games have the look and feel of the 'real' game where learning is made intrinsic by the game itself.



Other titles in the series

- Deliberate Soccer Practice: 50 Attacking Exercises to Improve Decision-Making
- Deliberate Soccer Practice: 50 Defending Football Exercises to Improve Decision-Making
- Deliberate Soccer Practice: 50 Passing & Possession Football Exercises to Improve Decision-Making
- Deliberate Soccer Practice: 50 Rondo and Positional Play Football Practices

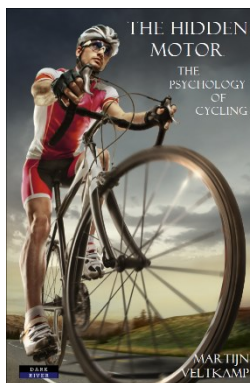
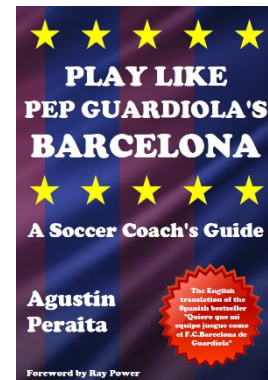
Winning Your Players through Trust, Loyalty, and Respect

Coach DeAngelo Wiser is a soccer coach with more than 20 years' experience of working with high school players, during which time he has gathered District and Regional Titles, and Coach of the Year honors. In *Winning Your Players*, he offers accumulated wisdom, insight, and solutions garnered from years of developing players and working with them in competitive environments at key moments. His methods of building Trust, Loyalty, and Respect, give every coach the ability to have a positive impact in practice, the game, and - more importantly - in life. *Winning Your Players* offers a clear pathway for coaches who want to develop and nurture talent to the best of their abilities, and gives insight into situations that require strong leadership at key moments with your team. In those moments, they need every resource possible to clearly do what's best for their team. *Winning Your Players* is a must during those times.



Play Like Pep Guardiola's Barcelona: A Soccer Coach's Guide

Written by Agustín Peraita, FCBEscuela Project Director at Sao Paulo FC Barcelona, this book is for soccer coaches looking to understand and implement Pep Guardiola's tactical approach and coaching methodology for that 2009-2010 Barça side. Containing more than 50 illustrations, detailing on-field drills, Principles/Subprinciples/Sub-SubPrinciples, tactical diagrams and weekly planning schedules, this practical and to-the-point book focuses explicitly on the preseason period as it lays the foundation for how a team will train, play, and perform over the season.

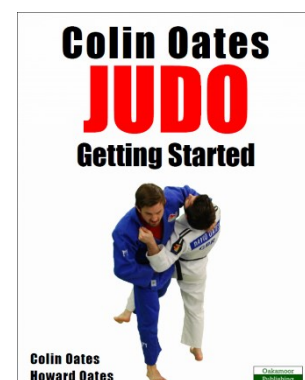


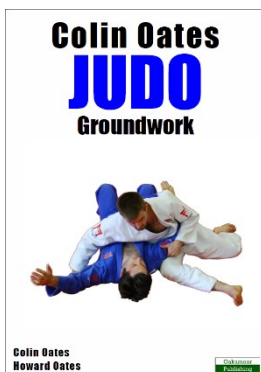
The Hidden Motor: The Psychology of Cycling

In this superbly-researched and accessible book for fans of cycling, psychologist and cycling author Martijn Veltkamp gets to the heart of the supremely demanding and challenging sport of professional cycling, and the mental side of performance that drives success. He addresses fundamental questions in an easy-to-read way, including: what motivates riders and how does motivation affect performance? Where does a rider's fear of descending originate from, and how do you get rid of it? Why do some cyclists succumb under pressure, whilst others do not? Why is cycling on your own mentally more challenging than when in a group? Written for connoisseurs of cycling, but equally rewarding for general readers, the book examines cycling from the viewpoint of classic psychological studies, and stage and race histories, as well as interviews with former professional riders. *The Hidden Motor* is a must-read book for anyone who wants to know all about this most exceptional of sports.

Colin Oates Judo: Getting Started

Judo is rare among fighting sports, as the fighter's intention is to defeat an opponent without inflicting injury. Aimed at newcomers to the sport, this book highlights the basics of Judo and details the most important techniques with the aid of more than 100 photos. An easy-to-read and practical book, Colin Oates Judo explains how to accomplish important throws, hold downs, the basics of strangles and arm bars, and more. In turn, uniquely, it groups throwing techniques into clusters so that grip movements are minimized and techniques link together for easy recall. There is also valuable information on what to consider when choosing a Judo club, what to look for in contest judo, and how the rules of judo have changed in recent years concerning leg grabs.





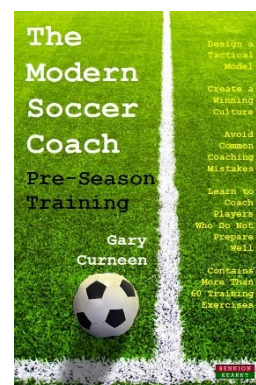
Colin Oates Judo: Groundwork

Whether one's sport is Judo, Brazilian Jiu Jitsu, Wrestling or MMA, the skill and art of Newaza (Groundwork) should be studied in depth. *Colin Oates Judo: Groundwork* highlights the basic drills required by the novice, to the more complex moves used by experienced groundwork practitioners. With the aid of over 180 photographs, this easy-to-read and practical book explains turnovers, hold downs, arm bars and strangles and also describes the practical application of such moves in contest situations. Readers will learn 'what to do' and 'what not to do' in certain positions on the ground. There is also a section that describes the rules and how to approach

groundwork-only competitions, as well as providing insight as to what the referees and officials are looking for when a contest goes to ground.

The Modern Soccer Coach: Pre-Season Training

When it comes to building successful soccer teams, pre-season is a critical time. It's the perfect time for the coach to create a team identity, set standards, develop effective training habits, and reinforce winning behaviors. Get it right and you can set the foundation required to catapult your team towards an excellent season. Get it wrong, however, and your season might never recover. This book looks at how pre-season has changed over the past 10 years, and offers ways for coaches to adapt their work and methods to deal with these changes accordingly. Pre-season is about much more than fitness testing, long-distance running, and gruelling physical work. *The Modern Soccer Coach - Pre-Season Training* looks at new, innovative ways to engage players so that they want to train at the maximum every day, and push towards new limits for the new season ahead.



The Modern Soccer Coach: A Four Dimensional Approach

Aimed at Soccer coaches of all levels and with players of all ages and abilities *The Modern Soccer Coach* identifies the areas that must be targeted by coaches who want to maximize a team's potential - the Technical, Tactical, Physical, and Mental sides to the game.

Readers will see how the game has changed and what areas determine success in the game today. They will learn what sets coaches like Mourinho, Klopp, Rodgers, and Guardiola apart from the rest. Philosophies and training methods from the most forward thinking coaches in the game today are presented, along with guidelines on creating a modern environment for

readers' teams. This book is not about old school methodologies, or 'motivating' players by screaming at them - it is about creating a culture of excellence that gets the very best from players. Contains more than 30 illustrated exercises that focus on tactical, technical, mental, and physical elements of the game.

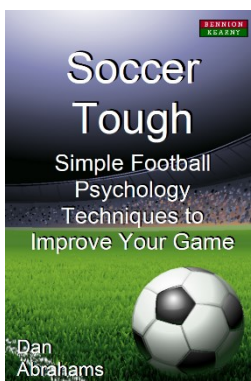
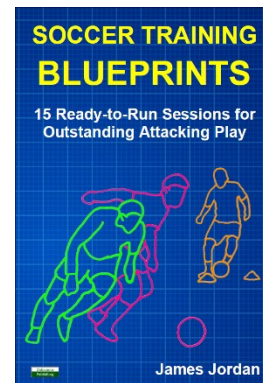


The Modern Soccer Coach: Position-Specific Training

Aimed at football coaches of all levels, and players of all ages and abilities, *The Modern Soccer Coach: Position-Specific Training* seeks to identify, develop, and enhance the skills and functions of the modern soccer player whatever their position and role on the pitch. This book offers unique insight into how to develop an elite program that can both improve players and win games. Filled with practical no-nonsense explanations, focused player drills, and more than 40 illustrated soccer templates, this book will help the modern coach to create a coaching environment that will take players to the next level.

