

"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



NATIONAL  
BESTSELLER

GETTING A GRIP  
ON MY BODY, MY MIND, MY SELF

# Getting A Grip On My Body My Mind My Self

**Mianke Fourie**



## **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 quarter 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, 2010 A record setting tennis champion describes such experiences as her teenage successes on the tennis circuit the knife attack by a mentally ill fan that rendered her emotionally scarred and her struggles with depression and an eating disorder

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 **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 *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 forward to 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 won't 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 what's rightfully ours instead of just dreaming *Understanding Rivalry and Its Influence on Sports Fans* 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 *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

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

*Searching for Soul* Bobbe Tyler,2009-07-07 To dive deep into your inner life To navigate its complexity and explore your story in depth To discover who you are exactly the courage you have when life breaks apart how conscious you become in that process and how rich you feel learning the meaning of your life On a search for wholeness Bobbe Tyler delves deep to find and tell her story the trauma of familial mental illness marriage and divorce spiritual despair accountability addiction and the joy of recovery surviving loss and finally that which matters most love in all its ways The rewards of her wisdom belong not to her alone but by way of her unflinching examination of life s many paths to all who have a story of their own to tell who have faced a life choice gone wrong or met the peace that had always seemed just out of reach This searing self appraisal provides a model for those who seek to know themselves better and are willing to sound their depths to find their story in full

**The Stars Are Dying** Chloe C. Peñaranda,2023-11-30 The Serpent and the Wings of Night meets Shadow and Bone in a dark romantic fantasy loosely inspired by the Greek myths of Astraea with a page turning new epic world and a darkly seductive star crossed romance The brightest star needs the darkest night Astraea is a prisoner of her own mind the past sliding from her grasp like water But she knows she must escape the tyrannical king who holds her captive and find her clouded memories once again This quest leads her to the Libertatem a succession of trials hosted by the king in which five human lands compete for a cycle of safety from the vampires seeking blood claiming souls and savaging after dark But even winning the Libertatum will not keep Astraea safe from vampires She s made a bargain with Nyte the beautiful deadly vampire who stalks her dreams and haunts her waking hours He promises to keep her safe but she knows she cannot trust him cannot trust his lies even as she finds herself drawn deeper and deeper into his seductive embrace Caught between Nyte and her own mysteries Astraea must decide if winning the Libertatem for her kingdom is worth her life

or if protection and the answers to her past really are her strongest desires At the Publisher s request this title is being sold without Digital Rights Management Software DRM applied      **The Masquerade** Brielle Joy,2017-09-05 On the outside Brielle Joy is a smiling carefree teenager but behind her facade shes slowly drowning in her fight to control a life headed for destruction Shes struggling so much to forget her painful past that shes caught in the snares of anorexia and self harm Brielle will do anything to control the pain that threatens to escape But God has a plan In *The Masquerade* Brielle shares her true story of a life shattered by sexual abuse and the restorative power of a heavenly Father In this memoir she tells how she suffered abuse at the hands of her father and how with the help of God she came to a place of freedom from her past She describes her experiences because she understands others carry the same secrets in silence Their painful pasts remain hidden but not from God He sees each tear and every hurt *The Masquerade* offers a look at Brielles journey through the pain into a place of hope She sends the message that no pain is too great no darkness too overwhelming for God to reach out and bring you into the light of his love      Wild Child Allison Martin,2021-06-15 She wanted a fling and he offered her forever Influencer Nova Forester is on the run from a blackmailer set to destroy her Desperate to forget her problems she crashes into the arms of a rugged small town mechanic before disappearing again Former playboy Ezekiel Stryker can t stop thinking about the mystery woman who showed up at his shop months ago but he s moved on to a new girlfriend and a stable life until Nova arrives on his doorstep pregnant and with nowhere to go There s more to Nova s life than she s letting on and Zeke s determined to gain her trust and prove he can be what she needs But danger is closing in as terrifying as the love growing between them When the twisted truth finally comes out protecting Nova and their baby could cost Zeke everything If you like devoted heroes flawed heroines hair pulling sexual tension and laugh out loud banter to go along with your suspense *The Stryker Family Saga* is sure to keep your pulse pounding *Wild Child* is an accidental pregnancy forced proximity romance that deals with blackmail domestic violence mental health      911 from an Inside Line Denise Stephenson,2007-05-08 Written by dispatcher Denise Stephenson a crucial first responder in the Hurricane Katrina disaster as a member of Mississippi Waveland police department this volume presents a very real portrait of a calamity that shattered the homes lives and dreams of many Americans a compelling episode which the author calls 911 FROM AN INSIDE LINE Uniquely different from other books on the subject this work not only captures the harrowing event as it happened but also reveals an unforgettable documentation of pain defeat triumph and redemption as it chronicles not only her own recovery process but that of a community as well through the eyes of an actual witness      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 Four Stories too Tall to Tell? Jack Town,2014-03-10 WARNING The world of the occult is a disheartened one as often lives that could have been lived worthwhile were cut short as a result of violence If there was no one to tell their story from beyond these characters might have been condemned to Heliah or the black Angels fate This was a fair warning and if you toughen out to their end which I expect you will I will promise some relief but not the ones you may expect as these stories are as unpredictable as they come They will though trigger some uncomfortable content of the hidden mind And when that happens I can only recommend to get through it to the end or they might haunt you too Secrets of The Lockwells 1 As he placed the second brick on the floor the candles started to flicker Simultaneously an icecold draft swept by Mary gave a little cry at the moment the candles went out John turned to face the white apparition that Agony of the Past 2 The hair in my neck was rising in my electrified hide and a graveyard cold shuddering was bouncing down my back the menacing unknown enemy beyond my bedroom door Cats in Frenzie 3 In the early hours of the morning I finally fell asleep into an uneasy deep and foggy dream I instinctively realized the shriek must have come from a cat in death agony The Tower 4 the sparse light left was being withdrawn after the sun and leaving nothing but darkness behind The ground under the tower was now just a dark deep void as the fire reflections from the distant buildings were gone Everlasting Alyson Noël,2011-06-07 Their epic love story has captured the hearts of millions and enchanted readers across the world Everlasting is the beautiful finale to Alyson No l s bestselling Immortals series in which their journey draws to a spectacular conclusion where all will be revealed Their darkest enemies now defeated Damen and Ever are free to embark upon their final quest to free Damen from the poison lingering in his body If they can just find the antidote they ll finally be able to feel each other s touch and experience the passionate night they ve been longing for But their fight to be together will lead them into the most formidable terrain yet into the dark heart of Summerland Here in a land of scorched earth and endless rain Ever and Damen will discover their relationship s hidden origins expose a secret history they never imagined and come face to face with the true reason fate

