BENNION KEARNY

LONDON BOOK FAIR 2019
RIGHTS CATALOGUE

NON-FICTION

LONDON BOOK FAIR 2019

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About Bennion Kearny

Bennion Kearny is an international publishing company based in the UK. The company publishes its titles across Europe, North America, Asia, and Australasia. Bennion Kearny also publishes under the Oakamoor Publishing, Dark River, and Towers Drake imprints.

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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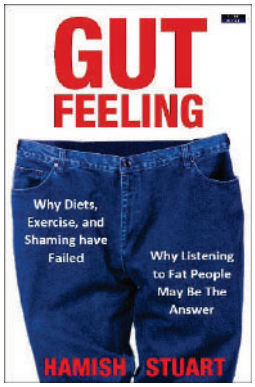
Table of Contents

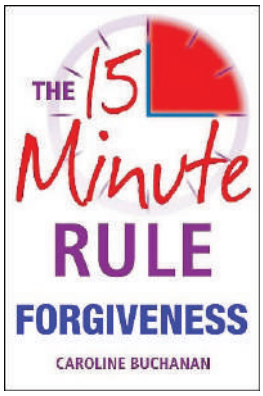
Coming Soon 1
Business 2
Self Help 4
Sports Coaching 8
Biography 20
History 24
Psychology 28
Miscellaneous 30

Coming Soon



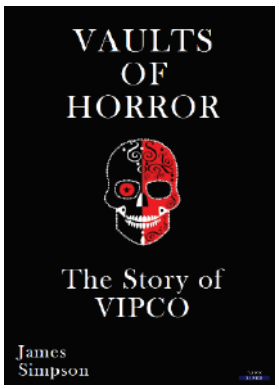
Gut Feeling

In *Gut Feeling*, journalist Hamish Stuart 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 government. The obesity debate is starting from the wrong place; it is dominated by people who do not really understand what being overweight means!



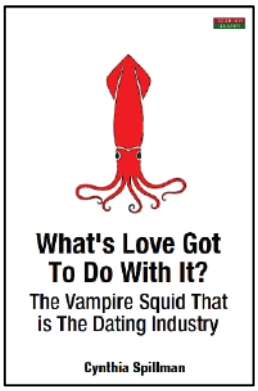
The 15-Minute Rule for Forgiveness

In The 15-Minute Rule for Forgiveness, Caroline Buchanan follows up her 2012 international best-seller - *The 15 Minute Rule: How to stop procrastinating and take charge of your life* – to help readers overcome the obstacles holding them back from forgiving others, and forgiving themselves.



Vaults of Horror: The Story of VIPCO

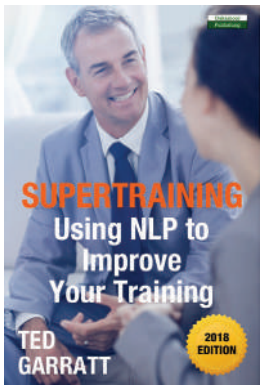
VIPCO was a home video distribution company, led by the charismatic Mike Lee, which specialised in horror and zombie movies. Earning a reputation as the poster child of the 'Video Nasties' movement, this is the first definitive book to detail the rise and fall of VIPCO, and its titles.



What's Love Got to Do with It? The Vampire Squid that is the Dating Industry

The vast majority of those employed in the dating industry – in all its forms – don't care about their clients, nor about dating perceptions and inequality. Despite their sickly, sugary, falsely benevolent appearances – they're only in it for the money. Horror stories abound, yet desperate folk keep on going on back for more. This book is an anti-dating guide, from an industry professional that offers a devastating critique of the industry.

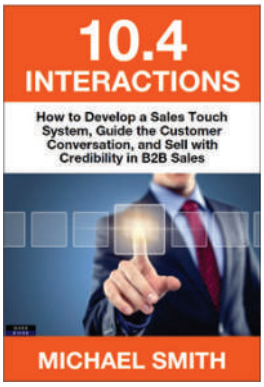
Business



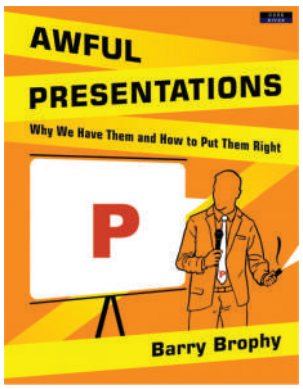
SuperTraining: Using NLP to Improve Your Training

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



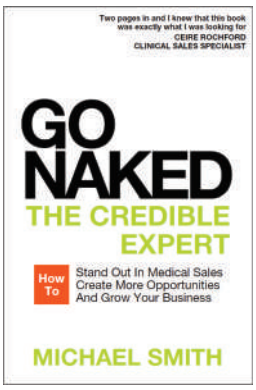
A few years back, Google published research that brought a new term - "Zero Moment of Truth" - to the world's attention. It derived from a study that found how, on average, consumers need 10.4 interactions from various sources to develop their buying knowledge before they make a purchasing decision. 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.