Soccer Training Blueprints: 15 Ready-to-Run Sessions for Outstanding Attacking Play

Utilising a game-based approach to soccer - where individuals actually play games rather than growing old in semi-static drills - author James Jordan offers 15 detailed session plans (comprised of 75 cutting-edge exercises) to help coaches develop attacking mindsets and improved skills in their players, and, most of all, nurture a love for soccer. Through his approach, James has won six High School State Championships and one Classic 1 Boys' Club Championship over the past decade. Aimed at coaches of both young male and female players, from 5-18 years of age, and adaptable depending on age group and skill set, Soccer Training Blueprints combines game-based soccer concepts with contemporary ideas from educational research on training and preparation to develop players who can think for themselves, execute their skills, and work to a plan. This is not about coaches standing on the touchlines yelling at their youngsters - this is about developing footballers to love and play the game as best they can.

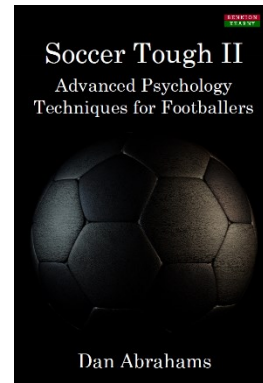


Soccer Tough: Simple Football Psychology Techniques to Improve Your Game

Soccer Tough demystifies the mental side of football 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. In *Soccer Tough*, soccer psychology consultant Dan Abrahams shares the powerful techniques that have helped him develop reserve team players to become international players, guided youth team players from slumps to first team contracts, and helped young professionals win contracts at their dream clubs. This was achieved quite simply - by focusing on the power of the mind, and how it can elevate performance on match day to peak levels.

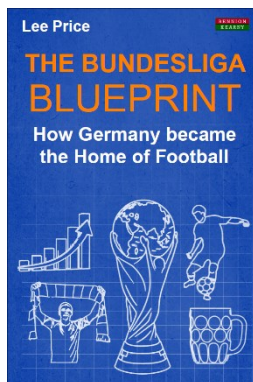
Soccer Tough 2: Advanced Psychology Techniques for Footballers

Global soccer psychologist Dan Abrahams follows up his ground-breaking, international bestseller *Soccer Tough* with his sequel title. 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.



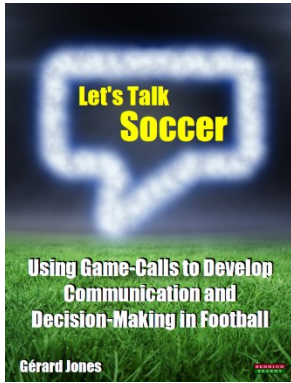
Youth Soccer Development

In *Youth Soccer Development*, football coach Noel Dempsey examines where coaching has come from and where it is heading. Offering insights into how English football has developed, coaching methods, 'talent' in youngsters, and how a player's entire environment needs to be considered in coaching programmes - this book offers many touchpoints for coaches who want to advance their thinking and their coaching. Leaving specific onfield drills and exercises to other books, *Youth Soccer Development* digs deep into 'nature versus nature', players' core beliefs, confidence, motivation, and much more. Advocating that to improve the player, you must improve the person, Dempsey puts forward a case for coaches to be realistic with their players, ensure that they work positively across all facets of their lives - especially education - and to instill a mindset that leads to players being the best person they can be. By creating better people you are more likely to create better players.



The Bundesliga Blueprint: How Germany became the Home of Football

German Football is on a roll: winners of the 2014 World Cup, club sides leading the way in Europe, a production line of superb talent coming through the system. Yet, fifteen years ago - at Euro 2000 - it was all so different. Germany suffered one of their most humiliating tournament exits as dismal performances saw them finish bottom of their group with just one point... Immediately, the German FA set about fixing things. And rather than fudging matters, they introduced a raft of major changes designed to return German football to its sporting pinnacle in just 10 years. In this entertaining, fascinating, and superbly-researched book, sportswriter Lee Price explores German football's 10-year plan. A plan that forced clubs to invest in youth, limit the number of foreign players in teams, build success without debt, and much more. *The Bundesliga Blueprint* details how German fans part-own and shape their clubs, how football is affordable, and the value of beer and a good sausage on match days. The book includes interviews from Michael Ballack, Jens Nowotny and Christoph Kramer, and the movers-and-shakers behind Germany's leading clubs including Schalke, Dortmund, and Paderborn. There is no doubt that German football is the envy of many nations. There is no doubt that, thanks to them, lessons should be learned by everyone else.



Let's Talk Soccer: Using Game-Calls to Develop Communication and Decision-Making in Football

Soccer coaches across all levels of the game share a common and simple dilemma: how best to improve their players. One of the best ways to do this is through improved communication and how we individualize our messages to our players. It's fundamentally important for coaches to provide quality communication with clear detail and, as the FA's Future Game Philosophy makes clear, "Mastery of innovative coaching methods that utilize communication styles is the mark of a gifted coach, and will be an essential requirement for the game of the future." *Let's Talk Soccer*

introduces 'Game-calls', game-specific communication designed to enhance decision making and skill among players. Through Game-calls teams will become more organized, and players will understand - as individuals - how to play within a coach's playing philosophy.

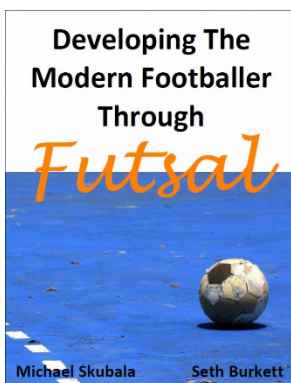
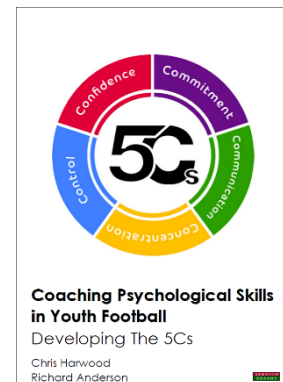
Coaching Psychological Skills in Youth Football:

Developing The 5Cs

Successful footballers are typically those who are best able to: regulate their emotions, fix their attention, utilise effective interpersonal skills, and remain highly motivated and self-assured in the face of consistent challenges. These behaviours are the hallmark of mentally tough, emotionally intelligent players, and can be grouped under the 5Cs of: Commitment, Communication, Concentration, Control, and Confidence.

Written specifically for soccer coaches of all levels, *Coaching Psychological Skills in Youth Football* details each C in a methodical and practical manner

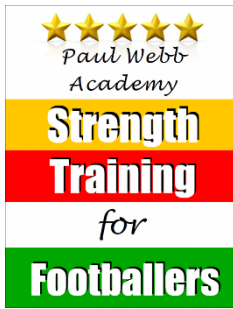
with real-world exercises for training and matches. The book is relevant to soccer coaches working with 5-16 year old players, with individual techniques and practices marked for appropriate age groups. By weaving these techniques into their normal coaching practice, coaches will help educate young players to optimise their motivation, discipline, composure, self-belief and teamwork. A complete 12 month development plan is included alongside a case study from a youth coach who has actually experienced the 5C journey.



Developing the Modern Footballer through Futsal

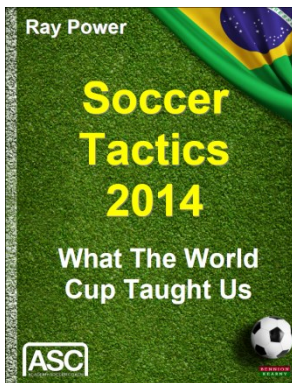
Aimed at coaches of all levels and ages, *Developing the Modern Footballer through Futsal* is a concise and practical book that provides an easy-to-understand and comprehensive guide to the ways in which futsal can be used as a development tool for football. From defending and attacking to transitional play and goalkeeping, this book provides something for everyone and aims to get you up-and-running fast. Over 50 detailed sessions are provided, with each one related to specific football scenarios and detailing how performance in these scenarios can be improved through futsal. From gegenpressing to innovative creative play under

pressure, this book outlines how futsal can be used to develop a wide range of football-specific skills, giving your players the edge.