keeps tearing them apart Only then when the final mystery is unraveled and the last secret revealed Ever and Damen s future will hinge on one ultimate decision that will put everything at stake even eternity **Provocateur** Anthony J.

Cortese,2004-04-19 This updated second edition offers a refined theoretical framework new pedagogical features and expansion of advertising images and their analysis Controversially the second edition highlights preliminary evidence contrary to popular opinion that media sex and violence do not always sell The new edition reviews these and other recent research findings Other updates for this edition include an evaluation of advertisements following the 9 11 terrorist attacks more on media violence and its nexus to youth violence new discussion of the use of advertising in law enforcement introduces the concept hybridizing combinations of two types of advertising many new ads representing cultural changes since the first edition **Hues of Dusk** Snehal Ghuge, Do you still hate me Why shouldn t I Getting admitted into her

favourite college doesn t turn out to be that awesome when Sandhya Rai comes face to face with her childhood arch nemesis aka Ved Rajput her worst nightmare in human form Would she be able to stay off his radar and destroy her glorious title of Miss Blunders or would her peaceful life finally come to an end Tag along to find out how our dusk Sandhya deals with the situation with her friends help and how far she can go for the people close to her **Heart Medicine** Nina Izel,2020-10-18

In this book Nina guides you through a magical journey of death and rebirth with the Mother Ayahuasca towards your own power and your own light Through this journey you learn that healing is a participatory process you will understand that healing is the integration of aspects of yourself back to your natural state of wholeness but most important of all you will see that the healer is you Nina leads you on a transformational journey towards your own heart through self love and acceptance Her book is a practical guide for those who wish to work with this powerful medicine Ayahuasca or support others on this journey of healing and remembering She offers a framework of preparation initiation and integration that can be used as a much needed context in the west to work with this powerful visionary plant This therapeutic container supports greatly the integration of spiritual insights into everyday behavior and allows deeper change in one s life Nina is a visionary artist in the field of healing arts she is an advocate for natural healing and legalisation of natural plants for research and healing purposes She is a guardian of the Mother Earth and walks the path of the One Heart Call of the Syron Alyssa

Bukowski,2021-10-21 A princess born into a war torn galaxy Two ancient beings with the power of suns A mortal bounty hunter And a dark prince whose shadow blankets the galaxy Aladella princess of Prytha never imagined she would step foot off of her home planet Especially after the brutal murder of her sister and father With the Darions invasion growing closer with every passing day Aladella has no other choice than to run Escaping the Darion with the help of a masked bounty hunter pilot she finds herself in the company of those she once thought would leave her for dead With her new unlikely crew Aladella discovers long hidden secrets and a magic that was once thought to be gone forever Now she must balance her heart and her head as the galaxy is thrown into chaos around her After having visions of her mother s death Aladella must



return home with her rag tag team of misfits in an effort to stop Darious and his army of silent soldiers But as Aladella learns more about the magic of a Syron she realizes she may be the last hope in the fight against the Darion

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