

Tom Daley (Inspirational Lives)

Easy plant-based recipes for simple and nutritious dishes, from light meals to full-on feasts. More and more of us are cutting out animal protein and products from our diets, or at the very least reducing them. Sticking to your resolve to eat a meat-free diet is going to be so much easier when your food is easy to prepare and exciting to eat. This is where The Plant Kitchen comes in. Many of these recipes rely on a rainbow of fresh produce, alongside tasty vegan sources of protein, such as beans, lentils and nuts. Seasonings and sauces take their inspiration from all around the world, creating hearty and nourishing meals with eye-popping colour and irresistible flavour. From tender peas, asparagus and baby carrots and sun-burnished peppers and tomatoes, to the starchy roots and potatoes of the colder months, there is a plant-based recipe here that will showcase seasonal produce all year round, satisfy your appetite and take you on voyage of vegan food discovery.

Tom Daley is an Olympian. He has learnt from the very best about how to stay healthy, fit and positive - and now he's ready to share those secrets with you.

'Wonderfully honest and relatable, and it's also extremely comforting and reassuring too' MIND, No.1 Mental Health charity 'I recommend this for anyone who's looking to find true consistent happiness' Craig David "This book is a way to release what's going on inside your head and to keep heading towards the good stuff. The simple stuff. The stuff that's going to really hit up that happiness on a deep and nourishing level. Whether you dip into these pages every now and then when you feel you need it, or use it daily as a positive exercise, I hope it brings you much relief, joy and calm. Amen to the pen." - Fearné Cotton For many of us, life can feel like it's moving too fast with pressure bearing down on us from all sides - whether that's from school or work, family or social media. As a result, we find ourselves frazzled, lost and - too often - feeling blue. It's a subject close to Fearné's heart. Drawing on her own experiences and including expert advice, HAPPY offers practical ways of finding joy each and every day. Happiness isn't a mountain to climb, it's just one foot in front of the other on the path of life, and here you'll find little steps that will help make the differences that count. With workbook elements to help you start and end the day well; get in touch with your creative side; and find peace through written exercises, simple practical ideas and visualisations, these are daily tricks and reminders to help you unlock that inner happiness.

A gripping narrative of friendship and exploration, and an homage to Antoine de Saint-Exupéry, an unforgettable writer who touched the lives of millions of readers, and who was able to see the world through the eyes of a child. In the 1920s, long before he wrote *The Little Prince*, Antoine de Saint-Exupéry was an accomplished pilot. Along with Jean Mermoz and Henri Guillaumet, he was chosen to pioneer new mail routes across the globe. No distance was too far and no mountain too high—each letter had to reach its destination. The three friends soared through the air, while back on solid ground, they dealt with a world torn apart by wars and political factions.

Looks at the life and achievements of champion Olympic diver, Tom Daley.

HUMAN GEOGRAPHY / PEOPLES OF THE WORLD. The series focuses on the people who inspire children today. Each book looks at the background, life and achievements of a personality, their impact on popular culture as well as detailing the everyday facets of their job and how they have gained such success. Ages 9+

Want to make healthy living a habit - something you do without even thinking? Tom's Daily Goals can show you how. It's easier than you think. 'Tom can do no wrong.' The Irish Independent World Number 1 diver, Tom Daley, has trained for major sporting events, had health problems, and come back from personal trauma and bad performances. Now, after years of trial and error, Tom knows that the only thing that truly works when it comes to maintaining your health, wellbeing and energy is consistency: the small choices we make throughout the day, every day. These 7 simple and manageable daily goals: morning stretches, meditation on your commute, smart food prep, anti-inflammatory eating, journaling, digital detoxing, and a bedtime ritual, have made Tom feel the best he's ever felt, and they'll do the same for you. You'll feel the difference from the very first day.

