

THE AUTOBIOGRAPHY



ROGER BANNISTER

TWIN TRACKS



Twin Tracks The Autobiography

David Bellos



Twin Tracks The Autobiography:

Twin Tracks Roger Bannister, 2014-04-17 It was a blustery late spring day in 1954 and a young Oxford medical student flung himself over the line in a mile race There was an agonising pause and then the timekeeper announced the record three minutes fifty nine point four seconds But no one heard anything after that first word three One of the most iconic barriers of sport had been broken and Roger Bannister had become the first man to run a mile in under four minutes To this day more men have conquered Mount Everest than have achieved what the slender unassuming student managed that afternoon Sixty years on and the letters still arrive on Roger Bannister's doormat letters testifying to the enduring appeal of the four minute mile and the example it set for the generation of budding athletes who were inspired to attempt the impossible In this frank memoir Sir Roger tells the full story of the talent and dedication that made him not just one of the most celebrated athletes of the last century but also a distinguished doctor neurologist and one of the nation's best loved public figures With characteristically trenchant views on drugs in sport the nature of modern athletics and record breaking the extraordinary explosion in running as a leisure activity and the Olympic legacy this rare and brilliant autobiography gives a fascinating insight into the life of a man who has lived life to the fullest

Moonshot Professor Richard Wiseman, 2019-06-11 On the 50th anniversary of the Apollo 11 moon landing renowned psychologist Richard Wiseman reveals the powerful life lessons behind humanity's greatest achievement The historic moon landings were achieved against remarkable odds and within the space of just a few years How can we apply the secrets of this astronomical success to our own goals to achieve the impossible in work and in life Psychologist Richard Wiseman brings together history psychology and self help in this unique and powerful guide to achieving the impossible in work and in life The result of intensive research including interviews with surviving members of the Apollo mission control team Moonshot delivers eight key lessons on teamwork leadership persistence creativity and more each one a vital part of the mindset for success Filled with never before told stories and fresh insights Moonshot sheds new light on the science of success and empowers each of us to achieve the impossible Progress

Notes Abraham M. Nussbaum, 2024-06-25 By telling the story of six medical students this work shows the readers how we have trained physicians how it feels to become a physician and how we can train future physicians so they know patients and themselves better

The Expectation Effect David Robson, 2022-02-15 As David Robson makes plain in this compelling book the way we think about the world can profoundly shape how we navigate it Based in science and packed with smart advice The Expectation Effect will expand your mind and maybe even extend your life Daniel Pink New York Times bestselling author of When Drive and To Sell Is Human A journey through the cutting edge science of how our mindset shapes every facet of our lives revealing how your brain holds the keys to unlocking a better you What you believe can make it so You've heard of the placebo effect and how sugar pills can accelerate healing But did you know that sham heart surgeries often work just as well as placing real stents Or that people who think they're particularly prone to cardiovascular

disease are four times as likely to die from cardiac arrest Such is the power and deadly importance of the expectation effect how what we think will happen changes what does happen Melding neuroscience with narrative science journalist David Robson takes readers on a deep dive into the many life zones the expectation effect permeates We see how people who believe stress is beneficial become more creative when placed under strain We see how associating aging with wisdom can add seven plus years to your life People say seeing is believing but over and over Robson proves that the converse is truer believing is seeing The Expectation Effect is not woo woo You cannot think your way into a pile of money or out of a cancer diagnosis But just because magical thinking is nonsense doesn't mean rational magic doesn't exist Pointing to accepted psychology and objective physiology Robson gives us the practical takeaways we need to improve our fitness productivity intelligence and happiness Any reader who wants to take their fate into their own hands need only pick up this book

Confidence Matters Dr. Louise J. Goddard, 2025-03-21 This book can help you to develop your self awareness your self belief and your sense of self worth so that you can feel confident whenever wherever and with whomever Go on a journey of self discovery with practical step by step exercises and develop and strengthen your authentic motivation and self confidence with techniques based on the powerful behavioural science of neuro linguistic programming Confidence Matters by Dr Louise J Goddard EdD is for everyone from teachers to business leaders entrepreneurs to coaches parents and people from all walks of life It goes beyond positive thinking It contains no nonsense step by step exercises for self discovery transcendence of unconscious limiting beliefs and enhancement of mental clarity self awareness motivation gratitude and self empowerment

Mindful Running Mackenzie L. Havey, 2017-12-28 A must read for anyone looking to improve performance and add richer meaning to the sport activity and art of running Dean Karnazes ultra marathoner and New York Times bestselling author Discover how mindfulness can enhance your running and make you a happier more fulfilled person By applying mental fitness training to your running regime you tap into a powerful mind body connection that not only optimizes sporting performance but also boosts happiness both on and off the running trails Mindful Running brings together scientific research expert analysis and elite athlete contributions to reveal how relating to your mind body and surroundings in a new way can help you run longer and faster as well as offer a boost to your overall mental emotional and physical health Devised with both the competitive and everyday runner in mind Mackenzie L Havey introduces an innovative approachable and authoritative guide designed to increase self awareness develop concentration and improve endurance Not only does this have the potential to translate into better running it can also play a role in training you to endure life's challenges with greater ease and find joy in all things big and small Mindful Running is a total body and mind fitness regime *How People Matter* Isaac Prilleltensky, Ora Prilleltensky, 2021-06-17 Mattering is about feeling valued and adding value These components are essential for health happiness love work and social justice