Paul Webb Academy: Strength Training Books for Footballers and Goalkeepers

In this Strength Training Book Series, ex-professional footballer and renowned strength coach Paul Webb distils over 20 years of knowledge into books designed to train athletes to become stronger, faster, more explosive, and more resistant to injury. The method Paul uses is simple, and focused, yet extremely effective and unlike the vast majority of training programmes available has - at its core - the health of the athlete front and centre! Each book details: Beginner, Intermediate, and Advanced Training and Full Body Programmes. Dozens of exercises including Goblet Squats, Sumo Deadlifts and Turkish Get Ups explained so readers can start getting strong fast. Each book contains more than 200 photos that show the reader how to complete individual exercises. Dedicated Content on Nutrition and Supplements. Covers the 'Forgotten Workout' - Recovery. Details the Importance of Mental Strength in Achieving Goals.



Soccer Tactics 2014: What The World Cup Taught Us

World Cups throw up unique tactical variations. Countries and football cultures from around the globe converge, in one place, to battle it out for world soccer supremacy. The 2014 World Cup in Brazil was no different, arguably throwing up tactical differences like never seen at a competition in modern times. Contests are not just won by strong work ethics and technical brilliance, but by tactical discipline, fluidity, effective strategies, and (even) unique national traits. *Soccer Tactics 2014* analyses the intricacies of modern international systems, through the lens of matches in Brazil. Covering formations, game plans, key playing positions, and individuals who bring football tactics to life - the book offers analysis and insights for soccer coaches, football players, and fans the world over.

Universality | The Blueprint for Soccer's New Era: How Germany and Pep Guardiola are showing us the Future Football Game

The game of soccer is constantly in flux; new ideas, philosophies and tactics mould the present and shape the future. Since the turn of the century we have witnessed dramatic changes in the beautiful game: new types of player, new coaching methods and tactical innovations have all enhanced and changed the sport of football. The technical, tactical, physical and psychological skills needs of the modern player - from the goalkeeper to centre forward - have all been enhanced. In this book, Matthew

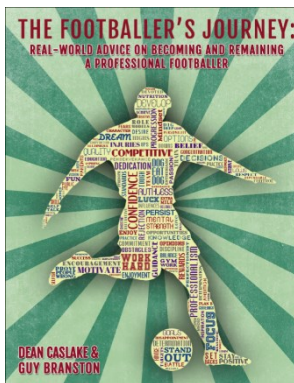
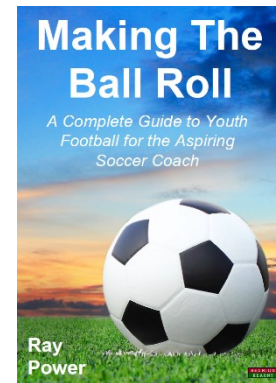
Whitehouse - acclaimed author of *The Way Forward: Solutions to England's Football Failings* - looks in-depth at the past decade of the game, taking the reader on a journey into football's evolution.



Making The Ball Roll: A Complete Guide to Youth Football for the Aspiring Soccer Coach

This focused and easy-to-understand book details training practices and tactics, and goes on to show readers how to help young players achieve peak performance through tactical preparation, communication, psychology, and age-specific considerations.

Each chapter covers, in detail, a separate aspect of coaching to give you, the football coach, a broad understanding of youth soccer development. Each topic is brought to life by the stories of real coaches working with real players. Never before has such a comprehensive guide to coaching soccer been found in the one place. Making The Ball Roll is for youth coaches, parents, and anyone who is thinking about becoming a football coach. It is a comprehensive one-stop-shop, filled with all the information and insights that readers need, to become a top class coach.



The Footballer's Journey: real-world advice on becoming and remaining a professional footballer

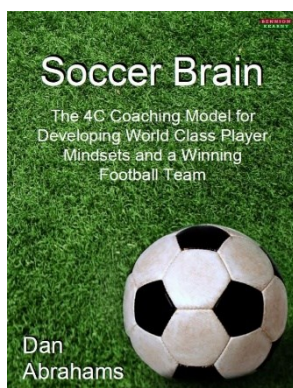
Many youngsters dream of becoming a professional footballer. But football is a highly competitive world where only a handful will succeed. Many aspiring soccer players don't know exactly what to expect, or what is required, to make the transition from the amateur world to the 'bright lights' in front of thousands of fans.

The Footballer's Journey maps out the footballer's path with candid insight and no-nonsense advice. It examines the reality of becoming a footballer including the odds of 'making it', how academies really work, the importance of attitude and mindset, and even the value of having a backup plan if things don't quite work out. Filled with real life stories from current, and former, professionals across different leagues, *The Footballer's Journey* provides readers with honest guidance and practical tips on what is required to give themselves the best possible chance of turning the dream into a reality.



The Way Forward: Solutions to England's Football Failings

English football is in a state of crisis. It has been almost 50 years since England made the final of a major championship and the national sides, at all levels, continue to disappoint and underperform. Yet no-one appears to know how to improve the situation. In *The Way Forward*, football coach Matthew Whitehouse examines the causes of English football's decline and offers a number of areas where change and improvement need to be implemented immediately. With a keen focus and passion for youth development and improved coaching he explains that no single fix can overcome current difficulties and that a multi-pronged strategy is needed. If we wish to improve the standards of players in England then we must address the issues in schools, the grassroots, and academies, as well as looking at the constraints of the Premier League and English FA.

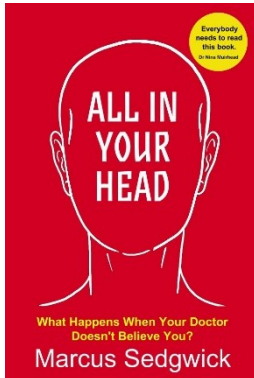


Soccer Brain: The 4C Coaching Model for Developing World Class Player Mindsets and a Winning Football Team

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.

Biography



All In Your Head: What Happens When Your Doctor Doesn't Believe You?

All In Your Head is about what happens when your doctor doesn't believe that you're ill. When they think you are imagining a serious ailment, or worse, faking it.

It's the story of the stigma that goes with invisible illness, and of the strange places that chronic illness takes you. It's the tale of bizarre treatments, and above all, the damage that's created through other people's doubts and indifference.

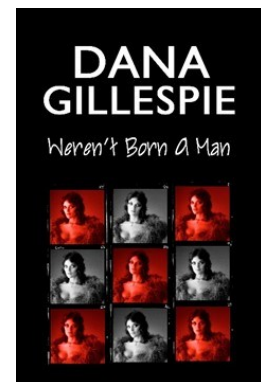
Yet, there is an epidemic of undiagnosed, hard-to-explain, and misunderstood illnesses in today's world, with new illnesses such as long-COVID steadily emerging. It is often up to individuals to drive their *own* search for recognition and a diagnosis, a task that can prove challenging due to establishment scepticism and disinterest.

With honesty, and at times, dark humour, *All In Your Head* – from multiple award-winning and multi-million selling author Marcus Sedgwick – explores how four simple words can make you question your sense of reality.

Dana Gillespie: Weren't Born a Man

Dana Gillespie, the award-winning first lady of the Blues has enjoyed an incredible life and career. Now, she has chronicled her exploits, and as anyone who knows Dana would expect, it is intelligent, insightful, outrageous, and funny.

Detailing high points, low points and everything in-between, the book covers, amongst many other things, liaisons with David Bowie, Bob Dylan, Keith Moon, and the cream of 1960's rock royalty; Recording with Jimmy Page and Elton John; Performing as Mary Magdalene in the original London production of Jesus Christ Superstar, and as the Acid Queen in Tommy; Acting in films directed by Nicholas Roeg, Ken Russell and Mai Zetterling; Performing Shakespeare with Sir John Gielgud and Arthur Lowe; Topping the pop charts across Europe; Performing to an audience of one million people in India; And... oh yes... Being British junior waterski champion for 4 years!

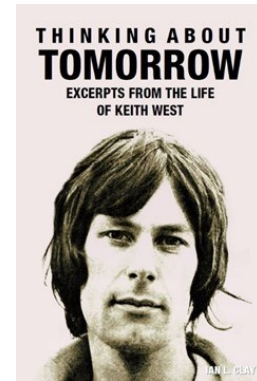


Thinking About Tomorrow – Excerpts from the life of Keith West

Having spent his entire career as a professional singer, songwriter, and musician, *Thinking About Tomorrow* is the amazing tale of rock and roll survivor Keith West. From being inspired by Elvis in the 1950s to pop stardom and working alongside the greats of the music world in the 1960s, Keith was at the eye of the storm alongside peers including The Who, The Beatles, The Kinks, The Small Faces, Pink Floyd, Jimi Hendrix and many, many more.

