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I can only recommend this book to those of you who have not already purchased Mark Law's previous book on the subject of judo, THE PYJAMA GAME. You see this book and that one are in fact the same book with different titles and a different cover design. And in truth, I feel totally ripped off since there was no indication that this was a revised edition. So I hope this stops anyone else from making ...

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Falling Hard: A Journey Into the World of Judo: Law, Mark ...

Once again it's a great book on the subject of judo. But there is no reason to buy the same book twice. To read a review of this book simply go to my review of the PYJAMA GAME, A JOURNEY INTO JUDO since this book is no more than a revised edition. As for myself I can now send this book to some fellow judoka as a gift.

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Falling Hard: A Journey Into the World of Judo. Read Pdf ð Falling Hard: A Journey Into the World of Judo ð eBooks or Kindle ePUB free. I really enjoyed the first half when he talked about his own experiences stepping onto the mat, and the earlier Judo history was interesting. Unfortunately the book then gets bogged down in recent history ...

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Falling Hard is Law's love letter to judo-the culture, drama, history,

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and practice. Law's account is as much for the sports writing fan and armchair enthusiast as for the judo practitioner. - Falling Hard: A Journey Into the World of Judo by Law, Mark.

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16 positive reviews by David M. Goode. 5.0 ...

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Falling Hard is Law's love letter to judo—the culture, drama, history, and practice. With journalistic zeal, he delves deeply into the sport's history and lore, and interweaves his own judo experiences with the development of judo in Japan, the life and vision of its founder Jigoro Kano, the export of judo to the West, the emergence of women in the sport, and detailed descriptions of ...

Falling Hard - Shambhala Publications

Falling hard : a journey into the world of judo. [Mark Law] -- "A witty and compelling journey into the enigmatic sport of judo--the culture, drama, history, and practice. On his fiftieth birthday,

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journalist and self-described indolent sportsman Mark Law ...

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Falling Hard is Law's love letter to judo-the culture, drama, history, and practice. With journalistic zeal, he ...

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Since moving into their new £11m Santa Barbara mansion, Prince Harry and Meghan Markle have been keeping themselves busy with Zoom conference calls and recently signed a £112m deal with

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Megan Fox has hit out at her ex-husband Brian Austin Green for posting a picture with their son Journey in the background on Instagram. The film star, who split from Green earlier this year after ...

Megan Fox blasts ex Brian Austin Green for sharing picture ...  
Janna Levin is a professor of physics and astronomy at Barnard College, Columbia University.; Levin's book, Black Hole Survival Guide, will be available in the UK on 12 November and can be found ...

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A founding editor of The First Post recounts his impulsive decision to take up judo when he turned fifty, an activity he came to love and admire in spite of grueling training sessions, in an account that also describes his research into judo history and his attendance at matches between famous competitors. Original.

This debut memoir will forever change the way you think about women in prison. KAREN ANDREA CAMPBELL WAS LIVING THE AMERICA DREAM A married mother with two active daughters in high school, a productive career and an active outdoors life style in the Pacific Northwest. UNTIL SHE WAS CONVICTED OF FELONY MANSLAUGHTER DUI AND

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SENTENCED TO SIX YEARS IN PRISON She was going to prison. The judge banged the gavel, the Bailiff escorted her toward a door at the front of the courtroom. She took one last look at her family. They were in each other's arms. The Bailiff opened the door at the front of the courtroom as she stepped through the door that led to another world and one question that haunted her. But can she survive the next six years in a full custody women's prison?

First, I had to remember how to breathe. Then, I had to learn how to survive. Two years, three months and sixteen days had passed since I was the Rowe Stanton from before, since tragedy stole my youth and my heart went along with it. When I left for college, I put a thousand miles between my future and my past. I'd made a choice I was going to cross back to the other side, to live with the living. I

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just didn't know how. And then I met Nate Preeter. An All-American baseball player, Nate wasn't supposed to notice a ghost-of-a-girl like me. But he did. He shouldn't want to know my name. But he did. And when he learned my secret and saw the scars it left behind, he was supposed to run. But he didn't. My heart was dead, and I was never supposed to belong to anyone. But Nate Preeter had me feeling, and he made me want to be his. He showed me everything I was missing. And then he showed me how to fall.

\*This is a standalone in a three-part series that will focus on different characters. Each book can be read on its own.

From USA Today bestselling author Dakota Davies comes all new standalone enemies to lovers romance with dark family secrets and sizzling heat! One night changed us forever. For one night, we

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shared our wildest fantasies, our dirtiest desires. Even though it was the best night of my life, I knew I needed to let her go. Three months later, she walks into my office looking just as tempting as ever. The problem? She's here to steal my promotion, the same one that will make all of my sacrifices mean something. Turns out all that heat between us makes us impossible work mates. Half the time, I can't decide whether to fight with her or bend her over my desk. But when the verdict falls, I'm faced with an impossible choice: fight for my dream, or surrender to my heart. If you like the sensual heat of Lauren Blakely and the emotional journey of Corinne Michaels, then you'll devour Dakota Davies sexy small town series. Buy *Falling for My Dirty Boss* today!

I've loved Calder Cruz from the moment he taught me how to fly.