Georges Perec: A Life in Words David Bellos, 2010-11-30 It's hard to see how anyone is ever going to better this User's Manual to the life of Georges Perec Gilbert Adair Sunday Times Winner of

the Prix Goncourt for Biography 1994 George Perec 1936-82 was one of the most significant European writers of the twentieth century and undoubtedly the most versatile and innovative writer of his generation David Bellos's comprehensive biography which also provides the first full survey of Perec's irreverent polymathic oeuvre explores the life of an anguished comical and endearingly modest man who worked quietly as an archivist in a medical research library The French son of Jewish immigrants from Poland he remained haunted all of his life by his father's death in the war fighting to defend France and his mother's in Auschwitz Birkenau His acclaimed novel *A Void* 1969 written without using the letter e has been seen as an attempt to escape from the words *premere* and even George Perec His career made an auspicious start with *Things A Story of the Sixties* 1965 which won the Prix Renaudot He then pursued an idiosyncratic and ambitious literary itinerary through the intellectual ferment of Paris in the 1960s and 1970s He belonged to the *Ouvrier de Littérature Potentielle* *OuLiPo* a radically inventive group of writers whose members included Raymond Queneau and Italo Calvino Perec achieved international celebrity with *Life A User's Manual* 1978 which won the Prix Medicis and was voted Novel of the Decade by the Salon du Livre He died in his mid forties after a short illness leaving a truly puzzling detective novel *53 Days* incomplete Professor Bellos's book enables us at once to relish the most wilfully bizarre aspects of Perec's oeuvre and to understand the whys and wherefores of his protean nature Jonathan Romney Literary Review [Timekeepers](#) Simon Garfield, 2020-01-16 By the bestselling author of *Just My Type* a thoroughly enjoyable and illuminating journey into the concept of time stuffed with fascinating material *Observer* UK *Timekeepers* is a book about our obsession with time and our desire to measure it control it sell it film it perform it immortalize it and make it meaningful In this fascinating anecdotal exploration award winning author Simon Garfield has two simple intentions to tell some illuminating stories and to ask whether we have all gone completely nuts Here Garfield explores the nature of time through stories such as the Beatles learning to be brilliant in an hour and a half an Englishman arriving back from Calcutta refusing to adjust his watch Beethoven's symphonic wishes being ignored a US Senator's speech that goes for 25 hours the horrors of war frozen at the click of a camera a woman who designs a ten hour clock and reinvents the calendar Roger Bannister living out the same four minutes over a lifetime and a prince who attempts to stop time in its tracks Digressive gossipy thoughtful and thoroughly entertaining The Sunday Times UK

[Australian Dictionary of Biography, Volume 19](#) Melanie Nolan, 2021-03-09 Volume 19 of the Australian Dictionary of Biography ADB contains concise biographies of individuals who died between 1991 and 1995 The first of two volumes for the 1990s it presents a colourful montage of late twentieth century Australian life containing the biographies of significant and representative Australians The volume is still in the shadow of World War II with servicemen and women who enlisted young appearing but these influences are dimming and there are now increasing numbers of non white non male non privileged and non straight subjects The 680 individuals recorded in volume 19 of the ADB include Wiradjuri midwife and Ngannawal Elder Violet Bulger Aboriginal rights activist poet playwright and artist Kevin Gilbert and Torres Strait Islander community leader

and land rights campaigner Eddie Mabo HIV AIDS child activists Tony Lovegrove and Eve Van Grafhorst have entries as does conductor Stuart Challender the first Australian celebrity to go public about his HIV AIDS condition in 1991 The arts are as always well represented including writers Frank Hardy Mary Durack and Nene Gare actors Frank Thring and Leonard Teale and arts patron Ian Potter We are beginning to see the effects of the steep rise in postwar immigration flow through to the ADB Artist Joseph Stanislaw Ostoja Kotkowski was born in Poland Pilar Moreno de Otaegui co founded the Spanish Club of Sydney Chinese restaurateur and community leader Ming Poon Dick Low migrated to Victoria in 1953 Often we have a dearth of information about the domestic lives of our subjects politician Olive Zakharov however bravely disclosed at the Victorian launch of the federal government's campaign to Stop Violence Against Women in 1993 that she was a survivor of domestic violence in her second marriage Take a dip into the many fascinating lives of the Australian Dictionary of Biography

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