"Monica Seles was a winner in tennis, but saved her really dazzling performance for the game of life." —MEHMET C. OZ, author of You: The Owner's Manual

MONICA SELES



GETTING A GRIP

ON MY BODY, MY MIND, MY SELF

Getting A Grip On My Body My Mind My Self

Joe Amico

Getting A Grip On My Body My Mind My Self:

Getting a Grip Monica Seles, 2013-08-01 At the age of sixteen Monica Seles crashed on to the world tennis scene by becoming the youngest winner in French Open History For three years she dominated the tennis circuit racking up eight Grand Slam titles winning three back to back French Open titles At post match conferences she charmed the media with her trademark giggle In January 1993 Seles defeated Steffi Graf in the Australian Women's Open and in April of that year while playing a guarter final in Hamburg a boning knife was plunged between her shoulder blades by a Graff fan Everything changed The incident shocked the tennis world Seles injuries healed but Seles did not Now in this compelling book she tells us in her own words what followed years of seclusion the fog of despair binge eating dealing with criticism about her weight from a brutal press losing her father coach to cancer and never regaining her dominance on court despite getting in to the top 10 After years battling to regain fitness and tennis glory an excruciating injury forced Monica to take time off from tennis in 2003 and she embarked on her own journey She abandoned the arduous workouts and punitive diets and slowly uncovered the painful emotions behind years of tumultuous feelings This is a human and inspiring story of determination amazing talent and touching vulnerability that Seles hopes will motivate and inspire others to find happiness in their own lives Monica Seles is a former No 1 professional tennis player who became the youngest ever champion at the French Open in 1990 and went on to win nine Grand Slam singles titles In 2007 she was appointed goodwill ambassador for the UN s Global Sports for Peace and Development Initiative Getting a Grip Monica Seles, 2009 The youngest winner in French Open history racking up eight Grand Slam titles former tennis champion Monica Seles relates her struggles with binge eating and depression and the peace and balance she had been searching for after an excruciating injury forced her on the sidelines Love Game Elizabeth Wilson, 2016-05-06 A journey through the history culture and mystique of tennis from an original and provocative mind The Wall Street Journal If you ve watched Rafael Nadal spin a forehand at 4000 rpm Maria Sharapova arabesque out of a serve Serena Williams utterly destroy a short ball or Roger Federer touch a volley into an impossibly angled winner you know how exciting tennis can be This book reveals the long history and unique culture behind the sport With a penchant for tennis s inherent drama historian Elizabeth Wilson finds its core a psychological face off between flamboyant personalities navigating the ebbs and flows of fortune in the confines of a 78 x 36 foot box whether of clay grass or DecoTurf Walking the finely kempt lawns of Victorian England she shows how tennis s early role as a social pastime that included both men and women and thus lots of sexual tension set it apart from most other sports and their dominant masculine appeal Even today when power and endurance are more important than ever tennis still demands that the body behave gracefully and with finesse In this way Wilson shows tennis has retained the vibrant spectacle of human drama and beauty that have always made it special not just to sports fans but to popular culture Telling the stories of all the greats from the Renshaw brothers to Novak Djokovic and of all the advances from wooden racquets to network television schedules Wilson offers a tennis book

like no other keeping the court square in our sights as history is illuminated around it A sporting history unlike any I ve read one that in its sophistication and thoughtfulness shows up the hollowness of most other accounts Observer Just

Dreaming Joe Amico, 2013-01-02 Is the American Dream real Do we have a right to it or is it just suggestion Where did it come from Joseph Amico the son of Sicilian immigrants provides the answers to these key questions in this essay on American history and politics More importantly he explains why the dream is in jeopardy and how it can be saved Raised a Catholic Amico became a skeptic of politics and government after the assassination of President John F Kennedy Later when Martin Luther King Jr and Robert Kennedy were killed he knew something was seriously wrong With the war in Vietnam raging he joined the antiwar and civil rights movements Immersed in the politics of the day he saw only one answer to the nations problems social revolution Now looking both at the history and present state of the US Amico explores what is needed to for the nation to move forwardto find a better way of doing things Our political forefathers promoted radical principles that helped the United States and its people prosper While we can still move in that direction it wont happen by listening to radio and television pundits who distort the views of our forefathers We must revisit the principles that our country was founded on and let what we know to be the truth become reality Amico an ordinary citizen seeks to shed some light on this complex subject so that we the people can claim whats rightfully ours instead of just dreaming

