Emma Bunton Olympics

Kevin Roe, Kevin (Associate Professor in Human Resource Management at Leicester Castle Business School Roe, Associate Professor in Human Resource Management at Leicester Castle Business School De Montfort University)

Feet and Footwear Margo DeMello,2009-09-10 COSTUME, CLOTHES & FASHION. This one-of-a-kind, A-to-Z reference work contains over 150 fascinating entries and intriguing sidebars that look at feet and adornment of feet across the many culturesof the world throughout time. A wide range of international and multicultural topics are covered, including footbinding, fetishes, diseases, customs and beliefs, shoe construction, myths and folktales, the history of footwear, iconic brands and types of shoes, removing shoes upon entering a house, covering feet up for social customs, and the types of footwear worn around the world.

Legends of Women's Track and Field Emma Huddleston, 2021-01-01 From the groundbreaking women who fought to compete in early track meets to the Olympic superstars of today, Legends of Women's Track and Field tells the stories of the women who have thrilled and inspired fans both on and off the track.

Legends of Women's Gymnastics Emma Huddleston,2021-01-01 From the first women who fought to bring gymnastics to the Olympics to the international superstars of today, Legends of Women's Gymnastics tells the stories of the women who have thrilled and inspired fans both in and out of the gym.

Mama You Got This Emma Bunton, 2021-06-10 THE SUNDAY TIMES BESTSELLER You have a baby! Isn't it amazing - and also pretty terrifying?! I love being a Spice Girl, but what I am proudest of is being a mum. Even though I had all the real-life girl power of the actual Spice Girls on speed-dial, my incredible partner and my mum, I had so many worries and questions I couldn't always ask out loud. What I really, really wanted was one, easy-to-read, honest book that would give me support without judgement - that might even make me chuckle occasionally. So, I've written it for you! I've included all my stories about what that precious, exhausting first year was like for me, and I've also asked some brilliant experts for their help too, including a paediatric sleep consultant, a trusted NCT counsellor, a mindfulness coach, and no-less than five amazing midwives and doulas. I want you to feel like you've got this. Because guess what mama? You have!

Legends of Women's Swimming Emma Huddleston, 2021-01-01 From the first women to compete in open-water contests to the Olympic superstars of today, Legends of Women's Swimming tells the stories of the women who have thrilled and inspired fans both in and out of the pool.

Olivia's Olympics Emma Barwise, 2024-03 Join young Olivia on an inspiring journey as she discovers the incredible power of determination, perseverance, and the magic that can happen when you dare to dream big! In Olivia's Olympics a heartwarming children's picture book, readers are transported into the whimsical world of a little girl with a passion for sports and an unwavering dream of Olympic glory. Olivia's days are filled with normal, routine tasks, but she has a boundless imagination that takes her to the highest peaks of achievement. As she drifts off to sleep each night, her dreams carry her to the grand stage of the Olympics, where she envisions herself soaring through the air, crossing finish lines, and standing proudly on the winner's podium. Follow Olivia's captivating journey from the moment she sets her sights on the stars to the triumphant realisation of her Olympic dreams. Through charming illustrations and a captivating narrative, young readers will be inspired to embrace their own aspirations, no matter how big or small. The story beautifully captures the essence of ambition, fun, accessibility and the joy of achieving one's goals (even on the smallest stage!) Olivia's Olympics is not just a story about sports; it's a celebration of the indomitable spirit within every child. This delightful picture book encourages kids to reach for the stars, teaching them that with passion, hope, love and creativity, they too can turn their dreams into reality.

Britishness, Popular Music, and National Identity Irene Morra, 2013-10-30 This book offers a major exploration of the social and cultural importance of popular music to contemporary celebrations of Britishness. Rather than providing a history of popular music or an itemization of indigenous musical qualities, it exposes the influential cultural and nationalist rhetoric around popular music and the dissemination of that rhetoric in various forms. Since the 1960s, popular music has surpassed literature to become the dominant signifier of modern British culture and identity. This position has been enforced in popular culture, literature, news and music media, political rhetoric -- and in much popular music itself, which has become increasingly self-conscious about the expectation that music both articulate and manifest the inherent values and identity of the modern nation. This study examines the implications of such practices and the various social and cultural values they construct and enforce. It identifies two dominant, conflicting constructions around popular music: music as the voice of an indigenous English 'folk', and music as the voice of a re-emergent British Empire. These constructions are not only contradictory but also exclusive, prescribing a social and musical identity for the nation that ignores its greater creative, national, and cultural diversity. This book is the first to offer a comprehensive critique of an extremely powerful discourse in England that today informs dominant formulations of English and British national identity, history, and culture.