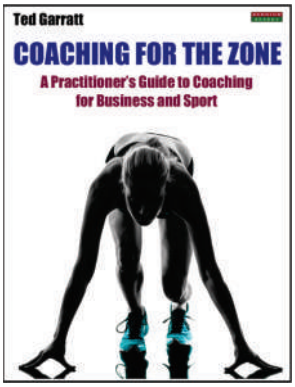
In this book, presentation specialist Barry Brophy explains why competent people give hapless presentations. And it's *not* because of nerves. Most of what you thought you knew about presentations is wrong; successful presentations are not about speaking but listening. They are not about your knowledge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

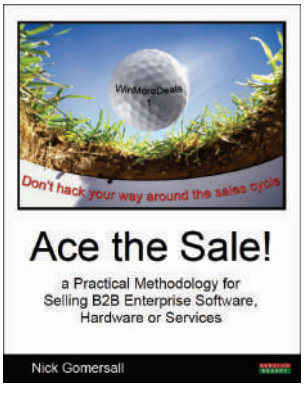
The Credible Expert provides the medical sales professional, with the second instalment of the *Go Naked* series, this time with an even more thought-provoking and practical perspective on how to stand out, create more opportunities, and grow business. It breaks down the steps required for securing opportunities 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.

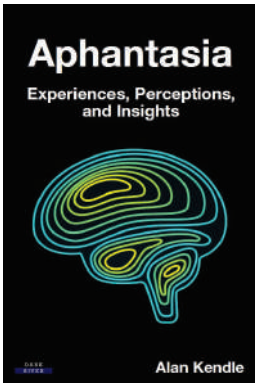


Ace the Sale! a Practical Methodology for Selling B2B Enterprise Software, Hardware or Services

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.

Self Help



Aphantasia: Experiences, Perceptions, and Insights

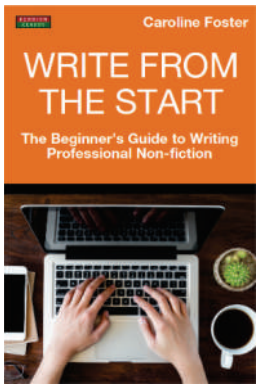
Close your eyes and picture a sunrise. For the majority of people, the ability to visualize images - such as a sunrise - seems straightforward, and can be accomplished 'on demand'. But, for potentially some 2% of the population, conjuring up an image in one's mind's eye is not possible; attempts to visualize 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.

Success in the Year of the Pig [2019 Edition]

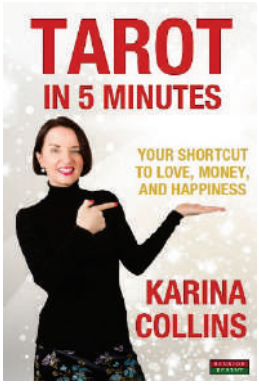
This concise and focused book from leading Chinese Horoscope authority Linda Dearsley details the advent of the Year of the Pig. In the book, readers will discover what opportunities (and potential risks) 2019 has in store for them. They will: understand their sign's strengths and weaknesses to help achieve success and contentment; learn how best to work, cooperate, and find love, with the other zodiac signs – to achieve prosperity, understanding, and happiness; and much more.



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

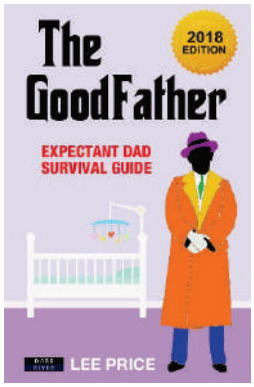
Write From The Start is a book that is aimed at novice writers, hobbyist writers, or those considering a full-time writing career, and offers a comprehensive guide to help readers plan, prepare, and professionally submit their non-fiction work. It is designed to get people up-and-running fast. *Write 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.

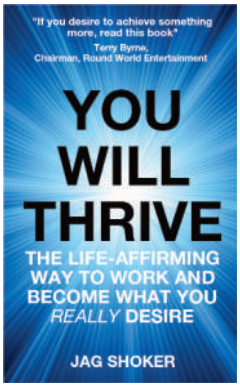
In this full-colour book, Karina provides explanations and insights into the full 78-card Tarot deck, how to phrase questions most effectively, real-world sample readings, why seemingly scary cards represent opportunities for growth and triumph, and more.



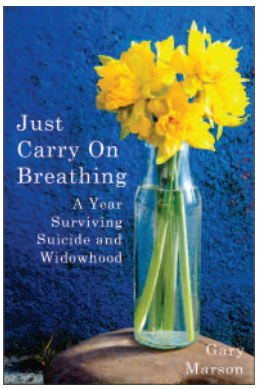
The GoodFather: Expectant Dad Survival Guide

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



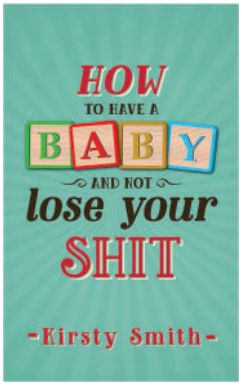
You Will Thrive addresses the subject of modern disillusionment. It is essential reading for people looking to make the most of their talents and be something more in life. Something that matters. Something that makes a difference in the world. Through six empowering steps, it reveals 'the Way' to boldly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



Just Carry On Breathing: A Year Surviving Suicide and Widowhood

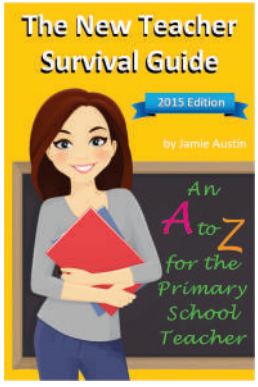
Gary Marson's world collapsed in seconds when he returned home from work to find his wife - Louise - a gifted and much-loved doctor, had taken her life at the age of just 40. *Just Carry On Breathing* is a powerful, raw, touching and insightful account of Gary's subsequent journey through the first year 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.