This collection of quotations by and about gay people is a celebration of the advances in LGBT rights in the UK over the last half-century and a demonstration of the battle against oppression and prejudice that led to them. A diverse range of people from the worlds of entertainment, sport, fashion, business, science, politics and the arts share their thoughts on coming out, equality, homophobia, love, sex, promiscuity, fidelity, bullying, labels and marriage. Amusing observations by Noël Coward, Tallulah Bankhead, Quentin Crisp, Boy George and Ian McKellen are interspersed with extracts from revealing interviews with Dusty Springfield, Alan Bennett, Freddie Mercury, Clive Barker, George Michael and William S. Burroughs and diary entries by Kenneth Williams, Joe Orton, W.H. Auden and John Maynard Keynes. John Gielgud and Alan Turing's disturbing accounts of their arrests at a time when homosexual acts were punishable with a prison sentence contrast with touching love-letters from Violet Trefusis to her lover Vita Sackville-West, King James I to his favourite, George Villiers, Marquis of Buckingham, and between Benjamin Britten and his partner Peter Pears. Contributions by Oscar Wilde, Lord Montagu of Beaulieu, John Wolfenden, Field Marshal Montgomery, Lord Arran, Margaret Thatcher, Waheed Alli and David Cameron demonstrate the enormous developments in gay rights in Britain in recent decades. Also included are the reflections of Julie Andrews, Elizabeth Taylor, Liza Minnelli, Madonna, Eartha Kitt, Grace Jones, Joan Collins and other 'gay icons' - that select group of individuals who, regardless of their sexuality, LGBT people have taken to their hearts.

[How to Focus on Your Goals and Create a Life You Love](#)

[My Policeman](#)

[The Story of Gill Dalley and Soi Dog](#)

[The Knitting Book](#)

[Lessons from the Best on Becoming Your Best](#)

[Coming Up for Air](#)

[Winter Wedding \(The Rockwood Chronicles, Book 2\)](#)

[For Readers and Writers](#)

[How People Achieve Greatness, and How You Can Too](#)

[100 easy recipes for vegan beginners](#)

'This woman's laugh is like gold dust' Huffington Post '[A] national treasure' Metro 'I always say a day is wasted without laughter . . . ' Alison Hammond loves to laugh. And the nation laughs with her. Her sunny personality and zest for life have brought joy to millions and made her one of the UK's best-loved television presenters. Known for her hilarious and unforgettable interviews with Hollywood A-listers, Alison is also responsible for countless classic moments of broadcasting gold - from getting stuck on a caravan door to delivering Christmas cash dressed as an elf. But who is Alison Hammond really, and how did she become the personality we know and love? Shaped by the influence of her incredible mum, Alison went from small roles on television shows as a youngster to that life-changing appearance on *Big Brother*, before landing her dream job on *This Morning*. And through it all, she found the joy in every day, the positives in any situation. *You've Got to Laugh* gives a never-before-seen insight into Alison's life: her loves, her losses - with a side order of gossip. As well as being a hugely entertaining and uplifting read, Alison's story will inspire you to grab life with both hands and make the most of every single moment. 'Interviewer extraordinaire, reigning queen of the huns, and an out-and-out national treasure'

Bustle

World Champion, European Champion, Commonwealth Champion, diving ace Tom Daley has achieved more than most professional sportsmen could ever dream of in a lifetime. This talented young sportsman's career has been fascinating to follow from the start - Daley began competing in diving competitions at the age of eight at his local diving club in Plymouth, and he has been setting records ever since - gaining four gold medals and two silver medals in the last two years, along with an army of fans the world over. Recently named by Vogue magazine as 'one of the people who will define the coming decade', this highly anticipated biography tells the inspirational story of this 'boy-next-door', through his punishing training regime and his love of competing, to his brave stand against school bullying and his hopes for London 2012.