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Racing down a mountain and giving me the release I so desperately needed. My understanding. My safe space. Hadley has fought for a life of her own ever since her sister's kidnapping. When she was drowning in expectations and family pressures, Calder was always the one who understood her. Until one night changed it all. From best friends to strangers in a single breath. She's like a fire that lives inside me. Even when I thought it was all burned out, there were still embers that lived in my bones. Calder knows what it's like to almost lose the people he loves most. He'll never make that kind of mistake again. Working at the fire station and taking care of his daughters are the only things he needs. All it takes is a single moment to make him realize how wrong he is. A split second of coming close to losing the woman he has always loved. But as long-buried embers light anew, there are those who lurk in the shadows.

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And they will do whatever it takes to extinguish that flame for good

From USA Today bestselling author Dakota Davies comes a standalone friends-to-lovers romance with forbidden desires and sizzling heat. I love her. I can't keep her. I shouldn't have kissed her last night. She's my best friend, and no matter how much I tell myself that I'll be different with her, I know the truth: loving her means hurting her. Because I don't know jack about love or making someone happy, at least not for more than one night. That kiss last night has to be our last, before she discovers the filthy thoughts in my head, before I ruin us both. Given the choice between loving her or protecting her-I'll put her first her every time. Until someone else tries to take her away from me, and suddenly I can't hold back from what I want. Will I be too late to make her mine? Fall in love with

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in Falling for My Best Friend, the sensual friends-to-lovers romance readers are comparing to Lauren Blakely and Corinne Michaels. Buy Falling for My Best Friend today!

In the winter of 1989, on a windy cliff overlooking the Pacific Ocean, it hit me. I was deeply unhappy and had been for my entire 38 years. Looking down at the churning sea, I considered ending my life right there. My only other option was to change it, completely. Falling Into Freedom is the story of the crazy adventures that began after I stepped back from the cliff and set out in search of the wisdom that would set me free. My first act after I chose life over death was to throw away my old life. Downsized out of my job, I quit looking for a new one; sold my home; and lived for a time in my car. Freed from physical distractions, I reflected on my

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strict upbringing by salt-of-the-earth parents; my flirtation with academic disaster in high school; my impulsive decision to escape my perceived worthless life by joining the Army; my devastation after killing human beings in Vietnam; my fall into drug addiction to numb my pain, and the agony of going cold-turkey in a little hut assisted by a wise old woman. My search began by participating and leading personal growth seminars testing my relationship to fear. One exercise was a hands-free escape after being pinned down by a five-foot bamboo pole pressed across my neck by two strong men. Witnessing my will to live, I journeyed into an obscure bookstore and found books that taught me about how to look inwards for more answers. With this gained wisdom and a daily meditation practice, I learned how to forgive myself for killing; to not identify "self" through physical and mental attributes; to

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understand my attachment to possessions and personal identifiers like a job title; to let go of my attachments and aversions to everything; and to accept life as it is, not as I interpret it to be. The journey leads to an old monastery in England. There, three months of sitting in silence allowed me to lift the veil of illusion and see the world, and life, as it is.

An inspirational and gripping first-person account of determination, adversity and survival against the odds. 'Uplifting and brave' - Stylist The must-read true story of 2020. In 2018, Claire Nelson made international headlines. She was in her thirties and was beginning to burn out - her hectic London life of work and social activity and striving to do more and do better in the big city was frenetic and stressful. Although she was surrounded by people all of

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the time, she felt increasingly lonely. When the anxiety she felt finally brought her to breaking point, Claire decided to take some time off and travelled to Joshua Tree Park in California to hike and clear her head. What happened next was something she could never have anticipated. While hiking, Claire fell 25 feet, gravely injuring herself and she lay alone in the desert - mistakenly miles off any trail, without a cell phone signal, fighting for her life. She lay in the elements for four days until she was miraculously found - her rescuers had not expected to find her alive. In THINGS I LEARNED FROM FALLING Claire tells her incredible story and what it taught her about loneliness, anxiety and transformation and how to survive it all.

When Todd Harris makes the move from the mean streets of

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Chicago to the sleepy roads of Marietta, Montana, it's not just his career that's changing—it's his entire life. Going from police officer to forest ranger isn't too much of a stretch, but getting used to how things work in a small town is. As he settles in, Todd realizes he loves the slower pace of the countryside, but then— an Olympic gold medalist comes to town and shatters his hard fought peace. But the town's new forest ranger doesn't like attention and he sure as hell isn't looking for any kind of relationship with someone who does. When Molly gets lost in the woods though and Todd is the one who saves her, the spark he's been trying to ignore smolders and ignites. It's then that he realizes there's a lot more to Molly than ambition and public adulation. When Todd signs up for the Men of Marietta calendar shoot to raise money for Harry's House, a place for children to commemorate a fallen firefighter, Molly realizes the

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kind of man he is. With the shoot wrapping up, she faces a painful decision—return to her old life, or give her new life with Todd a fighting chance.

It is a sport of balletic beauty and extraordinary violence - where else are you allowed to strangle an opponent unconscious? When Mark Law joined his local judo club he found himself able to observe at close quarters the sport practised at its highest level, as figures, grappled, whirled and flew through the air. His journey into judo then took him to Osaka, Japan, for the World Championships and to Athens for the Olympics. He explored the sport's origins in seventeenth-century Samurai culture and met some of the most single-minded and self-denying competitors of all time. Funny, alarming and mesmerising, *The Pyjama Game* is one of the best

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sports books of recent years.'This is damn fine stuff, and will entertain and enlighten an audience far beyond the confines of the dojo' Daily Telegraph'It's lively, it's witty and, above all, so persuasively enthusiastic you'll find yourself feeling an intense urge to try it for yourself' Mail on Sunday

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