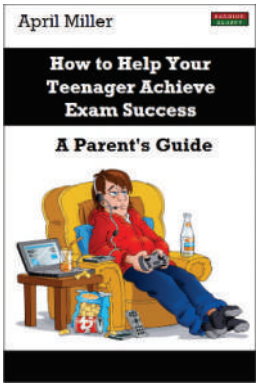
Appealing to new and expectant mums (as well as existing mothers who will identify with many of the experiences) this is not a book about surviving parenting: having a baby is not an ordeal it's a brilliant life-affirming experience. This book is about enjoying parenting but acknowledging its challenges,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



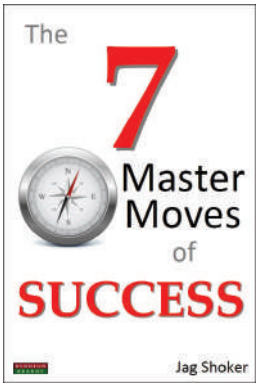
The New Teacher Survival Guide: An A-Z for the Primary School Teacher

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.

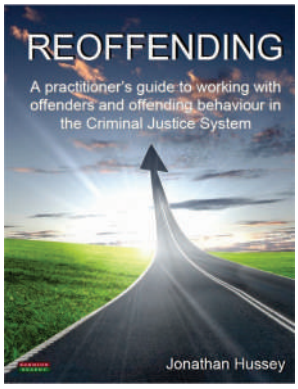


The 7 Master Moves of Success

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

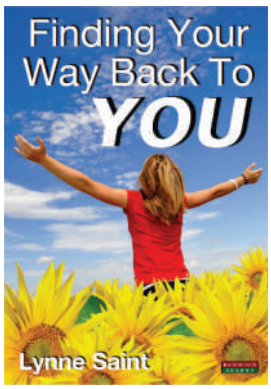
In this absorbing and uplifting book, Jag Shoker - a leading performance coach to business leaders, sports professionals and creative performers - brings the science and inspiration behind success to life. Drawing widely on research, his extensive consultancy experiences, and insights into the successes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

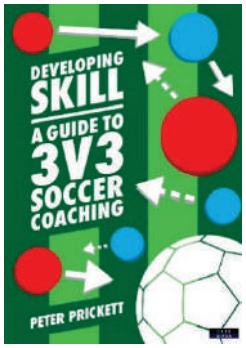


Finding Your Way Back to YOU: A self-help book for women who want to regain their Mojo and realise their dreams!

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.

Sports Coaching

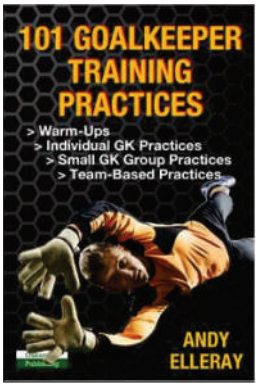
Developing Skill: A Guide to 3v3 Soccer Coaching



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

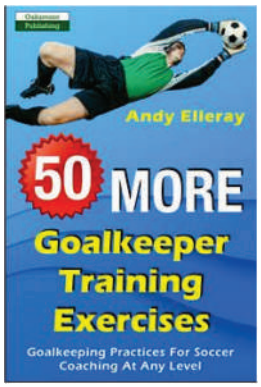
Aimed at football coaches of all levels, and players of all ages and abilities, *Developing Soccer Players: Forward-Specific Practices* seeks to develop, and enhance, the skills and functions of forward players through low numbers training. This includes the player on their own, with a coach, and in 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 Elleray 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

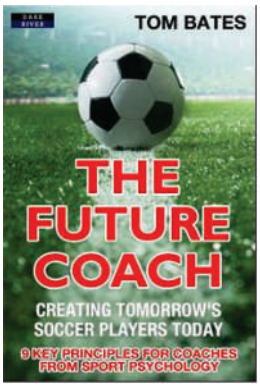


The goalkeeper training exercises in the book focus on five main viewpoints - technical, tactical, psychological, physical, and social/environmental. Each practice is weighted to develop these elements to greater and lesser degrees, and exercises include 1v1 techniques, decision making, shot stopping 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 Elleray, 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



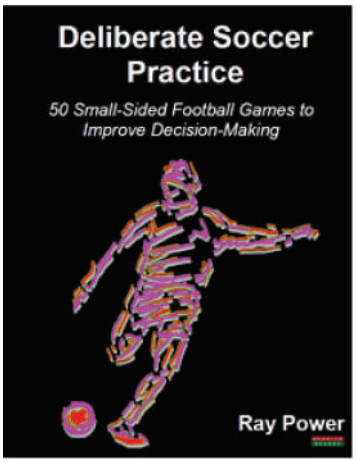
The Future Coach offers proven principles from soccer psychology for coaches to create winning cultures and re-define coaching excellence. Based around practically applied principles of performance psychology, coaches will gain the opportunity to explore how the values, beliefs, and expectations they 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 Wiser 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

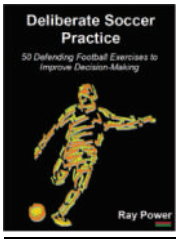
No one ever said that the game of golf is easy. How often have readers seen or bought a golf instruction book that claims to offer an improved technique or a swing fix - but which doesn't explain *which part* of a player's technique needs fixing? In *The Winning Golf Swing*, renowned golf professional 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.