The Glory & the Games United States Olympic Committee, 1997-08 Inspiring stories from the greatest moments in sports history. The Glory and the Games captures the unique spirit of the Olympic Games through the inspiring stories of 40 of the most heroic Olympic athletes. The stories in this commemorative, photojournalistic collection are divided into three sections: Overcoming Adversity: There's Walter Davis from the U.S., taking the gold medal in the high jump in 1952 after having polio as a child, and Karoly Takacs of Hungary losing his shooting hand to a grenade and coming back to win gold in rapid fire pistol in 1948 and 1956 after learning to shoot with his left hand. The Great Comebacks: These include Dan O'Brien of the U.S., capturing gold at the 1996 Atlanta games after failing to qualify for Barcelona in 1992, and Spiridon Louis, from Greece, who came back from behind in 1896 to win the marathon for the Olympics' home country in the first modern Olympiad. And, of course, there are the Stars: Jim Thorpe, Paavo Nurmi, Olga Korbut, Kip Keino, Jesse Owens, Bonnie Blair, and more. All 40 stories in The Glory and the Games are lavishly accompanied by photos, and each reflects the courage, determination, and excellence that are the Olympic Games. 40 in-depth stories and stirring profiles of Olympic champions.

Leadership Kevin Roe, Kevin (Associate Professor in Human Resource Management at Leicester Castle Business School Roe, Associate Professor in Human Resource Management at Leicester Castle Business School De Montfort University), 2020-04-23 Designed specifically to develop students' understanding of leadership in a variety of contexts, and assuming no prior experience of leadership in the business world, this book is a must-read for students embarking on their study of leadership, while thinking ahead to their own future employment. The book is divided into two clear parts to logically guide the reader through the key theoretical models of leadership, as well as the issues and themes that surround the subject. Part 1 examines the main theories in the field, including situational and contingency

theories, behavioural models, and trait theory, while Part 2 draws on a number of different themes to add depth to the theoretical ideas discussed, such as diversity, power, and ethics. To help to interpret the key theories, the book also illustrates leadership in action using a wealth of diverse case studies, 50% of which are new for this third edition. Examples have been carefully selected to highlight the practical application of leadership theory, both in a formal business context and in everyday life, and to dispel the common misconception for students new to leadership that it is only for the 'great and good'. A broad variety of case studies are included from the world of politics, entertainment, food and sport; these include Boris Johnson, the Spice Girls, Cadbury, and Lance Armstrong. These case studies explore leadership across a variety of contexts and cultures, giving students the broad perspective they need to consider the subject critically. Pause for thought boxes and self-test questionnaires encourage students to reflect on the theories and practices they've learned about and how such concepts and issues might apply in their own approach to leadership. Together with the lively writing style, stimulating case studies, and further learning features, this allows students to fully engage with the subject and use the book as an essential tool in their leadership studies. New to this editionAdded coverage on technological developments (such as virtual treams, AI, Big Data, VR/AR) and the impact on leadership practice. Revised case studies include contemporary figures and events such as PewDiePie, Jacinda Arden, the Spice Girls and Boris Johnson. The content is now further balanced to reflect both 'good' and 'bad' leadership styles, with new coverage on the negative or 'dark side' of leadership included in chapters 2, 6 and 11. A new online test bank resource increases the variety of ways in which lecturers can assess student knowledge. This title is available as an eBook. Please contact your Sales and

The Ministry of Quizzes David Gentle, 2021-10-14 The Ministry of Quizzes is the must-buy gift book for quiz solvers and puzzlers, from David Gentle, author of On the Tip of My Tongue. Perfect for fans of the GCHQ Puzzle Book, Bletchley Park Brainteasers, and The Ordnance Survey Puzzle Book. Deep in the heart of Whitehall, up a quiet side road, is an office block. Unremarkable on the outside, inside it buzzes and bustles with activity. Civil servants are hard at work, researching, compiling, cross-checking. Facts and trivia, questions and puzzles. This is the Ministry of Quizzes. This small but essential government department serves the nation's needs on all matters relating to quizzes, puzzles and general knowledge trivia. Now, for the first time, their work can be revealed. The Ministry of Quizzes features an ingenious and irresistible mixture of over 200 quizzes and puzzles to be played solo or with family and friends. Not everyone is convinced this government department actually exists. But how else could we explain such a copious and comprehensive collection of diverse, devious and distracting questions and brainteasers? 'I find it impossible to believe you will not love this book' - Daniel Radcliffe

Spice Girls Revisited David Sinclair,2009-12-17 The Spice Girls phenomenon was a genuine pop music landmark. No group since The Beatles had commanded as much media attention. Ginger, Baby, Posh, Sporty and Scary became international stars and, whether they were adored or ridiculed, they became the ultimate expression of global media fame in the Nineties.