Tom Daley Champion Diver Wayland

A New York Times bestseller: The "magnificent" memoir by one of the bravest and most original writers of our time—"A tour de force of literature and love" (Vogue). Jeanette Winterson's bold and revelatory novels have established her as a major figure in world literature. Her internationally best-selling debut, *Oranges Are Not the Only Fruit*, tells the story of a young girl adopted by Pentecostal parents, and has become a staple of required reading in contemporary fiction classes. *Why Be Happy When You Could Be Normal?* is a "singular and electric" memoir about a life's work to find happiness (The New York Times). It is a book full of stories: about a girl locked out of her home, sitting on the doorstep all night; about a religious zealot disguised as a mother who has two sets of false teeth and a revolver in the dresser, waiting for Armageddon; about growing up in a north England industrial town now changed beyond recognition; about the universe as a cosmic dustbin. It is the story of how a painful past, rose to haunt the author later in life, sending her on a journey into madness and out again, in search of her biological mother. It is also a book about the power of literature, showing how fiction and poetry can form a string of guiding lights, or a life raft that supports us when we are sinking. Witty, acute, fierce, and celebratory, *Why Be Happy When You Could Be Normal?* is a tough-minded story of the search for belonging—for love, identity, home, and a mother. From the creators of the chart-topping High Performance podcast 'If you want to stop making excuses and take responsibility for your life, I recommend you read this book.' ANT MIDDLETON How do Olympic medal-winning athletes turbo-charge their motivation? How do multi-millionaire founders develop the habits of champions? And how do Premier League football coaches lead their teams to victory? High Performance reveals the methods the world's most remarkable athletes, coaches and entrepreneurs use to excel. From taking responsibility for your situation to finding your 'trademark behaviours', thinking flexibly to crafting a high performance culture, Jake Humphrey and Professor Damian Hughes identify the eight crucial steps to becoming the best 'you' possible. Along the way, they draw on cutting-edge research to explain why these methods work - and how we can all use them. Anyone can learn the secrets of high performance. Drawing on conversations with... Dina Asher-Smith | Steven Bartlett | Tom Daley | Steven Gerrard | Evelyn Glennie | Ole Gunnar Solskjær | Kelly Holmes | Chris Hoy | Eddie Jones | Siya Kolisi | Frank Lampard | Jo Malone | Matthew McConaughey | Ant Middleton | Tracey Neville | Robin Van Persie | Mauricio Pochettino | Gareth Southgate | Holly Tucker | Jonny Wilkinson | Clive Woodward | Toto Wolff and many more...

The series focuses on the people who inspire children today. Each book looks at the background, life and achievements of a personality, their impact on popular culture as well as detailing the everyday facets of their job and how they have gained such success. In this book, learn about how Tom Daley conquered his fears and personal tragedy to become an Olympic favourite and a diving champion.

A born storyteller, Troy Cassar-Daley has at last turned his talent to sharing his own inspiring life. 'Troy's achievements are many, and perhaps the finest may be his ability to make us listen to his heart.' Joy McKean For the first time, Troy talks about his early life - how his parent's divorce changed things for him, about missing his Dad and growing up in Grafton surrounded by the warmth and love of his mother, Irene, his Nan and Pop and his extended Indigenous family. A larrikin at heart, Troy includes all the highs and lows on his path to stardom: the thrill of performing on stage at the Tamworth Music Festival with Jimmy Little when he was just 15; the excitement of heading off on tour with Brian Young and then discovering just how lonely life on the road could be; his first record deal; playing with the greats - Johnny Cash, Willie Nelson, Merle Haggard and Slim Dusty; his first album *Beyond the Dancing*, which blended his indigenous heritage with his rural background; meeting the woman who would steal his heart; recording in Nashville; and, finally, releasing *True Believer*, the album that really launched his career. The multiple Golden Guitar, APRA, ARIA and Deadlys winner also lets us in on some of the life lessons he learned the hard way, lessons that kept this prodigiously talented Aussie on the straight and narrow (most of the time). *Things I Carry Around*, is the warm, genuine, and inspiring story of a young indigenous Australian who had a dream and turned that dream into reality. 'Troy's a true gentleman, warm and genuine, always a pleasure to be around. He sings straight from his heart and straight from the heart of his country.' Paul Kelly

New volume of the best-selling review of the year made up of the wry and astute observations of the unpublished Telegraph letter writers.