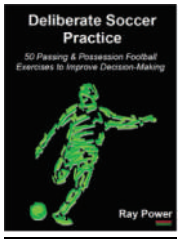


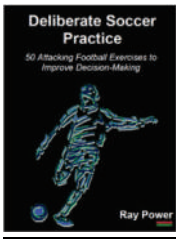
Deliberate Soccer Practice: 50 Small-Sided Football Games to Improve Decision-Making

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



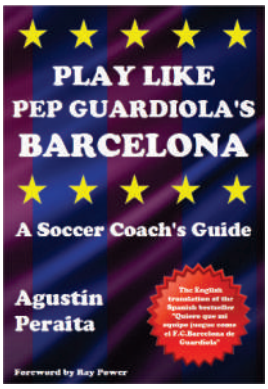




Winning Your Players through Trust, Loyalty, and Respect

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

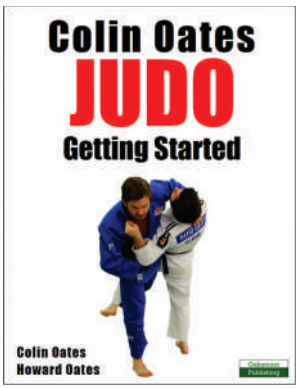


Written by Agustín Peraita, FCBEscola Project Director at Sao Paulo FC Barcelona, this book is for soccer coaches looking to understand and implement Pep Guardiola's tactical approach and coaching methodology for that 2009-2010 Barça side. Containing more than 50 illustrations, detailing on-field drills, 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.

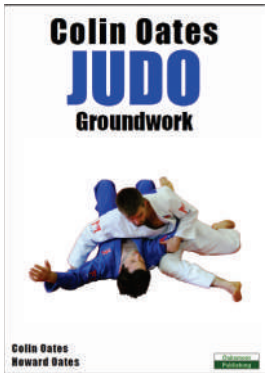
The Hidden Motor: The Psychology of Cycling

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



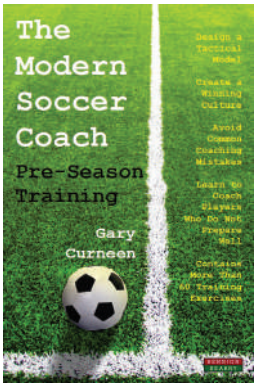
Judo is rare among fighting sports, as the fighter's intention is to defeat an opponent without inflicting injury. Aimed at newcomers to the sport, this book highlights the basics of Judo and details the most important techniques with the aid of more than 100 photos. An easy-to-read and practical book, 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

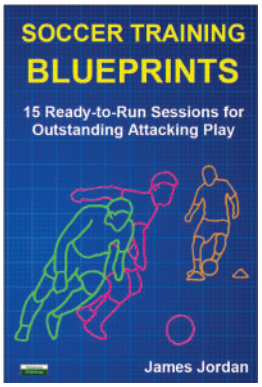
Aimed at Soccer coaches of all levels and with players of all ages and abilities *The Modern Soccer Coach* identifies the areas that must be targeted by coaches who want to maximize a team's potential - the Technical, Tactical, Physical, and Mental sides to the game.

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.

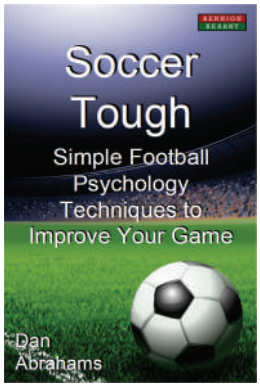
The Modern Soccer Coach: Position-Specific Training

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



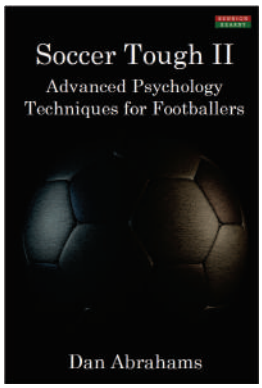
Utilising a game-based approach to soccer - where individuals actually play games rather than growing old in semi-static drills - author James Jordan offers 15 detailed session plans (comprised of 75 cutting-edge exercises) to help coaches develop attacking mindsets and improved skills in their players, 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

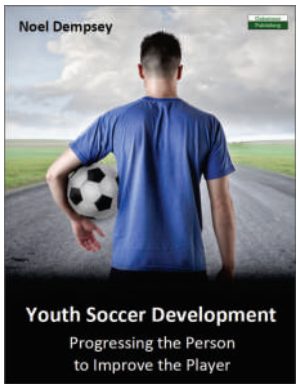
Soccer Tough demystifies the mental side of football and offers practical techniques that will enable soccer players of all abilities to actively develop focus, energy, and confidence. Soccer Tough will help banish the fear, mistakes, and mental limits that holds players back. In *Soccer Tough,* soccer 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