Collins Ultimate Pub Quiz: 10,000 easy, medium and difficult questions with picture rounds (Collins Puzzle Books) Collins Puzzles,2020-09-03 A bumper-size quiz book with all new questions to test your general knowledge, with more than 500 quizzes and around 10,000 questions. Includes 30 picture rounds to get you scratching your head! All quizzes and answers are hyperlinked for ease of use. Hide the answers or view below each question. Perfect for playing with friends and family.

Spice Girls: The Story of the World's Greatest Girl Band Sean Smith, 2019-11-14 'Get the inside scoop on all things Spice!' OK! Magazine 'A compelling new book' Daily Express From the moment they burst into our lives, the Spice Girls have inspired millions around the world.

Jack Draws Anything Jack Henderson, 2011-10-04 After a family friend bought one of his drawings for 20p, six-year-old Jack came up with the idea to draw anything in return for donations to the hospital that treats his two-year-old brother. His parents set up a website and thought they might make £100. After two weeks, Jack had over 500 picture requests and had raised over £22,000 for the Sick Kids Friends Foundation. Parents Ed and Rose with Jack, Toby and Noah appeared on the Fern Britton Show and Jack's project was featured on Russell Howard's Good News four times. Coverage by STV news, BBC news, and CBBC Newsround have all helped spread the word about this creative and generous little boy. Jack is slowly but steadily drawing the requested pictures which range from a dinosaur diving into a pool of jelly (#1) to my (extremely bald) friend Brian dancing like a crazy man (#80). He doesn't draw every day, only when he wants to, and his parents estimate that he'll finish at the end of August. For the latest drawings, or to make a donation yourself, visit jackdrawsanything.com.

Brutally Honest Melanie Brown, Louise Gannon, 2018-11-27 'Utterly absorbing and deeply affecting' — The Guardian As a Spice Girl, TV talent show judge and Broadway star, Mel B a.k.a Scary Spice, has been a global icon since her twenties. But behind the glittering façade of fame, the struggles and pain of this working-class, mixed-race girl from Leeds are laid bare in her critically acclaimed best-selling memoir, Brutally Honest. With deep personal insight, remarkable frankness and trademark Yorkshire humour, the book tells how she went from Girl Power to girl powerless during her ten-year emotionally abusive marriage. Tracing a path through the key moments in her life, she reflects on her childhood, rise to fame and her chilling downward spiral before she finally broke free. In this expanded edition, written with Louise Gannon, Mel brings her story up to date. With her trademark honesty, she tells the unfiltered story of piecing herself back together, dealing with trauma and new heartbreak whilst becoming a champion for survivors of abuse, performing once more with the Spice Girls and receiving her MBE from Prince William.

Learning to Fly Victoria Beckham, 2014-08-13 From the time she saw the movie Fame, Victoria wanted to be a star. A line from the theme song stayed with her - 'I'm gonna live for ever, I'm gonna learn how to fly.' With this amazing book she gives us the chance to fly alongside her on her journey from lonely teenager to international star. This is the real Victoria Beckham, telling us what it's like to be part of the most watched couple in Britain. Standing up for herself, David and Brooklyn, and setting the record straight about controversies that have surrounded her. She reveals the truth behind the beginnings of the Spice Girls, her wedding, her health and the terrifying kidnap and death threats. And what it took for little Victoria Adams to become the star she is today, and why she wanted it so much.

Ugenia Lavender Geri Halliwell, 2008-09-04 Thoughtful, brave and sassy, Ugenia Lavender is one amazing kid. With loads of energy, tons of attitude and brainwaves like thunderbolts of lightning, Ugenia leaps into adventures that are as packed with personality as their creator, Geri Halliwell. Each book in the series contains three stories plus Ugenia's Big News, Top Tips and extra Brain Squeezer puzzle pages. Book 1 - How will Ugenia Lavender fit in as the new girl at school? Does she

ever discover the meaning of the 'lovely illness'? And can she rescue celebrity chef, Uncle Harry, from a big mix-up?