With his Tomorrow bandmates – Steve Howe, Junior and Twink – Keith was a pioneer of psychedelic music in the 1960s with songs such as My White Bicycle, and he also achieved international fame alongside Mark Wirtz with the song Excerpt from a Teenage Opera (popularly remembered by millions of music fans as Grocer Jack).

This is no straightforward tale of rock and roll hedonism; the book also pulls back the curtain on the mysterious world of the music industry. It reveals how agents, managers, publishers, record companies, songwriters, artists and the media are all locked together in an endless pursuit of the elusive elixir of their professional lives – a hit. Yet, once lightning has struck, the tragic consequences, the tremendous opportunities and the money generated can still create ripples half a century later...



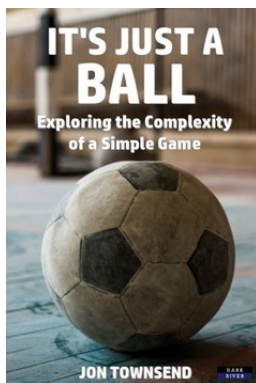
The Secret Magistrate

Every criminal case starts in a magistrates' court, and most end there. Last year, the 14,000 magistrates of England & Wales dealt with almost 1.4 million cases.

But, what exactly does a magistrate do, who are they, and how are they recruited and trained? Are they out-of-touch and unrepresentative, or still fit for purpose with a role to play in today's increasingly sophisticated and complex judicial system?

The Secret Magistrate takes the reader on an eye-opening, behind-the-scenes tour of a year in the life of an inner-city magistrate. Chapters cover a variety of cases including the disqualified driver who drove away from court, the Sunbed Pervert, and Fifi the Attack Chihuahua. Foreword by Malcolm Richardson OBE | Chair, Magistrates Association, 2015-17





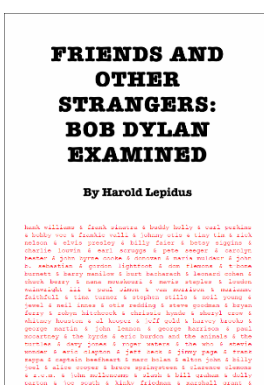
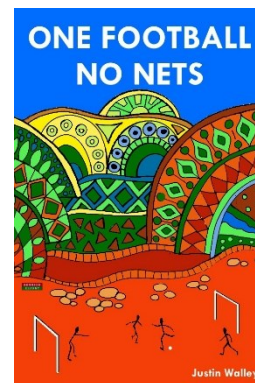
It's Just a Ball: Exploring the Complexity of a Simple Game

It's Just a Ball is a book for anyone who lives and loves soccer. Founded on the author's unique set of experiences, it is a personal exploration of the beautiful game – delivered through a series of personal accounts, broader stories, studies, and interviews – capturing the unique journeys of players, coaches, and people from around the world who have found success in unconventional ways. Throughout it all, one key message emerges: the importance of not just playing soccer, but of embracing it as a lifestyle!

About the author. Jon Townsend is a long-serving writer for *These Football Times* and specializes in player development writing. In addition to his writing, he is a technical coach for players ranging from the grassroots to the professional level. His written work has also been featured in *The Guardian* and *Spartan Race Magazine*, and on his personal writing website farpostfooty.com. When he's not writing or coaching, he is likely training for a marathon or ultramarathon. He resides in Illinois with his wife and sons.

One Football, No Nets

In September 2017, amateur British football coach Justin Walley became the "National Team" Manager of Matabeleland, an obscure international team in western Zimbabwe. Before him lay the seemingly impossible task of taking his group of unknown amateur footballers from an impoverished region of Africa to the "alternative world cup" – the CONIFA World Football Cup in London, the following summer. All that stood in his way was the small matter of no money, no resources, no salary, no visas, and no sponsors. There was one football, though... but no goal nets.



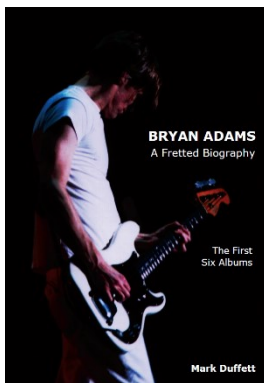
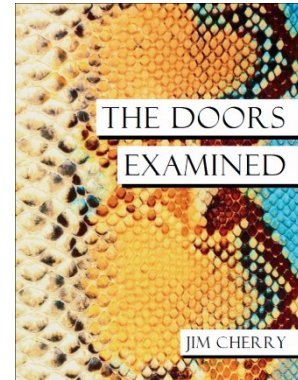
Friends and Other Strangers: Bob Dylan Examined

Friends and Other Strangers: Bob Dylan Examined is a collection of more than 120 articles offering an informative and entertaining look at the people who have influenced, been influenced by, or simply hung around in Bob Dylan's orbit at one point or another. From 2009 to 2016, Harold Lepidus wrote 1000-plus articles for the no longer available *Bob Dylan Examiner* column - a go-to resource that was viewed millions of times and referenced by *Rolling Stone*, *npr.org*, *Paste*, *Ultimate Classic Guide*, *Wolfgang's Vault*, *Uncut*, *Glide*, and *American Songwriter*, amongst others. Lepidus broke many a story about Dylan, in addition to analysing his art with a trenchant

and astute perspective. This curated anthology features Lepidus' most pertinent articles and focuses on the unique perspectives of people associated with Dylan, from Buddy Holly to the Beastie Boys, Leonard Cohen to Barry Manilow, President John F. Kennedy to Tiny Tim, Johnny Otis to Otis Redding.

The Doors Examined

The Doors remain one of the most influential and exciting bands in rock 'n' roll history, and *The Doors Examined* offers a unique, expressive insight into the history of the band, their influence on culture, and the group's journey following the death of Jim Morrison in Paris in 1971. It starts at the beginning, on a Venice Beach rooftop, and takes the reader on an invigorating journey, from The Whisky a Go-Go to the Dinner Key Auditorium, The Ed Sullivan Show to Père Lachaise Cemetery.



Bryan Adams: A Fretted Biography - The First Six Albums

In this detailed but accessible biography, Mark Duffett explores Adams' meteoric recording career, 'ordinary guy' persona, and unfolding political commitment. The supporting activities of his manager and record company are included to complete the picture. As a well-informed story of maximum rock'n'roll it constitutes essential reading material for true fans. This book is a lightly revised edition of - *Bryan Adams: A Fretted Biography*, first released in 1994, with new content that brings the book up-to-date.



Tragic Magic: The Life of Traffic's Chris Wood

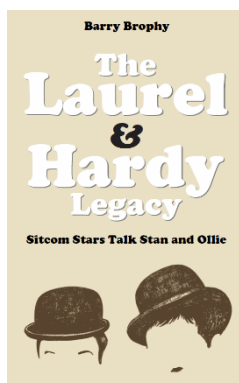
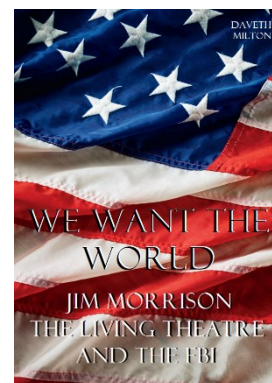
Traffic was the most enigmatic British band of their day. Formed in early 1967 by Chris Wood, Steve Winwood, Jim Capaldi and Dave Mason, they rejected the bright lights of London, in favour of a run-down, supposedly haunted, cottage in the country - a place to live communally and write music. With Chris especially intent on channelling the vibes of England's landscape into their sound, days would be spent getting high, exploring, playing and working in varying proportions. Against all odds this eccentric model paid off - songs such as "Dear Mr. Fantasy" and "John Barleycorn Must Die" would lift Traffic into the upper echelons of the rock world.

Researched and written over a ten-year period, *Tragic Magic* offers the only definitive account of Traffic's story and Chris Wood's quietly extraordinary life.

We Want The World: Jim Morrison, The Living Theatre and the FBI

Jim Morrison was a songwriter, film maker, poet and singer with The Doors. His opponents saw him as a criminal. And more. In an escalating confrontation over the freedom of America, he was up against men who used law to block justice and fear to halt social change. Those men included the FBI's infamous director, J. Edgar Hoover. Inspired by true events, this imaginative recreation of history re-opens Morrison's secret FBI dossier to reveal his Establishment opponents. Moving between Jim's image, influences and brushes with the law in Phoenix and Miami,

Daveth Milton uses meticulous research skills to assess the extent of the conspiracy against the singer. *We Want The World* provides the ultimate account of Jim Morrison's awkward encounter with the Bureau.