[Mama's Boy](#)

[Champion Diver](#)

[Coming Out Stories](#)

[Wake Me Up When It's All Over...](#)

[Never Feel Hungry Or Tired, 7 Easy Steps to Live Your Best Life](#)

[Things I Carry Around](#)

[Power Hour](#)

[Inspirational Lives: Nelson Mandela](#)

[Tom's Daily Ritual](#)

[Personal Experiences of Coming Out from Across the LGBTQ+ Spectrum](#)

[Coming Up for Air: What I Learned from Sport, Fame and Fatherhood](#)

An exquisitely told tragic tale of thwarted love, *My Policeman* is soon to be adapted into film by Amazon Prime starring Harry Styles and Emma Corrin. It is in 1950s' Brighton that Marion first catches sight of Tom. He teaches her to swim in the shadow of the pier and Marion is smitten - determined her love will be enough for them both. A few years later in Brighton Museum Patrick meets Tom. Patrick is besotted with Tom and opens his eyes to a glamorous, sophisticated new world. Tom is their policeman, and in this age it is safer for him to marry Marion. The two lovers must share him, until one of them breaks and three lives are destroyed. 'I loved it. Devoured it! A wonderful read. Tense, romantic, smart; a beautiful portrait of a seaside town poised at an exact moment in history, with people trapped by laws and mores' Russell T. Davies (on Instagram)

Enter the enthralling world of Olympian Tom Daley. Tom had hearts in mouths when he dived at the 2010 Commonwealth Games, where he won two gold medals. He is one of Britain's gleaming hopes for gold at the London 2012 Olympics. But there is also a heartbreaking and inspiring story of a young athlete coping with the death of his father whilst under the glare of the world's media spotlight. In this, Tom's first official memoir, he offers unprecedented access to the pressures, challenges and fascinating experiences of a world-class Olympian. From his day-to-day schedule, to his hobbies and family life, to sharing his hopes and dreams in the build up to the London Olympics, this book offers a unique chance to get close to Tom. Packed with photos - many never-before seen - this inspiring account of one young man's setbacks and triumphs as he reaches for the top is the ultimate book for the 2012 Olympics.

Everything you need to teach yourself how to knit, from casting on to creating your own designs. This new edition of DK's knitting bible takes you from beginner to expert, with hundreds of step-by-step techniques, more than 120 stitch patterns for a variety of knitting stitches, and 20 knitting projects suitable for all abilities. Fully illustrated and easy to use, The Knitting Book is a one-stop resource for beginners and a rich source of inspiration for keen knitters who want to progress their skills and try new stitch patterns. Each technique is shown in clear photographic steps and explained with helpful annotations and arrows, from basic casting on to intricate Fair Isle and cable patterns. A photographic stitch gallery showcases over 120 different stitches to inspire you - try your hand at everything from garter stitch to intarsia, or customize projects with your own stitch choices. This updated edition features 10 brand-new project patterns, including an arm knitting pattern, as well as 10 projects from the original edition that have been reimagined with new yarns and fresh colours. Simple, clear, and comprehensive, The Knitting Book is the only ebook you need to progress your skills and create beautiful, unique, handmade pieces.

The most famous names in music, sport and show business have got together for a game of consequences to raise money for the BBC Children in Need appeal. Each participating celebrity has written a section armed only with the information of the main character - a half-girl, half-dinosaur called Fi-Rex - and the final line of the previous part. This has resulted in a hilarious tale which twists and turns like no other. The contributors are Jamie and Jools Oliver, Amanda Holden, Ronan Keating, Bear Grylls, Rod Stewart and Penny Lancaster, Coleen and Wayne Rooney, Denise Van Outen, Andy Murray, Keith Lemon, Tom Daley, Sir Paul McCartney, One Direction, Take That, Kate Moss, Annabelle Neilson, Nick Grimshaw and Kylie Minogue. Detective Superintendent Roy Grace investigates the case of a missing woman in Brighton in the seventeenth novel in Peter James's bestselling series. The memoir of a Great Ormond Street nurse. This is the inspirational story of life as a nurse during the 1960s, 70s and 80s, most of which was spent at Great Ormond Street Children's Hospital. Susan Macqueen was 12 years old when she accompanied her mum to see her friend Ms Fairweather, the matron at the local nursing home and from that day on she knew she wanted to be a nurse. A few years later, despite being told that her grades weren't good enough and having left school with only two O-Levels, Susan was accepted on the three-year nurses training course at Addenbooke's hospital in Cambridge. It wasn't long before Susan knew she wanted to work with children and set her sights on a job at Great Ormond Street. Thirty-five years later, on her third attempt, Susan has finally retired from that iconic hospital and is enjoying a more leisurely pace of life. Hope, despair, laughter and tears, Susan's stories move the reader through the incredible stories that she was faced with on an every day basis.