<u>Understanding Rivalry and Its Influence on Sports Fans</u> Havard, Cody T., 2019-03-29 While rivalries are a key aspect of the sports world they are not well understood It is essential to study how rivalries influence fan behavior in order to predict and identify their effect on social interaction consumer behavior and the entertainment industry Understanding Rivalry and Its Influence on Sports Fans is an essential reference source that discusses what causes and influences rivalry as well as how it impacts sport fans Featuring research on topics such as bracketed morality competitive sports and social identity this book is ideally designed for academics students and researchers studying the rivalry phenomenon across such disciplines as psychology sociology political science sport and entertainment consumer behavior and marketing Violence in Sports Paul Bowker, 2014-01-01 The spotlight on sports is brighter than ever and the focus isn t just on the scores This title takes a critical look at a challenging issue within the sports world providing history and context while also examining key factors in the issue and how it is being addressed This title is balanced and straightforward and uses numerous examples to illuminate the issue With a glossary primary source sidebars and additional resources this title will keep readers engaged and up to date on the biggest concerns in sports today Aligned to Common Core Standards and correlated to state standards SportsZone is an imprint of Abdo Publishing a division of ABDO Somaesthetics and Sport ,2022-04-04 Somaesthetics and Sport brings together a diverse set of explorations into the embodied experience of watching and playing sport Sport can at once be a source of sensual beauty and pleasure and also of pain and anguish spectators can both celebrate and glorify athletes but also expect certain forms of behaviour and intentionally or otherwise police the movements of their bodies sport

and physical exercise can improve our health and increase the self awareness of our abilities and limitations but they also help us to shape our sense of what it means to live a good life Howling Storm Mianke Fourie, 2024-01-30 My sister frowns in confusion I don't see why we can't uncomplicate it You've found your mate what do you mean she belongs to Jace Is she Jace's mate No I snarl slamming my fists on the floor feeling my beast make itself known again Kayden sighs heavily She's his slave Tyler Storm is supposed to lead every werewolf pack on the West Coast into an age of prosperity but before he does that he needs to get control of the explosive cocktail of predator blood in his veins Controlling your inner wolf is hard enough without a vampiric bloodline complicating things And then one night he meets his destined mate and she is at the feet of a rival Alpha In chains It's enough to make anyone lose their head Meanwhile Abbygail has just about given up on anything better than trying to please the brute who slaughtered her parents and hopefully not getting too many ribs kicked in next time he wants to work off some steam She doesn t realize that there s more than sadism behind what s happening to her there s a calculated shot at unseating a king and destroying a peace treaty generations in the making The curse of a sacred bond that has been twisted and defiled descends on the two of them as Tyler loses control and Abby discovers that she may have been down but she wasn t out Not for good anyway **Chasing War** Cady Hammer, 2021-09-14 Expect the unexpected when you take your place in Fae society When Grace arrives at the House of the Evening she is instantly thrust into the world of the Fae nobility As the heir to a throne she didn t even realize was hers she has to navigate magical education complex traditions and a stepfamily she never asked for With her new tutor Talon and Aiden by her side Grace steps out into the Upper Realm as Lady of the House of the Evening only to find a war exploding under her gaze led by the House of Darkness With minimal training and outdated laws keeping her from stepping up for the war effort she and Aiden must guickly strategize against the invaders while searching in earnest for the remaining six prophecy members As the war rages on and more pieces of the puzzle fall into place Grace must make a decision about who to trust and how to lead The Other Side of Bipolar Lauren Polly, 2016-03-01 The Other Side of Bipolar offers hope and a new perspective of mental illness that can help millions of people A unique combination of memoir and self help book it invites us to reexamine our definitions of mental illness as a debilitating disease and consider another possibility what if instead of a wrongness these symptoms point to capacities that are not yet fully understood What if being bipolar or mentally ill is a sign that you have intelligences that others do not understand Through this new perspective you can be empowered to go beyond any diagnosis or label you have been given and start to explore the uniqueness and beauty of who you truly are Embedded throughout this poetic story are examples of tools and techniques you can apply immediately to begin to create a sense of peace and possibility in your life Lauren's story will captivate you and show you a path to finding peace and joy with being different and ultimately how to utilize your difference to shift from surviving in this world to thriving and creating a satisfying life for yourself You don't need to live a small safe existence you can go after your dreams challenge yourself and create a life far beyond what you may have

thought is possible The Other Side of Bipolar sits apart from other autobiographical surveys of psychological struggles offering readers the rare opportunity to explore and utilize many of the gifts formerly identified as disabilities Any who have faced such a diagnosis will find this an inspiring engrossing saga which offers hope revelation and much food for thought as it follows a journey that takes the identification of bipolar and turns it upside down Diane Donovan Senior Reviewer Midwest Book Review

Getting A Grip On My Body My Mind My Self: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read: Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Getting A Grip On My Body My Mind My Self: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic: Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a guiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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