The Laurel and Hardy Legacy: Sitcom Stars Talk Stan and Ollie

Laurel and Hardy are one of the finest comedy acts to have graced our screens. From their Foreign Legion campaign in *Beau Hunks* to their improvised song and dance routines in *Way Out West*, their comic genius is known, loved, and celebrated by viewers of all ages across the world. Based on a series of exclusive interviews with some of the top comic actors and writers of the last 30 years, this book looks at the immense comic legacy of Laurel and Hardy. Stephen Merchant, Richard Wilson, Bruce Forsyth, Ray Galton and Alan Simpson, Tony Robinson, Barry Cryer, Ardal O'Hanlon, Graham Linehan, John Dunsworth, Nigel Planer and Andrew Sachs all talk

about their love of Laurel and Hardy and how they influenced their own work.

From *Blackadder* and *The Young Ones*, to *Hancock's Half-Hour* and *One Foot in the Grave*, *The Laurel and Hardy Legacy* is a fascinating insight into the hidden workings of comedy.

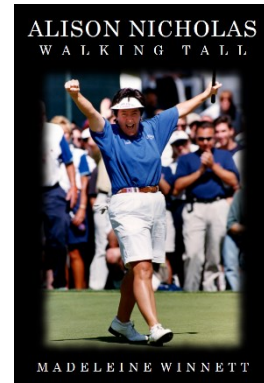
I've Got a Stat For You: My Life With Autism

At the age of four, Andrew Edwards was diagnosed with autism. "Go home and watch *Rain Man*," the specialist told his mother. "In all probability your son will be institutionalised." Determined to prove the specialist wrong, Andrew's mother set out to give her son the best life possible. *I've got a Stat for You* is an honest and compelling account of one young man's journey to manage his autism and achieve his goals. From Wrexham to Buckingham Palace, and incorporating stories of *The Simpsons*, sport, music, and strange smells - *I've got a Stat for You* is a powerful and inspirational tale that shows how determination, a positive outlook, and the will to succeed can overcome all odds.



Alison Nicholas: *Walking Tall*

Alison Nicholas, MBE, is one of Great Britain's most successful golfers. In a professional career spanning more than 20 years, she claimed 18 tournament wins including the British Open, topped the Ladies European Tour Order of Merit and, in 1997, won the most prestigious championship in golf - the US Open. In turn, Alison is well known for her Solheim Cup exploits. She played in six, and captained the European team to a famous victory at Killeen Castle in 2011. Images of the team celebrating in front of the windswept castle have become iconic. In this candid and entertaining book, Alison explores her years on both the LET and LPGA Tours, the ups and downs, her tournament records, her faith, and - of course - the Solheim Cup. Filled with anecdotes from the other side of the ropes, behind-the-scenes insights, and images from her private photo collection, the book charts the hard work, focus, attitude and good times that led to Alison Nicholas *Walking Tall*.

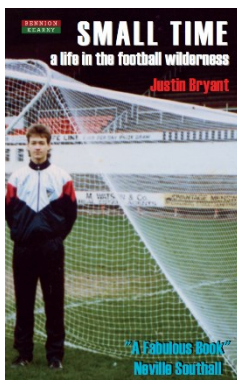


José Mourinho: *The Rise of the Translator*

From growing up in a Portugal emerging from dictatorship, and struggling to live up to his father's legacy as an international goalkeeper, this book details José Mourinho's extraordinary journey: the trophies, tragedies and, of course, the fall-outs. Starting out as a translator for the late Sir Bobby Robson, Mourinho has come to define a new breed of manager, with his unrivalled use of psychology, exhaustive research, and man management providing ample compensation for an unremarkable playing career.

Mourinho has gone on to become one of the greatest managers of all-time. From Porto to Chelsea, and Inter to Real Madrid - the Mourinho story is as

intriguing as the man himself. Now, a new challenge awaits at Stamford Bridge. Covering the Mourinho story to October 2013 and featuring numerous exclusive interviews with figures not synonymous with the traditional Mourinho narrative.



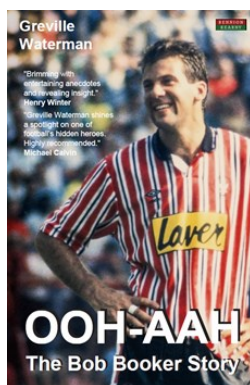
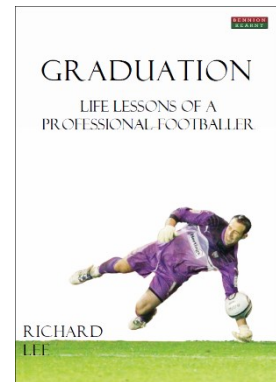
Small Time: *A Life in the Football Wilderness*

In 1988, 23-year-old American goalkeeper Justin Bryant thought a glorious career in professional football awaited him. He had just saved two penalties for his American club - the Orlando Lions - against Scotland's Dunfermline Athletic, to help claim the first piece of silverware in their history. He was young, strong, healthy, and confident. But professional football, he found, is rarely easy. *Small Time* is the story of a life spent mostly in the backwaters of the game. As Justin negotiated the Non-League pitches of the Vauxhall-Opel League, and the many failed professional leagues of the U.S. in the 1980s and 90s, he struggled not only with his game, but his physical and mental health.

Battling stress, social anxiety, a mysterious stomach ailment, and simple bad luck, he nonetheless experienced fleeting moments of triumph that no amount of money can buy. Football, he learned, is 95% blood, sweat, and tears; but if you love it enough, the other 5% makes up for it.

Graduation: Life Lessons of a Professional Footballer

The 2010/11 season will go down as a memorable one for Goalkeeper Richard Lee. After more than ten years at Watford FC, Richard signed for League One outfit Brentford FC, but soon found himself cast aside. Dropped after one game and behind three other goalkeepers before he would get another opportunity - Richard would take on his toughest challenge to date. Cup wins, penalty saves, hypnotherapy and injury would follow, but these things only tell a small part of the tale. Suffering from acute mental anxiety throughout his career pushed Richard into making a choice between fight or flight. Could he overcome his fears or take the easy road out and quit? Fortunately for Brentford fans, he chose to fight. Throughout this book, Richard shares his understanding of the mind and how to apply it for high-level performance. Filled with anecdotes, insights, humour and honesty - *Graduation* uncovers Richard's campaign to take back the number one spot, save a lot of penalties, and overcome new challenges. What we see is a transformation - beautifully encapsulated in this extraordinary season.

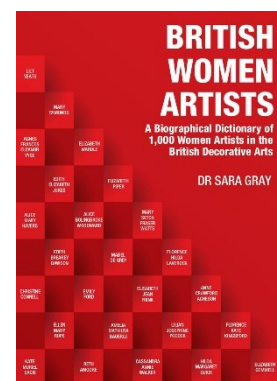


OOH-AAH: The Bob Booker Story

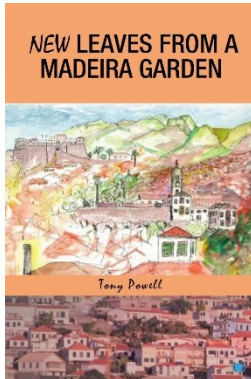
OOH-AAH BOB BOOKAH... And so begins one of the most iconic chants in football. A chant for a cult hero who was renowned for his hard work, tenacity, honesty, and graciousness. A chant for a player who left everything on the pitch. *OOH-AAH: The Bob Booker Story* covers Bob Booker's challenges of dealing with fans' expectations, a long-term chronic injury that threatened to end his career, and how he coped with the intrigue and machinations of football management. With contributions from former teammates, managers, and friends, the real Bob Booker is revealed in all his complexities. It is the kind, friendly, and humorous Bob that we all expected to find but also one who demonstrated grit, determination, courage, inner strength, guile and perseverance to forge such a long and successful career for himself.

British Women Artists: A Biographical Dictionary of 1,000 Women Artists in the British Decorative Arts

This comprehensive volume presents the biographies of 1,000 women who were active in the British decorative arts over the last few centuries. Some of these women are known today, some are not, yet all made valuable contributions in areas such as stained glass, metalwork, pottery, woodcarving, illustration, bookbinding and decoration, sculpture, decorative embroidery, decorative jewellery, and illumination.