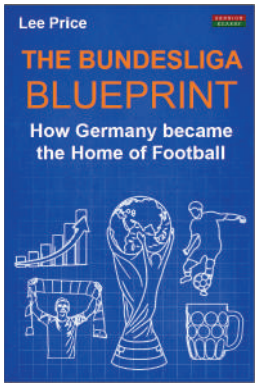


Global soccer psychologist Dan Abrahams follows up his ground-breaking, international bestseller *Soccer Tough* with his sequel title. In *Soccer Tough 2: Advanced Psychology Techniques for Footballers*, Dan introduces soccer players to more cutting edge tools and techniques to help them develop the 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

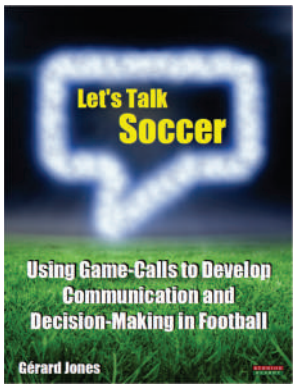


In *Youth Soccer Development*, football coach Noel Dempsey examines where coaching has come from and where it is heading. Offering insights into how English football has developed, coaching methods, 'talent' in youngsters, and how a player's entire environment needs to be considered in coaching programmes - 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 instil 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

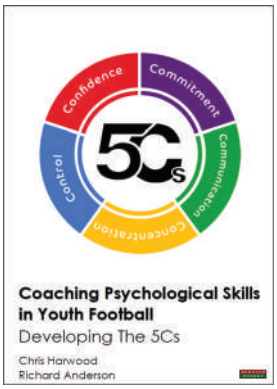
German Football is on a roll: winners of the 2014 World Cup, club sides leading the way in Europe, a production line of superb talent coming through the system. Yet, fifteen years ago - at Euro 2000 - it was all so different. Germany suffered one of their most humiliating tournament exits as dismal performances 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.



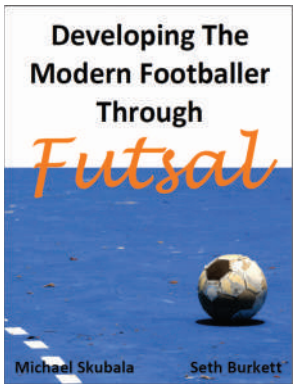
Let's Talk Soccer: Using Game-Calls to Develop Communication and Decision-Making in Football

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

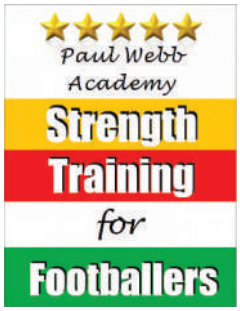


Successful footballers are typically those who are best able to: regulate their emotions, fix their attention, utilise effective interpersonal skills, and remain highly motivated and self-assured in the face of consistent challenges. These behaviours are the hallmark of mentally tough, emotionally intelligent 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.



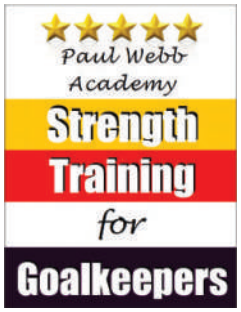
Developing the Modern Footballer through Futsal

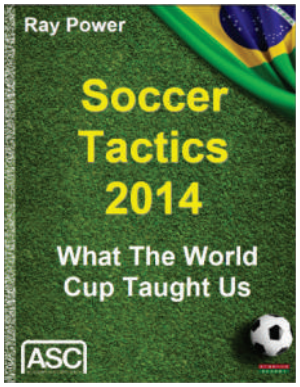
Aimed at coaches of all levels and ages, *Developing the Modern Footballer through Futsal* is a concise and practical book that provides an easy-to-understand and comprehensive guide to the ways in which futsal can be used as a development tool for football. From defending and attacking to transitional 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.





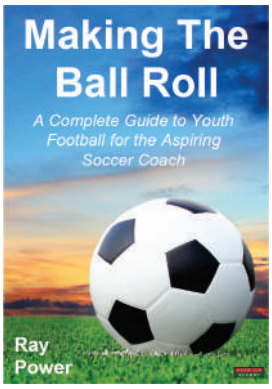
Soccer Tactics 2014: What The World Cup Taught Us

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

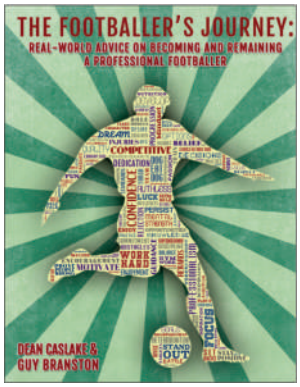
The game of soccer is constantly in flux; new ideas, philosophies and tactics mould the present and shape the future. Since the turn of the century we have witnessed dramatic changes in the beautiful game: new types of player, new coaching methods and tactical innovations have all enhanced and changed 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.