The Christmasaurus is back! Get ready for the magical NEW festive adventure from bestselling author and star of BBC's Strictly Come Dancing, Tom Fletcher! You know about the Naughty List, right? Well, this year, the Christmasaurus is on a mission to track down children who have found themselves on the Naughty List to help them turn naughty to nice! This is a collection of stories about mischievous kids learning the error of their ways, but it's also about sharing the true spirit of Christmas and realising that sometimes things aren't quite as they first appear... Everyone loves The Christmasaurus! 'Redemption, magic and gleeful silliness' - The Observer 'Genius' - The Sun 'Grown-up readers will love reading this charming, heart-warming book aloud' - The Daily Express Also by Tom Fletcher The Christmasaurus The Christmasaurus and the Winter Witch The Creakers The Danger Gang

Thomas Sankara was one of Africa's most important anti-imperialist leaders of the late 20th Century. His declaration that fundamental socio-political change would require a 'certain amount of madness' drove the Burkinabe Revolution and resurfaced in the country's popular uprising in 2014. This book looks at Sankara's political philosophies and legacies and their relevance today. Analyses of his synthesis of Pan-Africanism and humanist Marxist politics, as well as his approach to gender, development, ecology and decolonisation offer new insights to Sankarist political philosophies. Critical evaluations of the limitations of the revolution examine his relationship with labour unions and other aspects of his leadership style. His legacy is revealed by looking at contemporary activists, artists and politicians who draw inspiration from Sankarist thought in social movement struggles today, from South Africa to Burkina Faso. In the 30th anniversary of his assassination, this book illustrates how Sankara's political praxis continues to provide lessons and hope for decolonisation struggles today.

[The Christmasaurus and the Naughty List](#)

[The Unauthorized Biography](#)

[Tom's Daily Plan](#)

[Healthy Eating Cookbook & Fitness Guide: Over 80 Simple Nutritional Recipes, 20 Minute Exercise Routines & Inspiring Life-Hacks](#)

[Curious Tale of Fi-Rex](#)

[Left You Dead: Roy Grace 17](#)

[Why Be Happy When You Could Be Normal?](#)

[Soon to be a film starring Harry Styles and Emma Corrin](#)

[The Fear Bubble: Harness Fear and Live Without Limits](#)

[You've Got To Laugh](#)

[The True Story of a Great Ormond Street Nurse](#)

Bluewater Productions introduces a new biography comic featuring Tom Daley. British diver Tom Daley made quite a splash at the 2012 Olympic Games with his winning personality, boyish good looks and impressive physique. Writer Michael Troy and artist Alex Schumacher tell the inspiring young swimmer's tale of triumph and tragedy from his Olympic success to the loss of his father and his rise as a reality tv celebrity.

The brilliant, inspirational next book by the author of the incredible No. 1 bestseller FIRST MAN IN.

'A habit-forming work of genius' STYLIST 'Adrienne is here to motivate and encourage us all' FEARNE COTTON

'Bursting with ideas' INDEPENDENT 'Read this book' EMMA GANNON _____ From

the popular podcast Power Hour comes a book about making the most of the first hour of your day, to pursue your passions and unlock your full potential. How many times have you said, 'I'd love to do that, but I don't have time'? The Power Hour message is simple: one hour a day is all you need to change your life for the better. We all have an hour to dedicate to ourselves and our dreams, whether we think we do or not. Power Hour will show you how to harness the first hour of your day in order to achieve your goals - whether those are writing a book, getting fit or pursuing your passion - before the rest of the world wakes up and starts competing for your attention. From the importance of developing a growth mindset to creating powerful habits and the significance of daily movement, it will help you reclaim your time and unlock your full potential. Most importantly, it will make you realise that there is no better time than now to make a change and create a life you love. Stop waiting for the right time, or for more time. Start with just one hour today.

