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Running My Life is far from the self-congratulatory account one might expect. Charting his rise from a Sheffield secondary modern to double Olympic champion, multiple record-holder, politician and inspirational leader behind the successful Games, he reveals a personality far more amusing and unpretentious than his smooth public image would

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suggest., Independent on Sunday

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A common prejudice about Seb Coe is that he was a brilliant Olympian who morphed into a Tory Boy, sucking up to power. This autobiography affirms him as a man of the people rather than a son of...

Running My Life: The Autobiography by Seb Coe,  
review

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In their biography Finding Freedom, co-authors Omid Scobie and Carolyn Durand said the couple “ were in their own little world ” on their first date at a private member's club in London.

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One second in time may separate the great athlete from the merely good. Seb Coe has made every second count. From an early age he has been driven to be the best at everything he does. Since the moment Coe stood alongside a 'scrubby' municipal running track in Sheffield, he knew that sport could change his life. It did. Breaking an incredible twelve world records and three of them in just forty-one days, Seb became the

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only athlete to take gold at 1500 metres in two successive Olympic Games (Moscow 1980 and Los Angeles 1984). The same passion galvanised Coe in 2005, when he led Britain's bid to bring the Olympic and Paralympic Games to London. He knew that if we won it would regenerate an East London landscape and change the lives of thousands of young people. It has. Born in Hammersmith and coached by his engineer father, Coe went from a secondary modern school and Loughborough University to become the fastest middle-distance runner of his generation. His rivalry with Steve Ovett gripped a nation and made Britain feel successful at a time of widespread social discontent. From sport Coe transferred his ideals to politics,

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serving in John Major's Conservative government from 1992 to 1997 and developing 'sharp elbows' to become chief of staff to William Hague, leader of the Party from 1997 to 2001 and finally a member of the House of Lords. Running My Life is in turns exhilarating, inspiring, amusing, and extremely moving. Everyone knows where Sebastian Coe ended up. Few people realise how he got there. This is his personal journey.

Offers the true story of a Sudanese boy who, through unyielding faith, overcame a wartorn nation to become an American citizen and an Olympic contender.

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Milkha Singh has led a life dominated by running, running, running. From a boy who narrowly escaped death during Partition (most of his family was not so lucky), to a juvenile delinquent who stole and outran the police, to a young Army recruit who ran his very first race to win special privileges for himself (a daily glass of milk). After that first race, Milkha Singh became an athlete by default. And what followed was the stuff legends are made of. In this remarkably candid autobiography, Milkha Singh shares the amazing highs of winning India's first ever gold in athletics at the Commonwealth Games, the unbridled joy of being hailed as the 'Flying Sikh' in Pakistan, as well as the



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shattering low of failure at the Olympics. Simple, yet ambitious; famous, yet grounded; temptations all around him, yet remaining celibate so he could focus on racing; a rich and beautiful girl who was desperate for him, yet fighting the world to marry his lady love, Nimmi-even as the on-field drama found its way into his personal life, Milkha was a man who defined his own destiny. And yet, for a man whose life was dominated by sports, he continues to remain disillusioned with the way sports is run. Powerful and gripping, *The Race of My Life* documents the journey of an impoverished refugee who rose to become one of the most towering figures in Indian sports.

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From the best-selling author of *The Wind-Up Bird Chronicle* and *After Dark*, a rich and revelatory memoir about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he 'd completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of critically acclaimed books, he reflects upon the influence the sport has had on his life and – even more important – on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and includes settings ranging from

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Tokyo ' s Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs, and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in distance running.

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Now including an excerpt from Lust & Wonder, a new memoir coming in March 2016. Running with Scissors is the true story of a boy whose mother (a poet with delusions of Anne Sexton) gave him away to be raised by her psychiatrist, a dead-ringer for Santa and a lunatic in the bargain. Suddenly, at age twelve, Augusten Burroughs found himself living in a dilapidated Victorian in perfect squalor. The doctor's bizarre family, a few patients, and a pedophile living in the backyard shed completed the tableau. Here, there were no rules, there was no school. The Christmas tree stayed up until summer, and Valium was eaten like Pez. And when things got dull, there was always the vintage

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electroshock therapy machine under the stairs....  
Running with Scissors is at turns foul and harrowing,  
compelling and maniacally funny. But above all, it  
chronicles an ordinary boy's survival under the most  
extraordinary circumstances.