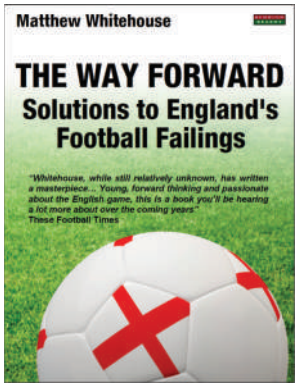
Each chapter covers, in detail, a separate aspect of coaching to give you, the football coach, a broad understanding of youth soccer development. Each topic is brought to life by the stories of real coaches working with real players. Never before has such a comprehensive guide to coaching soccer been 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

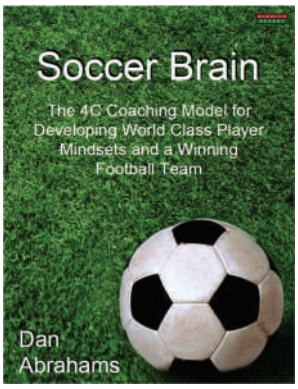
Many youngsters dream of becoming a professional footballer. But football is a highly competitive world where only a handful will succeed. Many aspiring soccer players don't know exactly what to expect, or what is required, to make the transition from the amateur world to the 'bright lights' in front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



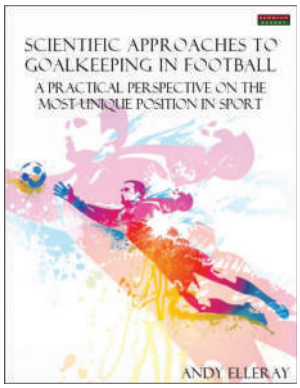
The Way Forward: Solutions to England's Football Failings

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.

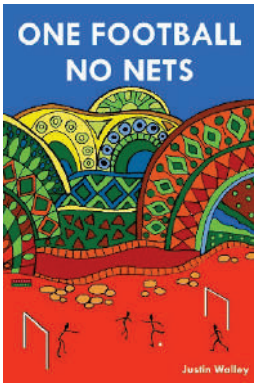


Scientific Approaches to Goalkeeping in Football: A practical perspective on the most unique position in sport

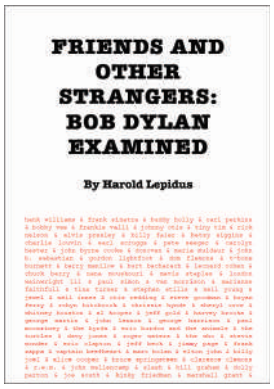
Goalkeeping is a unique and often undervalued role within a football team. It can be a lonely position with exclusive physical, psychological and tactical demands placed upon the person donning the gloves. The man between the sticks must be able to perform a multitude of tasks to prevent goals going in, but also operate so the 'last line of defence' becomes the first line of attack. Written by goalkeeping guru Andy Elleray this book offers a fresh and innovative approach to goalkeeping in football. With a particular emphasis on the development of young goalkeepers, it sheds light on training, player development, match performances, and player analysis. Utilising his own experiences Andy shows the reader various approaches, systems and exercises that will enable goalkeepers to train effectively and appropriately to bring out the very best in them. Practice and theory are merged together to create a highly practical book with its roots in the latest research and thinking.

Biography

One Football, No Nets



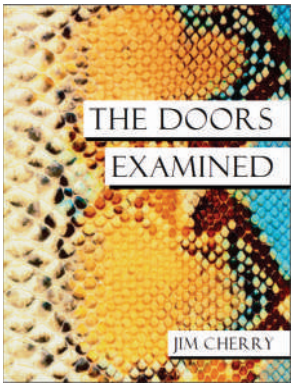
In September 2017, amateur British football coach Justin Walley became the “National Team” Manager of Matabeleland, an obscure international team in western Zimbabwe.Before him lay the seemingly impossible task of taking his group of unknown amateur footballers from an impoverished region of Africa to 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.



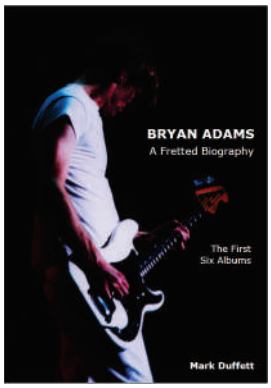
Friends and Other Strangers: Bob Dylan Examined

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.



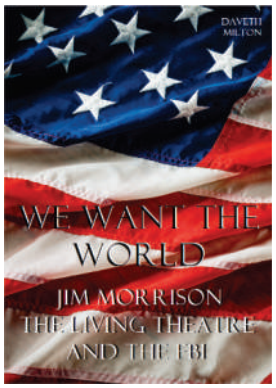
Bryan Adams: A Fretted Biography - The First Six Albums

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.

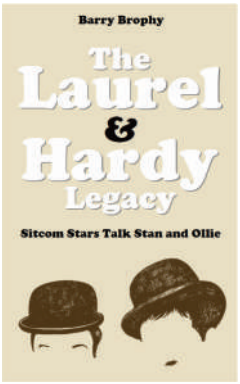
Tragic Magic: The Life of Traffic's Chris Wood

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

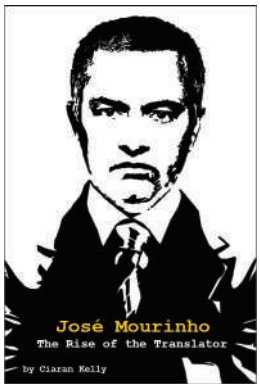
Laurel and Hardy are one of the finest comedy acts to have graced our screens. From their Foreign Legion campaign in Beau Hunks to their improvised song and dance routines in Way Out West, their comic genius is known, loved, and celebrated by viewers of all ages across the world. Based on a series of 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.