_____ 'A bible' EVENING STANDARD 'Invaluable' MARIE CLAIRE 'A must-read'

GLAMOUR 'Hugely inspirational' LAUREN ARMES 'Authentic' VOGUE 'I love this book' JAKE HUMPHREY

'Uplifting and triumphant, each story is a feat of bravery and courage.' - Juno Dawson 'A must-read for anyone grappling

with coming out.' - Riyadh Khalaf "He told me being gay was nothing to be ashamed of." - Bill "I put my hands over my

eyes as I told her, as I couldn't bear to see her reaction." - Olivia Based on the hugely popular Coming Out Stories

podcast, this empowering, humorous and deeply honest book invites you to share one of the most important moments in

many LGBTQ+ people's lives. From JP coming out to his reflection in the mirror, to Jacob coming out to their Mum over email, from Christine knowing she was trans as a young child, to Kerry coming out as a lesbian in her late thirties, all of the real life stories in this book show you there is no right or wrong way to come out, whatever your age and whatever your background. Whether you're gay, pan, queer, bi, trans, non-binary, or an ally, this uplifting go-to resource is filled with helpful advice and tips on what to expect, and inspirational quotes from leading LGBTQ+ figures, to help you live your life as your most authentic self. Welcome to the family!

A deeply personal and inspiring memoir from one of the most celebrated and influential names in British sport.

SHORTLISTED FOR THE 2020 POLARI PRIZE 'A magnificent achievement . . . I cannot remember a book where I cried so often. Brave, insightful, unflinching, funny, sad, triumphant . . . everything. And both a warning and a hope for the times to come' STEPHEN FRY

Dustin Lance Black wrote the Oscar-winning screenplay for Milk and helped overturn California's anti-gay marriage Proposition 8, but he grew up in a conservative Mormon household outside San Antonio, Texas. His mother, Anne, was raised in rural Louisiana, and contracted polio when she was two years old. She endured brutal surgeries, as well as braces and crutches for life, and was told that she would never have children or a family. Wilfully defying expectations, she found salvation in an unlikely faith, raised three sons, and escaped the abuse and violence of two questionably devised Mormon marriages before finding love and an improbable career in the U.S. civil service. When Lance came out to his mother at twenty-one, he was already studying the arts instead of going on his Mormon mission. She derided his sexuality as a sinful choice and was terrified for his future. *Mama's Boy* explores what it took to remain a family despite such division -- a journey that stretched from the steps of the U.S. Supreme Court to the woodsheds of East Texas. In the end, the rifts that have split a nation couldn't end this relationship that has defined and inspired their remarkable lives. *Mama's Boy* is their story. It's a story of the noble quest for a plane higher than politics - one of family, foundations, turmoil, tragedy, elation, and love. It is a story needed now more than ever. 'To outsiders, my mom and I should have been enemies. Our house should have been divided -- North vs South, red vs blue, conservative vs progressive, or however you want to put it. Instead, my mom and I fuelled each other. Her oil lit my lamp, and eventually mine lit hers. The tools I'd learned to wield growing up in her conservative, Christian, southern, military home were the same I'd used to wage battles that had taken me from a broken-down welfare apartment where gunfire sang me to sleep, to the biggest stages in the world, and to the front row of the United States Supreme Court to fight for LGBTQ equality.'

Don't miss the brand-new Christmas read from the No.1 Sunday Times bestselling author Dilly Court!