The Sporty One Melanie Chisholm, 2022-09-27 An intimate memoir from international pop star Melanie Chisholm--better known as Mel C. or Sporty Spice--chronicling her trajectory from small-town girl to overnight icon as part of the Spice Girls. 25 years ago, The Spice Girls, a girl band that began after five women answered an ad in the paper, released their first single. 'Wannabe' became a hit and from that moment and, almost overnight, Melanie Chisholm went from small town girl to Sporty Spice, part of one of the biggest music groups in history. Beginning in her bedroom in the north-west of England dreaming of performing on stage, THE SPORTY ONE follows the meteoric rise of the Melanie and The Spice Girls, from the incredible highs of becoming one of the world's most recognizable popstars — playing at Wembley, conquering the BRITs, closing the Olympics — to the difficult lows. For the first time ever, Melanie talks about the pressures of fame, the shaming and bullying she experienced, the struggles she has had with her body image and mental health, and the difficulty of finding yourself when the whole world knows your name. THE SPORTY ONE is an incredible story of resilience, hope and how you can find your power.

The Other Side of the Coin Angela Kelly, 2019-10-29 THE OFFICIAL BOOK, FULLY ENDORSED BY QUEEN ELIZABETH II From Her Majesty's trusted confidant and Dresser Angela Kelly LVO comes a lavishly designed book of never-before-seen photos of The Queen, Her wardrobe and Her jewels and features intimate anecdotes from Angela's 25-year career working closely with Her Majesty. A truly unique keepsake and collectors' item to be treasured. 'For the nearly seven decades of her reign, Her Majesty The Queen has used clothing to create a powerful visual identity that transcends fashion and has made her perhaps the most readily identifiable person on the planet. Angela Kelly, building on the work of the great designers and milliners who have worked with Her Majesty through the years — including couturiers Sir Norman Hartnell, Sir Hardy Amies, and Ian Thomas, and milliners such as Simone Mirman and Freddy Fox — brings her own imagination to bear on an iconic 'uniform' that suggests continuity and tradition, and ensures that the wearer is always the most visible person in a room or a crowd.'—Anna Wintour, Voque When Angela Kelly and The Queen are together, laughter echoes through the corridors of Buckingham Palace. Angela has worked with The Queen and walked the corridors of the Royal Household for twenty-five years, initially as Her Majesty's Senior Dresser and then latterly as Her Majesty's Personal Advisor, Curator, Wardrobe and In-house Designer. As the first person in history to hold this title, she shares a uniquely close working relationship with The Queen. In The Other Side of the Coin, The Queen has personally given Angela her blessing to share their extraordinary bond with the world. Whether it's preparing for a formal occasion or brightening Her Majesty's day with a playful joke, Angela's priority is to serve and support. Sharing never-before-seen photographs — many from Angela's own private collection — and charming anecdotes of their time spent together, this revealing book provides memorable insights into what it's like to work closely with The Queen, to curate her wardrobe and to discover a true and lasting connection along the way. 'The book documents the unique working relationship between Her Majesty The Queen and the woman who has been her Personal Assistant and Senior Dresser for more than two decades: Angela Kelly. It gives a rare insight into the demands of the job of supporting the Monarch, and we gain privileged insight into a successful working relationship, characterized by humor, creativity, hard work, and a mutual commitment to service and duty. Angela is a talented and inspiring woman, who has captured the highlights of her long career with The Queen for us all to share.'—Samantha Cohen, Assistant Private Secretary to The Queen (2011-2018)

Happy Mum, Happy Baby Giovanna Fletcher, 2017-02-23 CONTAINS A BRAND NEW CHAPTER Sunday Times Number One Bestseller Happy Mum Happy Baby is now a Number One podcast. A positive and uplifting book about what it is to be a mother and all things mum and baby by Celebrity Mum of the Year and phenomenally popular vlogger, author, TV presenter and actress Giovanna Fletcher. Being a mum is an incredible journey, a remarkable experience that changes how we look, how we feel, who we are. As mothers we are strong, protective, proud. We feel a love like no other. But being a parent can be hard too. It challenges us physically, mentally, emotionally. There are the days where just managing to fit a shower in amidst the endless feeding, entertaining young children and surviving on a lack of sleep feels like an achievement. With so many people ready to offer 'advice' on the best way to parent, it can feel like you are getting it all wrong. Since Giovanna and her husband Tom Fletcher have had their sons Buzz and Buddy, they have been sharing glimpses of their family life. With an infectiously positive outlook and happy take on all things mum-related, Giovanna has developed a following of fellow parents and mums-to-be. This is not a book about how to have the perfect family experience - Gi would be the first to admit she is winging it just as much as the rest of us - instead it is an honest, upbeat and incredibly personal account of her own experience of having a family. In Happy Mum, Happy Baby Giovanna shares her own journey through parenthood and in doing so, she looks at what it is to be a mother today, encourages you to be confident in yourself as a parent and celebrates how putting a focus on being a happy and confident mum can really make for a happy baby.

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