Over the past seven years, Bruce Springsteen has  
privately devoted himself to writing the story of his life,  
bringing to these pages the same honesty, humor, and  
originality found in his songs. He describes growing up  
Catholic in Freehold, New Jersey, amid the poetry,  
danger, and darkness that fueled his imagination,  
leading up to the moment he refers to as The Big Bang:  
seeing Elvis Presley's debut on The Ed Sullivan Show.

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He vividly recounts his relentless drive to become a musician, his early days as a bar band king in Asbury Park, and the rise of the E Street Band. With disarming candor, he also tells for the first time the story of the personal struggles that inspired his best work. Born to Run will be revelatory for anyone who has ever enjoyed Bruce Springsteen, but this book is much more than a legendary rock star's memoir. This is a book for workers and dreamers, parents and children, lovers and loners, artists, freaks, or anyone who has ever wanted to be baptized in the holy river of rock and roll. Rarely has a performer told his own story with such force and sweep. Like many of his songs ("Thunder Road," "Badlands," "Darkness on the edge of Town," "The

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River" "Born in the U.S.A." "The Rising, " abd "The Ghost of Tom Joad," to name just a few). Bruce Springsteen s autobiography is written with the lyricism of a singular songwriter and the wisdom of a man who has thought deeply about his experiences.

As seen on The View! Can ' t Nothing Bring Me Down is the memoir of 104-year-old, world-record-holding runner Ida Keeling. Miss Ida, as she ' s known throughout her Bronx community, isn ' t your typical runner. Her fierce independence helped her through the Depression and the Civil Rights movement. But her greatest trials were yet to come. Ida ' s two sons were brutally murdered. Justice was never found. Ida felt like

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she didn't have the strength to carry on and she couldn't hope anymore. But encouraged by her daughter, Ida put on her first pair of running shoes at the age of sixty-seven and began to chase the paralyzing sorrow from her heart. Running gave light and new energy to Ida, and since her first race nearly thirty-five years ago, she's kept running and never looked back. Holding the world record for the fastest time in the 60-meter dash for the 95-99 age group, Ida isn't slowing down. Now she gives us a clear picture of what it means to overcome obstacles. Ida Keeling shares her inspirational story about growing up as a child of immigrants during the Depression and later raising four children as a single mother. She offers time-



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tested truths gathered from a lifetime of watching a nation change and from a life-long faith in Jesus.

“ Every night, I thank him for my many blessings, for his guidance, for his protection, ” Ida says, “ And every night he tells me, 'Miss Ida, you just keep on, because I ain't done with you yet.'”

Warrick Dunn was only eighteen when his mother, a Baton Rouge police officer, was shot and killed. Yet somehow he managed to enroll at Florida State University and help his team to a national championship during his freshman year—while also caring for his five brothers and sisters. Despite his modest size, Dunn went on to a storied NFL career with the Tampa Bay

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Buccaneers and the Atlanta Falcons, becoming one of only twenty-three running backs in NFL history to exceed the 10,000-yard career rushing mark. Off the field, he created the Warrick Dunn Foundation and its Homes for the Holidays program, helping single parents achieve first-time home ownership. But in his drive to help others, the one person Dunn neglected was himself, as the pain of his mother's loss led to a spiraling depression that went untreated for years. Running for My Life details Dunn's struggle to confront his past and face the grief that consumed him for far too long. Thought-provoking and uplifting, it is the story of an exceptional athlete's secret torment and inspiring courage.

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A bright star of the Italian Renaissance, Girolamo Cardano was an internationally-sought-after astrologer, physician, and natural philosopher, a creator of modern algebra, and the inventor of the universal joint. Condemned by the Inquisition to house arrest in his old age, Cardano wrote *The Book of My Life*, an unvarnished and often outrageous account of his character and conduct. Whether discussing his sex life or his diet, the plots of academic rivals or meetings with supernatural beings, or his deep sorrow when his beloved son was executed for murder, Cardano displays the same unbounded curiosity that made him a scientific pioneer. At once picaresque adventure and

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campus comedy, curriculum vitae, and last will, The Book of My Life is an extraordinary Renaissance self-portrait—a book to set beside Montaigne's Essays and Benvenuto Cellini's Autobiography.

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