History



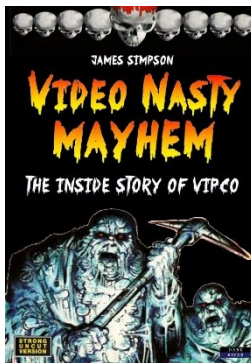
[New Leaves from a Madeira Garden](#)

New Leaves from a Madeira Garden, from Tony Powell, introduces readers to the delights of 21st-century life on the beautiful Atlantic Island of Madeira.

Inspired by an original text, *Leaves from a Madeira Garden*, first published in 1909, this modern-day exploration of Madeira compares and contrasts the Island's expansion and history. In 1909, Sir Charles Thomas-Stanford described his title as “a trivial story of an uneventful winter”, however, we discover he enjoyed four-month stays on the Island over many years, and was enamoured with this unique idyll. The same is true for visitors in the present day.

New Leaves from a Madeira Garden highlights much of the Island's development over the past 100 years (a century of remarkable change), as seen through the eyes of these two visitors. Both came to the Island for long winter breaks, and the two impressions make for a remarkable, satisfying, and entertaining contrast that will fascinate and captivate tourists and islanders alike.

Content covers Funchal, the mountains, plus numerous other parts of the island, the influx of British visitors over the years, the political and social changes that Madeira has experienced, holy days and holidays, and – of course – the world-famous gardens.



[Video Nasty Mayhem: The Inside Story of VIPCO](#)

Great Britain, the 1980s. VHS is rapidly becoming popular, and the more gory and violent the movies, the better. One company has latched on to this trend quickly – selling and renting controversial films to the public. It is called the Video Instant Picture Company, a.k.a. VIPCO.

Founded and run by Michael Lee – Mike to his friends – this small independent video distributor would swiftly grow into a money-making machine and become synonymous with the so-called ‘Video Nasties’ scandal. Indeed, as VIPCO grew, Mike would become a millionaire, find his company raided by the police, nearly go broke, then resurface to trade in on the memory of the Nasties during the nineties and beyond.

VIPCO would give the iconic *Zombie Flesh Eaters* its first-ever UK home video release, create the headline-grabbing artwork for *The Driller Killer*, and produce the outlandish *Spookies*, amongst other notable achievements. Later, the company would gain notoriety for re-releasing some of the Nasties on sub-par DVDs and offering titles with shoddy video sleeves.

Put It On The Windowsill: An Italian-American Family Memoir

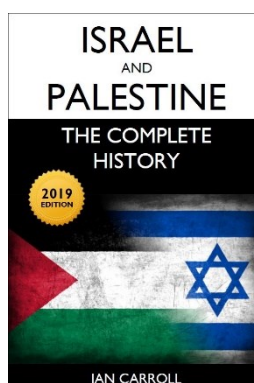
The Italian-American family is a unique and wonderful cultural entity. From the bond between generations, to collective responses to adversity, to its overwhelming love of food – the family is central to Italian-America.

Sharing stories of her extended Italian-American family in this personal memoir, Marcia Brennan shows how cultural histories can be deeply interwoven with the magic of blessings, curses, and other forms of creation. From the rituals employed to ward off bad luck, to the mischief of older family members, to Italian toasts and swear words – *Put It On the Windowsill* shines a light on the multi-faceted world of Italian-American people.



Italianità: The Essence of Being Italian and Italian-American

Whether people hail from Napoli or New York, Bari or Boston, Poughkeepsie or Palermo, there is a special quality that binds them - *Italiani nel Mondo* - together. And that agent is *Italianità*, the essence of being Italian. Many people see themselves as Italian, but trying to define exactly what that means - what makes them all part of one global family - well, that can be a little tougher. In this book, William Giovinazzo explores the culture and history of Italians and Italian-Americans, from the time when the Greeks first colonized Italy, to the influx of Italian immigrants in the 19th and 00th centuries, to John Travolta strutting his stuff in a New York disco. In an insightful and entertaining journey, which also takes in food, religion, relationships, and - of course - the Mafia, readers explore how the two groups are the same and how they differ. Ultimately, they discover how *Italianità* is a complex and multifaceted entity; it's what makes Italian and Italian-American societies the wonderful, life-affirming, vibrant cultures that they are.

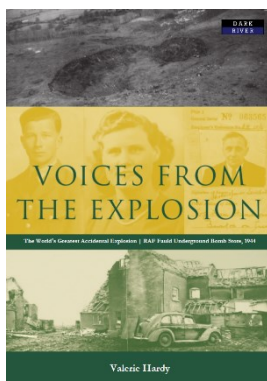
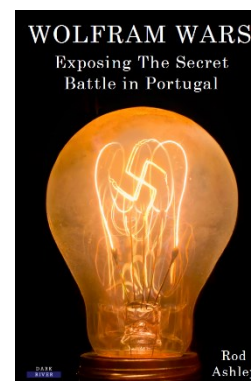


Israel and Palestine: The Complete History [2019 Edition]

Israel and Palestine: The Complete History seeks to explain the overall story of Israeli and Palestinian tensions and divisions in the region. Indeed, without properly understanding the full history of the area, it is impossible to understand the current situation. In this book, author Ian Carroll takes the reader back to the very beginning of the conflict some 4,000 years ago, then moves through the major events of the Middle Ages and 20th century, and brings us right up to the present day, documenting the significant events that have happened along the way. The reader is allowed to make up their own mind as to where praise and condemnation belong with this issue.

Wolfram Wars: Exposing The Secret Battle in Portugal

Wolfram - also known as Tungsten - is about more than electric light bulbs. Its more deadly claim-to-fame rests in its armour-piercing qualities. During WWII, Wolfram was in great demand with both the Allies and Axis powers who scoured the globe for the precious material; indeed, they deployed huge resources to secure supplies whilst simultaneously doing their best to sabotage and undermine one another. *Wolfram Wars* examines the role of Portugal in the Wolfram trade, alongside the exploits of its British, American and German customers. It takes in the glitz and glamour of wartime Lisbon, the mischievous dealings of intelligence services, and includes some of WWII's most interesting spies - spies with code names such as Garbo, Tricycle, and Treasure. A certain young intelligence officer and creator of James Bond - Ian Fleming - also has a role to play.

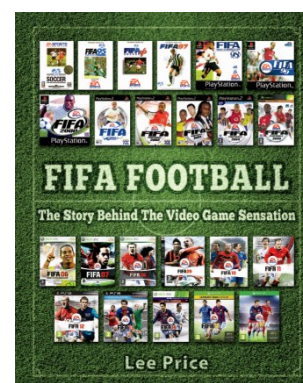


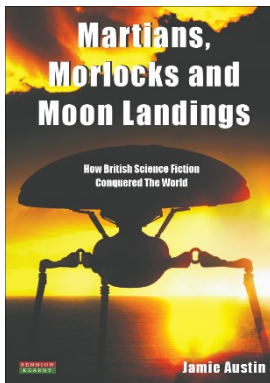
Voices from the Explosion: RAF Fauld, the World's Largest Accidental Blast, 1944

The story, told for the first time from eyewitness accounts, of the world's largest manmade pre-nuclear explosion. It happened at R.A.F. Fauld bomb store on 27th November 1944 and killed 70 people. The author's family farm was damaged in the blast but the family survived. Neighbouring friends, and their farm, disappeared forever. Today, a massive crater survives as a lasting reminder of the nearly 4,000 tons of bombs and shells that blew up, registering on seismographs as far away as Casablanca. Six million gallons of reservoir water turned 90 feet of solid earth falling from the sky into mud, which engulfed a plaster works and its workers. In this fascinating and expertly researched book, author Valerie Hardy crafts a compelling and unforgettable read. Bringing eyewitness stories together, the tragedy is relived and provides an extraordinary insight into the disaster that unfolded that winter morning.