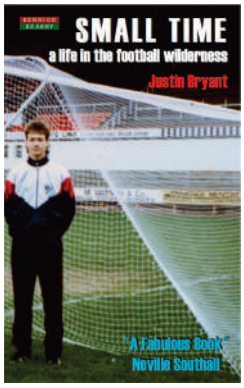
Alison Nicholas: Walking Tall

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

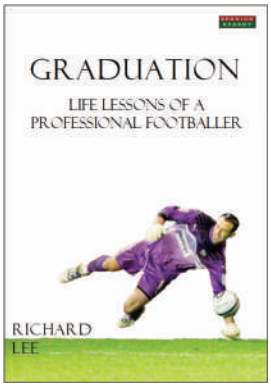
From growing up in a Portugal emerging from dictatorship, and struggling to live up to his father's legacy as an international goalkeeper, this book details José Mourinho's extraordinary journey: the trophies, tragedies and, of course, the fall-outs. Starting out as a translator for the late Sir Bobby 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

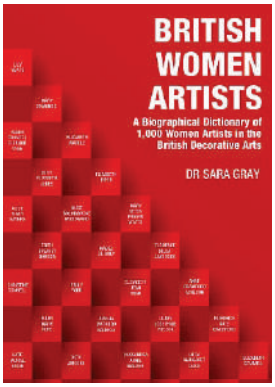


The 2010/11 season will go down as a memorable one for Goalkeeper Richard Lee. After more than ten years at Watford FC, Richard signed for League One outfit Brentford FC, but soon found himself cast aside. Dropped after one game and behind three other goalkeepers before he would get another opportunity - 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

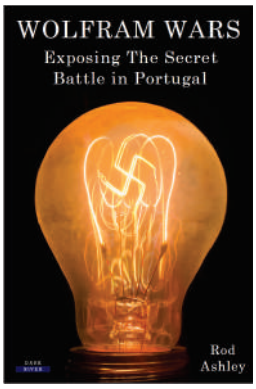
Italianità: The Essence of Being Italian and Italian-American

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.

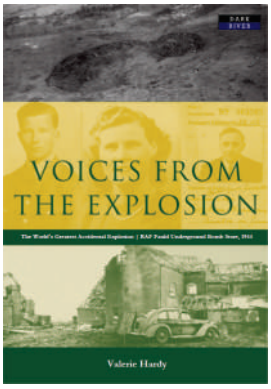
Israel and Palestine: The Complete History [2019 Edition]

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



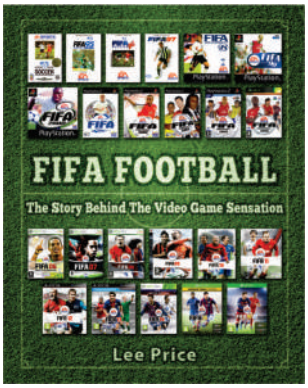
Wolfram - also known as Tungsten - is about more than electric light bulbs. Its more deadly claim-to-fame rests in its armour-piercing qualities. During WWII, Wolfram was in great demand with both the Allies and Axis powers who scoured the globe for the precious material; indeed, they deployed huge resources 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.



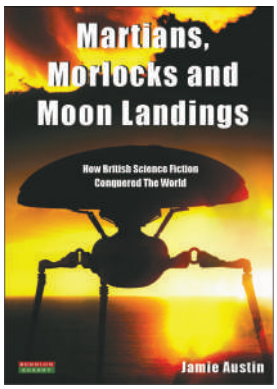
Voices from the Explosion: RAF Fauld, the World's Largest Accidental Blast, 1944

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

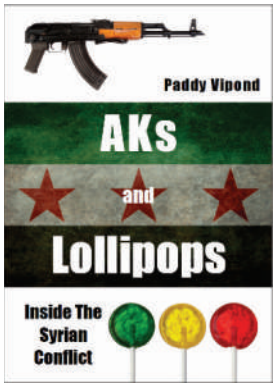


EA's most beautiful game - the FIFA series - has proved a global success. It has sold a record-breaking number of copies, garnered numerous plaudits and awards, and established itself as the leading sports title on the market. But it almost never was. In *FIFA Football*, author Lee Price explores the 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 co-ordinated 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.



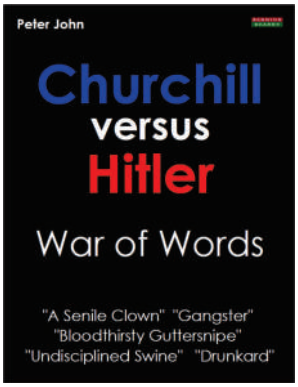
AKs and Lollipops: Inside The Syrian Conflict

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.

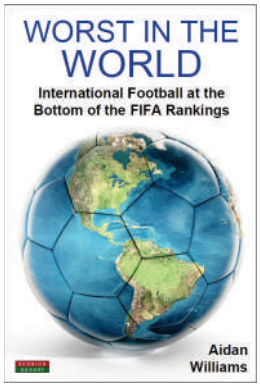
North Korea: On the Inside, Looking In

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.

