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In this, his full autobiography, Usain tells his story in his own words: from humble beginnings in Jamaica, to international stardom at Beijing and on to the new heights of superstardom he has reached since lighting up London 2012.

Faster than Lightning: My Autobiography: Bolt, Usain ...

Faster Than Lightning is a wonderful book and is beautifully written by the world's fastest man. It involves all the elements that a fantastic book needs. This is the first autobiography that I read and I thoroughly enjoyed reading this. Usain Bolt explains each and every phase of his life in detail without missing any highlighting element. People who watch Bolt race may think that he is a kind of party guy who loves entertainment a lot and enjoys and works less. But if you go through this you'll be

Faster than Lightning: My Autobiography by Usain Bolt

Faster than Lightning: My Autobiography. The autobiography of the fastest man of all time and a superstar whose talent and charisma have made him one of the most famous people on the planet...

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Faster than Lightning: My Autobiography by Usain Bolt. Athletes and entrepreneurs often share the same stage as within the athlete's road to success you can often find some entrepreneurial and business lessons. However, with this book, I was actually really disappointed.

BOOK REVIEW: Faster than Lightning: My Autobiography by ...

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In this, his full autobiography, Usain tells his story in his own words: from humble beginnings in Jamaica, to international stardom at Beijing and on to the new heights of superstardom he has reached

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since lighting up London 2012 and Rio in 2016.

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The sprinter provides insight into his life and career, from his humble beginnings in Jamaica to the car crash that nearly ended his life to his winning a total of six gold medals at the 2008 and 2012 Olympics.

The autobiography of the fastest man of all time and a superstar whose talent and charisma have made him one of the most famous people on the planet.

Autobiography of Usain Bolt Covers his journey from playing cricket and soccer as a kid to becoming the fastest man alive Well-illustrated Years before he set world records for the 100-meter and 200-meter sprints, which made him the fastest man alive and famous, Usain Bolt was a fairly scrawny kid from Trelawny in Jamaica. In this autobiography, Bolt himself shares how, as he grew up and played cricket and soccer, he— and others—learned he could run fast. Very, very fast. Usain Bolt's journey from a kid with humble beginnings to an Olympic gold medal winner is an inspiring and encouraging story. This beautifully illustrated autobiography shares that story from Bolt's perspective. It is a celebration of

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someone who was inspired by other athletes around the world, someone who worked for years to become the best at his sport. Bolt shares stories of the sacrifices he made, the influence of Cristiano Ronaldo, the power of soccer and dancehall music, and his signature lightning bolt move.

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. *As you read this summary, you will learn that with nine Olympic gold medals and eleven World Championship victories, Usain Bolt is one of the most successful athletes in the history of track and field and his reputation is well established. *You will also learn that : Usain Bolt has gone through many events; He preferred cricket to athletics; He is the fastest man in the world; The 100 meters was not meant for him; Usain Bolt is addicted to speed. *Nicknamed "the fastest man in the world", Usain Bolt is a perfectionist and a top sportsman. Yet behind this mask is a discreet man whose story is often little known to the general public. In this autobiography, he delivers his life, that of a man who started from nothing and yet managed to reach the top. *Buy now the summary of this book for the modest price of a cup of coffee!

Usain Bolt has been known as the fastest runner in the world since the 2008 Olympic Games in Beijing, China. The Jamaican sprinter earned this title when he set a world record and took home the gold medal in the Men's 100m race. Then he went on to win gold and set world records in the Men's 200m and Men's 4 x 100m Relay events. Usain will set out to prove that he is still the world's fastest person when he competes in the 2012 Olympic Games in London, England. Learn more about Usain's journey from his childhood in western Jamaica to the top of the sports world.

4 August, 2012. Super Saturday. On the most electric night in the history of British sport, Mo Farah braved the pain and punishment to seize Olympic gold in the 10,000m - and in the process went from being a talented athlete to a national treasure. Seven days later, Mo seized his second gold at the 5000m to go where no British distance runner has gone before. Records have tumbled before him: European track records at 1500m, 5000m indoors, and 10,000m; British track records at 5000m, 3000m indoors and 10k on the road have all fallen to Mohamed 'Mo' Farah: the boy from Somalia who came to Britain at the age of eight, leaving behind his twin brother, and with just a few words of English, and a natural talent for running. His secondary school PE teacher Alan Watkinson spotted his potential and began easing this human gazelle towards the racetrack. In 2001 Mo showed his promise by winning the 5000m at the European Junior Championships. Soon he was smashing a string of British and European records. He began living with a group of elite Kenyan runners, following their strict regime of run, sleep, eat and rest. Mo was determined to leave no stone uncovered in his bid for distance-running glory. After a disappointing Olympics in Beijing Mo took the bold decision to relocate to Portland, Oregon to work under legendary coach Alberto Salazar. The results were emphatic as Mo took silver at the 10,000m and then raced to gold in the 5000m at the 2011 World Championships in Daegu. Even better would soon follow at London 2012. *TWIN AMBITIONS* is much more than an autobiography by a great Olympic champion. It's a moving human story of a man who grew up in difficult circumstances, separated from his family at an early age, who struggled to overcome seemingly insurmountable obstacles and realise his dream.

Twelve-year-old Angus lives and breathes horses. His father is a horse trainer, and on most mornings before school, Angus is helping him. However, Angus discovers illegal goings-on at the local stud farm and, with the help of his friends, investigates the possibility that they are cloning famous racehorses. Ages 9-13.

In *No Limits*, Michael Phelps - perhaps the greatest Olympic competitor the world has ever seen - will show us the secrets to his remarkable success, from training to execution. Behind his tally of Olympic gold medals - more than any athlete throughout history - lies a consistent approach to competition, a

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determination to win, mental preparation, and a straightforward passion for his sport. One of his mottos is 'Performance is Reality', and it typifies his attitude about swimming. No Limits goes behind the scenes to explore the hard work, sacrifice, and dedication that catapulted Phelps into the international spotlight. Phelps will share remarkable anecdotes about family, his coach, his passion for the sport, and the wisdom that he has gained from unexpected challenges and obstacles. Highlighting memorable races and valuable lessons from throughout his career, Phelps offers candid insight into the mind and experiences of a world champion. No Limits will inspire anyone to follow their passion straight to the finish line.

Prepare to peek into the mind of a champion, known as the most decorated Olympian of all time with 28 medals, including 23 gold, with this newly updated edition of Michael Phelps's autobiography, *Beneath the Surface*. In this candid memoir, Phelps talks openly about his battle with attention deficit disorder, the trauma of his parents' divorce, and the challenges that come with being thrust into the limelight. Readers worldwide will relive all the heart-stopping glory as Phelps completes his journey from the youngest man to ever set a world swimming record in 2001, to an Olympic powerhouse in 2008, to surpassing the greatest athlete of ancient Greece, Leonidas of Rhodes, with 13 triumphs in 2016. Athletes and fans alike will be fascinated by insights into Phelps's training, mental preparation, and behind-the-scenes perspective on international athletic competitions. A chronicle of Phelps's evolution from awkward teenager to record-breaking powerhouse, *Beneath the Surface* is a must-read for any sports fan.

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