FIFA Football: The Story Behind The Video Game Sensation

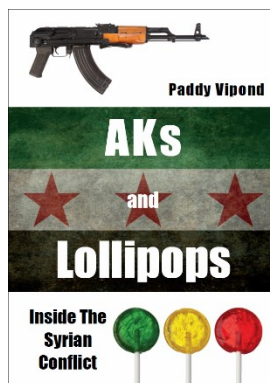
EA's most beautiful game - the FIFA series - has proved a global success. It has sold a record-breaking number of copies, garnered numerous plaudits and awards, and established itself as the leading sports title on the market. But it almost never was. In *FIFA Football*, author Lee Price explores the history of the series including its gameplay and unique isometric camera angle, the battle with *Pro Evolution Soccer* for gaming supremacy, and the hi-tech software used to put together *FIFA 16* - a release which includes women's teams for the first time. It's a series which continues to innovate and exhilarate.





Martians, Morlocks and Moon Landings: How British Science Fiction Conquered The World

Science Fiction has long been a part of popular culture. From the colour coordinated adventures of Captain Kirk and crew to the city chomping of Godzilla, it is very much a worldwide phenomenon. And it all started over a century ago - in Britain. From Victorian literature through to the modern day - Martians, Morlocks and Moon Landings explores the genre's development through the imaginations of H G Wells, John Wyndham, George Orwell, Nigel Kneale, and many more. It chronicles the creative minds that foresaw lasers, moon landings, and aggressive walking plants. It charts the socio-political climates which gave rise to Orwell's totalitarian vision, the self-sufficient Survivors, and the cash-strapped Blake's 7. British Science Fiction is a window into contemporary history, laying bare a nation's psyche - occasionally by dressing it up in a foam rubber costume and having it pursue actors down a BBC corridor.



AKs and Lollipops: Inside The Syrian Conflict

Since the spring of 2011 Syria has been a country intent on destroying itself. What began as peaceful demonstrations, against the leadership of President Bashar al-Assad, soon became a national uprising to overthrow the dictator. With millions displaced, and hundreds of thousands dead, it is a humanitarian disaster on a scale the world has not seen in decades. In the midst of this turmoil, Paddy Vipond, a young British volunteer, ventured across the border from Turkey to see the situation for himself, and to help those that were suffering. This honest and insightful account of the short time he spent in Syria is a thought-provoking and candid look at a world many of us have turned our backs on. Armed with nothing but a pen and paper, and in the company of a man he had met the day before, Paddy embarked on a journey that would change his life forever.

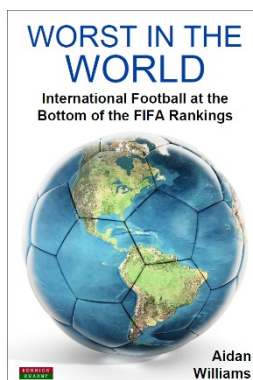
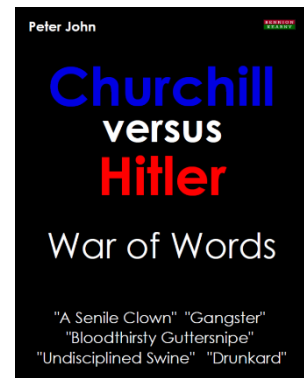
North Korea: On the Inside, Looking In

Irish Engineer, Dualta Roughneen, experienced the trials and tribulations of North Korea from 2004 to 2007 as an aid agency worker - keeping notes of his observations and thoughts. Based in the capital, but with access to towns and the countryside outside Pyongyang, he was able to see inside this most secretive of countries, beyond the picture of a socialist paradise portrayed on officially sanctioned tours. Beautifully written, with a gentle humour, and offering eye-opening insights of life in the 'Hermit Kingdom' consistently denied to the few tourists and formally approved visitors that venture in, the book superbly observes Korean politics, the people, freedoms, and hardships, (as well as a bit of food and shopping). It details the day-to-day idiosyncrasies of being a foreigner in this most strange and unusual country. Living as a foreigner in North Korea is like watching television with the sound off.



Churchill versus Hitler: War of Words

Adolf Hitler and Winston Churchill clashed for years in public as their opinions of each other and feuding helped determine the course of the Second World War. As diplomatic and military episodes unfolded - both men analysed, commentated upon, and taunted each other with Churchill continuing to do so for many years after Hitler's death. Yet, until now, there has been no dedicated, detailed history of the men's rivalry. Based on three years of research in archives across Britain, Germany and the United States, *Churchill versus Hitler: War of Words* chronicles the Second World War, and much more, through the protagonists' speeches, writings and private conversations.



Worst in the World: International Football at the Bottom of the FIFA Rankings

The fate of sporting underdogs has long stirred the passions of many a follower. There is something pleasing about watching apparently 'ordinary' people taking on the sporting elite. Teachers, accountants, fishermen and waiters - they play for the love of football and the pride in their nation. For footballing countries stuck at the bottom of FIFA's world rankings - life can be hard. Sporadic fixtures against far better equipped sides can be a soul-destroying enterprise with frequent defeat, sometimes bordering on humiliation, the regular outcome for these teams and their players. But when that positive result finally arrives, it can mean so much: unbridled joy, national glory, and even...

redemption.

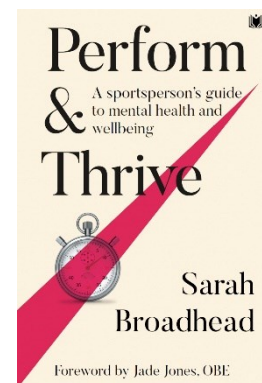
Psychology

Perform & Thrive: A Sportsperson's Guide to Mental Health and Wellbeing

Good mental health and wellbeing are the cornerstones of success and fulfilment in both sport and life. Without them, barriers appear insurmountable, and victories can feel hollow. It is possible to perform for periods of time if you are struggling mentally, but this state is not sustainable or enjoyable.

So, how do sportspeople keep on top of wellbeing and the mental side to both sporting performances and life overall? In this book, by top Chartered Psychologist Sarah Broadhead, we deep dive into the elements that really count, and identify what can be done – practically – to provide sportspeople with the best possible chance of success.

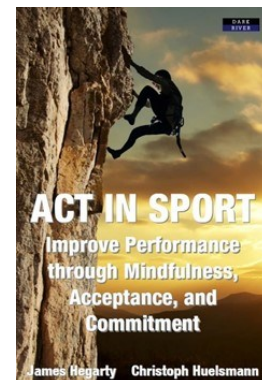
Filled with real-world examples, findings from the latest research, plus life stories from top athletes, this book – for athletes, coaches, and administrators – is a must-read for nurturing people who wish to perform and thrive!



ACT IN SPORT: Improve Performance through Mindfulness, Acceptance, and Commitment

ACT – Acceptance and Commitment Training/Therapy – is a modern and effective psychological approach based on a scientific understanding of human thought and emotional processes. ACT uses a practical and easy-to-use framework for skill development through values-based action, commitment, defusion, mindfulness, and acceptance.

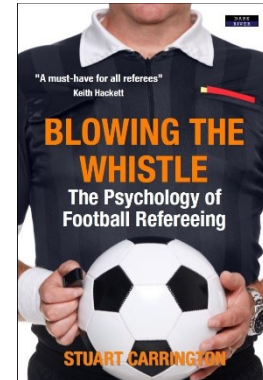
ACT in Sport is a practical workbook that provides a variety of simple strategies for athletes, sport psychologists, and coaches – regardless of their level of ability – for growing their skills. It is a manual for anyone wanting to become familiar with this increasingly popular but poorly understood approach to the psychology of sports performance.



Blowing The Whistle: The Psychology of Football Refereeing

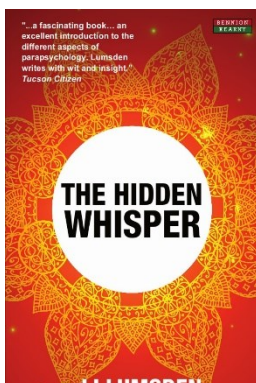
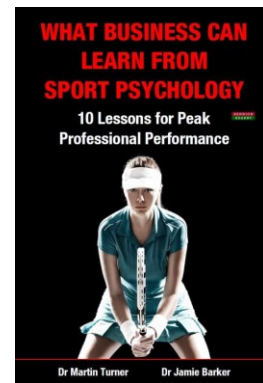
The football referee. Charged with controlling the players and enforcing the laws of the most popular and passionate game on the planet, they are often alone and always outnumbered. They ply their trade in the face of competitive athletes and a partisan crowd, all desperate to sway judgments in their favour. Along with players and coaches, they are the only people who can influence the result of a football match, yet despite such importance, there are many questions.