The Poetry Toolkit: For Readers and Writers provides students with the essential intellectual and practical tools necessary to read, understand, and write poetry. Explains the most important elements of poetry in clear language and an easily accessible manner Offers readers both the expertise of an established scholar and the insights of a practicing poet Draws on examples from more than 1,500 years of English literature

[My Story](#)

[Tom's Daily Plan: Over 80 fuss-free recipes for a happier, healthier you. All day, every day.](#)

[Unbreakable](#)

[Happy](#)

[The Prince of the Skies](#)

[The Poetry Toolkit](#)

[Stories from a Life Lived to the Full](#)

[The bestselling memoir from the ARIA Award-winning country music star](#)

[A Memoir](#)

[The Life, Politics and Legacies of Thomas Sankara](#)

[Fame: Tom Daley](#)

Enter the enthralling world of Olympian Tom Daley. Tom had hearts in mouths when he dived at the 2010 Commonwealth Games, where he won two gold medals. He is one of Britain's gleaming hopes for gold at the London 2012 Olympics. But there is also a heartbreaking and inspiring story of a young athlete coping with the death of his father whilst under the glare of the world's media spotlight. In this, Tom's first official memoir, he offers unprecedented access to the pressures, challenges and fascinating experiences of a world-class Olympian. From his day-to-day schedule, to his hobbies and family life, to sharing his hopes and dreams in the build up to the London Olympics, this book offers a unique chance to get close to Tom. Featuring exclusive photography and published simultaneously as a hardback and enhanced e-book, this will be the ultimate book for the 2012 Olympics.

From the time that Tom, aged 8, drew a picture of his ambition to dive at the Olympic Games, he has gone on to become Britain's leading diver, capturing the attention of the world's media along the way. In this easily accessible text read Tom's emotional story, from his childhood years right up to when he took Olympic bronze at London 2012. It takes blood, sweat and tears to get to the top of any sport, and these short, inspirational biographies show just how tough it can be. Focusing on top athletes and sport personalities, each dramatic story brings to life the skill, determination and luck needed to break through into top level competition. This title is published by Franklin Watts EDGE, which produces a range of books to get children reading with confidence. EDGE - for books children can't put down.

India's best known boxer, five times World Champion and an Olympic medallist, Mary Kom tells the moving and inspiring story of her life with surprising honesty. 'My years of hard work, the refusal to give up, pushing every boundary there was. The thrill, the joy of winning, the successes. The Olympic bronze, my most prized possession. And boxing, the sport I gave myself to. All of it is real. I was the David who took on the Goliaths in the boxing ring - and I won, most of the time.' Mangte Chungneijang Mary Kom. Queen of the Indian boxing ring. The winner of five World Championships and an Olympic medal. Born to parents who were landless agricultural labour in the state of Manipur, Mary's story is one of relentless struggle and unflagging passion for the sport of boxing. A childhood of hard labour prepared her body for the sport as well as any fitness training might have. Her own will and aggression carried her through the minefield of politics that any sport in India is.

Nimble of foot and pulling no punches, the boxing ring was her dominion.

The series focuses on the people who inspire children today. Each book looks at the background, life and achievements of a personality, their impact on popular culture as well as detailing the everyday facets of their job and how they have gained such success. This title explores how Nelson Mandela became one of the most influential political leaders in the world, from his origins in a South African herding village, through to his arrest for political activism, his imprisonment at Robben Island and his eventual release and presidency. It also looks at Mandela's death, the aftermath and memorial service that followed and how his legacy lives on.

A new biography comic featuring Tom Daley. British diver Tom Daley made quite a splash at the 2012 Olympic Games with his winning personality, boyish good looks and impressive physique. Writer Michael Troy and artist Alex Schumacher tell the inspiring young swimmer's tale of triumph and tragedy from his Olympic success to the loss of his father and his rise as a reality tv celebrity.

[A Certain Amount of Madness](#)

[The Plant Kitchen](#)

[Tom Daley](#)

[Just Gill](#)

[Over 250 Step-by-Step Techniques](#)

[Finding joy in every day and letting go of perfect](#)

[High Performance](#)

[Speak Its Name! Quotations by and about Gay Men and Women](#)

[The Children's Nurse](#)