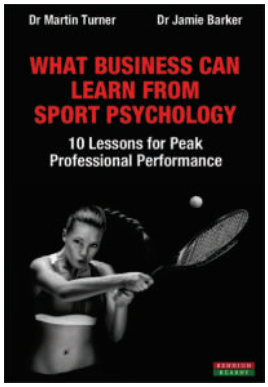


Worst in the World: International Football at the Bottom of the FIFA Rankings

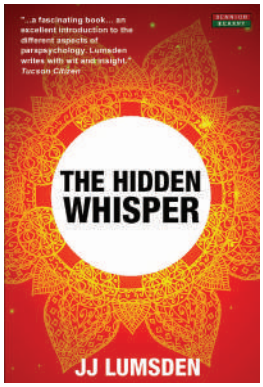
The fate of sporting underdogs has long stirred the passions of many a follower. There is something pleasing about watching apparently 'ordinary' people taking on the sporting elite. Teachers, accountants, fishermen and waiters - they play for the love of football and the pride in their nation.
For footballing 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

What Business Can Learn From Sport Psychology



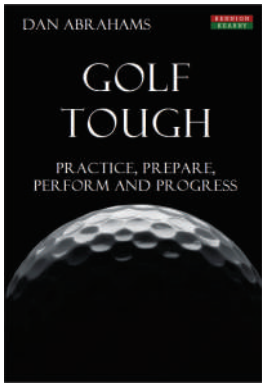
The mental side of performance has always been a crucial component for success - but nowadays coaches, teams, and athletes of all levels and abilities are using sport psychology to help fulfil their potential and serve up success. It goes without saying that business performance has many parallels with 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

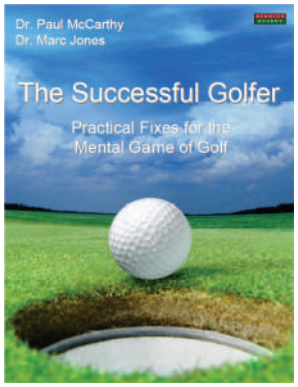
A paranormal puzzle smoulders in the desert heat of southern Arizona. At the home of Jack and Chloe Monroe, a written message "Leave Now" appears then disappears, a candle in an empty room mysteriously lights itself, and – most enigmatically – an unidentifiable ethereal whisper begins to permeate the 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

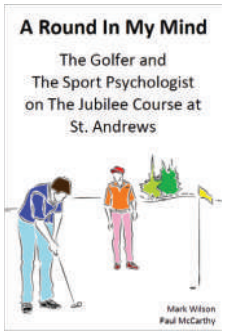


Golf Tough shows readers how to practice to build skill, technique and confidence. Visits to the range will become more productive and purposeful than ever, and practice more deliberate. The author, Dan Abrahams, also reveals the secret processes golfing champions employ to prepare to compete under the 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

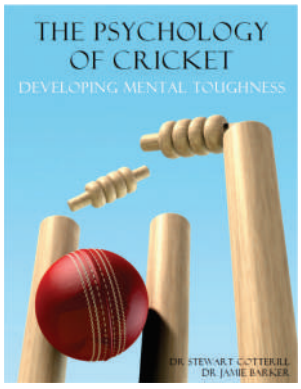


The Successful Golfer is designed to help address 50 of the most common faults that players experience and which hold them back. These include: hitting the self-destruct button when winning, nervousness on the first tee, lost confidence, failing to 'practise as you play', losing focus off poor drives, 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

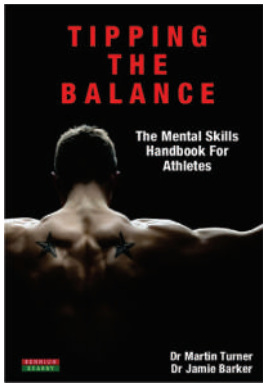
In this unique book on golf improvement, follow the fictional account of Chris Marriott, a 4-handicap golfer, as he plays a round of golf on the Jubilee Course at St Andrews - accompanied by a sport psychologist, James MacAndrew. As each hole presents its challenges, Chris and James discuss their experiences 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.

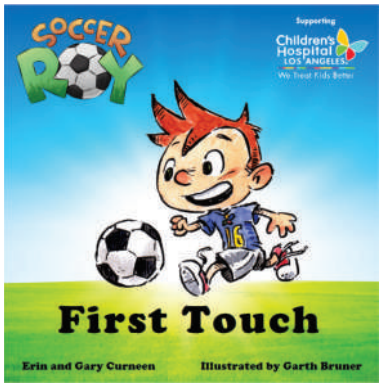


Tipping The Balance: The Mental Skills Handbook For Athletes

[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.

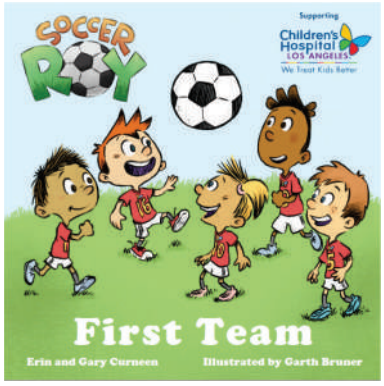
Miscellaneous



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]

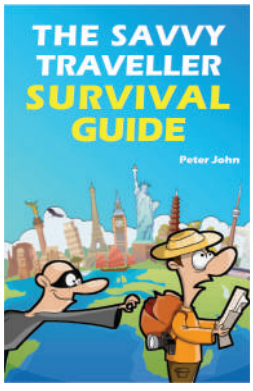
10-Minute Treats: Seventeen Short Stories

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.



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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