Meticulously researched and written by leading authority Stuart Carrington, a multitude of views from the terraces, the media, academic studies, and referees themselves are brought together to bust myths and shine a light on the misunderstood, rarely appreciated, and often vilified individuals who are central to the beautiful game. Vital lessons from psychology are explored to ensure no stone is left unturned in finally understanding: *what is it really like to referee a football match?*



What Business Can Learn From Sport Psychology

The mental side of performance has always been a crucial component for success - but nowadays coaches, teams, and athletes of all levels and abilities are using sport psychology to help fulfil their potential and serve up success. It goes without saying that business performance has many parallels with sporting performance. But did you realize that the scientific principles of sport psychology, used by elite athletes the world over, are being used by some of the most successful business professionals? Performance - in any context - is about utilizing and deploying every possible resource to fulfil one's potential. This book is about getting into a winning state of body and mind for performance - whatever that might be - sales pitches, presentations, leadership, strategic thinking, delivery, and more.

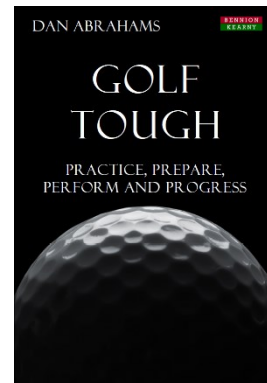


The Hidden Whisper

A paranormal puzzle smoulders in the desert heat of southern Arizona. At the home of Jack and Chloe Monroe, a written message "Leave Now" appears then disappears, a candle in an empty room mysteriously lights itself, and – most enigmatically – an unidentifiable ethereal whisper begins to permeate the house. What was once simply strange now feels sinister. What once seemed a curiosity now seems terrifying. *The Hidden Whisper* is the acclaimed paranormal thriller, written by real-life parapsychologist Dr. JJ Lumsden, which offers a rare opportunity to enter the intriguing world of parapsychology through the eyes of Luke Jackson. The fictional narrative is combined with extensive endnotes and references that cover Extra Sensory Perception, Psychokinesis, Haunts, Poltergeists, Out of Body Experiences, and more. If you thought parapsychology was like Ghostbusters – think again...

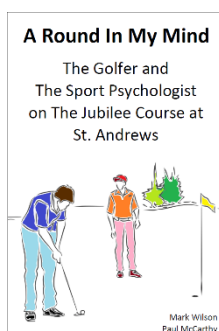
Golf Tough: Practice, Prepare, Perform and Progress

Golf Tough shows readers how to practice to build skill, technique and confidence. Visits to the range will become more productive and purposeful than ever, and practice more deliberate. The author, Dan Abrahams, 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 readers how. Includes contributions 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.



The Successful Golfer: Practical Fixes for the Mental Game of Golf

The Successful Golfer is designed to help address 50 of the most common faults that players experience and which hold them back. These include: hitting the self-destruct button when winning, nervousness on the first tee, lost confidence, failing to 'practise as you play', losing focus off poor drives, and many more. Each fault is remedied with a clear practical fix. Readers will learn to develop effective practice plans, build a dependable pre-shot routine, cope with the pressures of competitive golf, and deal with distractions. In the second part of the book, lessons from 30 fascinating research studies on golf are presented to help keep readers ahead of the field. They include research on putting, practice, choking, and overthinking. In the third and final part of the book, clear instructions are provided on developing a number of highly effective techniques that can be used across a wide variety of situations. These include: pre-shot routines, breathing exercises, goal setting, and how best to practice.

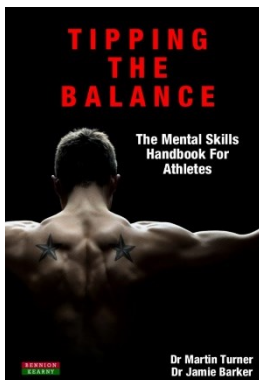
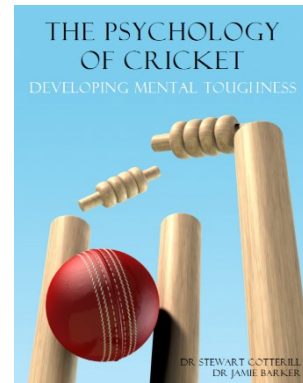


A Round In My Mind: The Golfer and The Sport Psychologist on The Jubilee Course at St. Andrews

In this unique book on golf improvement, follow the fictional account of Chris Marriott, a 4-handicap golfer, as he plays a round of golf on the Jubilee Course at St Andrews - accompanied by a sport psychologist, James MacAndrew. As each hole presents its challenges, Chris and James discuss their experiences of golf and Chris begins to understand what is holding him back from shooting lower scores and, equally importantly, better enjoying his golf! Written by real-life sport psychologists Paul McCarthy and Mark Wilson, the book covers themes such as emotional control, decision-making, ego versus ability, removing self-imposed limitations, and controlling processes better. By the end of the book, readers will understand how to challenge and address the issues in their golf game that are hindering them.

The Psychology of Cricket: Developing Mental Toughness [Cricket Academy Series]

The mental side of cricket is what separates the best players from the rest. Technical, tactical, and physical preparation are important for top class performances but it is often what happens inside a player's mind that is the difference between success and failure. Whether batting, bowling, or fielding, a player's psychological strength has been identified by coaches, players, and commentators as a critical ingredient for winning cricket matches. *The Psychology of Cricket* teaches individuals to develop mental toughness by using mental skills which can be used in both practice and match situations. The book also provides expert advice on understanding the important ingredients of successful teams and leaders.



Tipping The Balance: The Mental Skills Handbook For Athletes [Sport Psychology Series]

Many athletes grow up with the philosophy that their mental approach to performance is fixed. They do the same things over and over again and expect excellence. But we know that mental approaches are not fixed. They are extremely changeable and adaptable, and therefore the greatest athletes can develop their mental approaches to fulfil their potential. Athletes who can deal with pressure enjoy their sport more, achieve excellence and are resilient to the demands of competition and training. *Tipping The Balance* offers contemporary evidence-based and highly practical mental strategies to help an athlete to develop the crucial mental skills that enable them to thrive under pressure, perform consistently when it matters most, and enjoy the challenge of the big event.

Miscellaneous

Thrive in the Year of the Rabbit

On January 22nd 2023, the Chinese New Year of the Rabbit bounds into action. All Rabbit years are believed to bring happiness and good luck, but this is no ordinary Rabbit year, for 2023 is the year of the Black Water Rabbit – a specially gifted, creative Rabbit that has not been seen since 1963.

After the chaos and tumult of the departing Year of the Tiger, Water Rabbit energy promises to restore peace and harmony and shower the world with sparkling opportunities. But will you benefit from the Rabbit's generosity?

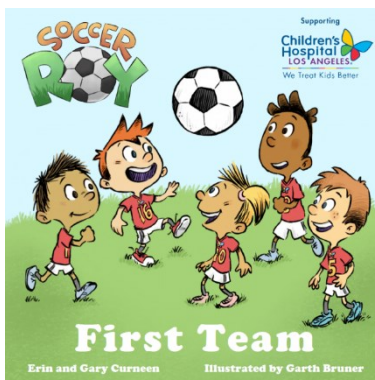
Once you learn how to harness this vibrant new power, you'll have all the tools you need to enhance your life and make your dreams come true. Once you understand your sign and how to boost its good fortune, you can take advantage of the opportunities 2023 has in store for you.



Soccer Roy: First Touch

Soccer Roy follows the eponymous Roy as he learns all about the fun, friendship and development afforded by soccer.

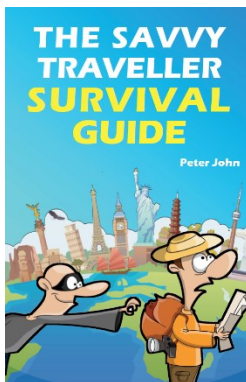
[Children's Book]



Soccer Roy: First Team

The sequel to *Soccer Roy: First Touch* where Roy now joins a soccer team, and learns all about winning and losing.

[Children's Book]



The Savvy Traveller Survival Guide

The Savvy Traveller Survival Guide offers practical advice on avoiding the scams and hoaxes that can ruin any trip. From no-menu, rigged betting, and scenic taxi tour scams to rental damage, baksheesh, and credit card deceits - this book details scam hotspots, how the scams play out and what you can do to prevent them. The Savvy Traveller Survival Guide will help you develop an awareness and vigilance for high-risk people, activities, and environments.

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