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KEY=LOSING - LIN PHILLIPS

Winning Without Losing

66 strategies for succeeding in business while living a happy and balanced life

Profile Books Winner of the New Manager category at the CMI Management Book of the Year Awards 2014 Whatever your job is, chances are you find it hard to switch off. Today, we work longer hours, at weekends, at home and on the move - while the office is only ever a click away via smartphones and the internet. But as much as we assume that this is the price of success - it doesn't have to be this way. Bjerregaard and Milne are here to show you how to build your business into something big, sustainable and widely recognised - and still lead a happy and balanced life. In sixty-six short insights, they reveal strategies and methods which will allow you to combine professional success with putting friends, family and happiness first. So wave goodbye to guiltily checking your emails on a date, or getting home when your children are already in bed - this is your route to winning on every level. With first-hand advice and profiles of top business mentors, including Caterina Fake, Jake Nickell, Jason Fried, Brad Feld, Derek Sivers and Tony Hsieh.

Win at Losing

How Our Biggest Setbacks Can Lead to Our Greatest Gains

Penguin An engaging, inspiring exploration of the surprising value of setbacks—and how we can use them to succeed As an award-winning sports journalist, Sam Weinman has long studied the ripple effects of losing. But as a father of two competitive boys, he struggled to convince them that failing—whether losing a hockey game or bombing a math test—can actually be a critical part of success. So he sought out the perspectives of men and women who have turned significant setbacks into meaningful comebacks—and sometimes even new careers—to illustrate how we can not only overcome defeat but grow stronger from the experience. Blending firsthand interviews and advice from professional athletes, business executives, politicians, and Hollywood stars with expert analysis from leading psychologists and coaches, *Win at Losing* reveals how renowned figures—from Emmy Award-winning actress Susan Lucci to golfer Greg Norman and politician Michael Dukakis—have prevailed and even triumphed in the aftermath of loss, humiliation, and rejection. In showcasing the ways our most difficult moments can be turned into powerful growth opportunities, this lively and moving guide asks readers to redefine what constitutes success and failure, and offers an essential blueprint for harnessing the power of setbacks to achieve what we want in life.

Liam Wins the Game, Sometimes

A Story about Losing with Grace

Jessica Kingsley Publishers Liam loves playing games. His favourite game is 'Woof Woof' which he loves to play with Daddy. When Liam collects all the bones and Daddy loses, he says 'Good game Liam'. When Daddy wins, he gets to shout 'Woof Woof - I win!'. Liam does not like it when he doesn't win. In *Liam Wins the Game, Sometimes*, lovable Liam learns that it is ok to feel disappointed if you don't win, but that it's not ok to moan or cry or throw things: sometimes you win and sometimes you don't. He learns how to become a good sport, and that makes him a real champ! Vibrant, colourful and lively, this book's positive messages and advice are ideal for young children wanting to understand social situations or how friendships work.

Top Dog

The Science of Winning and Losing

Random House Compete better... In a competitive situation our bodies can experience the same level of stress hormones as jumping out of a plane. Competition is often the key to outstanding achievement. But what is it that makes the difference between rising to the challenge and buckling under pressure? Using groundbreaking studies in diverse scientific fields, Bronson and Merryman demonstrate that understanding how to harness our competitive fire means we can perform our best - whether the contest is sporting, academic or in the workplace. Why are men typically prepared to gamble on long or even stupid odds and women aren't? Why do some less talented students consistently outperform their smarter class mates in crucial exams? Why do higher levels of testosterone actually make you less selfish and more cooperative and cognitively astute? Why do so many market-leading companies cede their top position because they become risk averse at the wrong times? Why do sports teams where the pay differential between players is the greatest win more? The answer to all this and more is in New York Times no.1 bestselling authors Po Bronson and Ashley Merryman's *Top Dog: The Science of Winning and Losing* 'A great read for those paralyzed by the fear of failure as well as those who hunger for success' *Huffington Post*

Winning Smart After Losing Big

Unistar Books

Winning and Losing on the Western Front

The British Third Army and the Defeat of Germany in 1918

[Cambridge University Press](#) An innovative study revealing how both sides adapted to the changing realities of the final months on the Western Front.

Winning at a Losing Game

[Winepress Pub](#) All adults are currently playing a losing game in some area of their lives. However, most adults do not realize this truth until they experience a crisis and/or inflict harm on themselves and on those they love. Winning at a Losing Game will help you to identify your losing game and encourage you to change your game so that your life and the lives of those around you will be enriched. Within these pages you will learn to identify losing games that result from: •Childish strategies •Unhealthy beliefs •Losses that have not been resolved •Unresolved resentments about the past •An unbalanced life •Not having the appropriate parenting or marriage tools •Unhealthy temperament traits Winning at a Losing Game helps you change your strategy in these and other areas so you can experience a more satisfying life and deeper relationships. It will also give you the specific suggestions to help a loved one who is playing a losing game to change.

Losing the Battle, Winning the War

The story of the most injured soldier to have survived Afghanistan

[Sphere](#) 'A great and inspiring book from Doncaster's bravest son. Read it in a day' - Jeremy Clarkson 'Ben is the embodiment of positive thinking. What he has achieved, in large part through willpower, is nothing short of miraculous. An inspiration to us all' - Ant Middleton The story of Ben Parkinson MBE, the most injured soldier to have survived Afghanistan --- What were you doing when you were 22? Where were you in the world? What did you want to do with your life? Ben Parkinson was a 6'4" Paratrooper. He was in Afghanistan fighting for his country. He wanted to always be a soldier, to be a father and to get home in one piece. But we don't always get what we want. So the question is: how do we react when that happens? Easy: You find something new to fight for. Ben Parkinson MBE is an inspiration to everyone. He suffered 37 injuries when his Land Rover hit a mine in Helmand in 2006, including brain damage, breaking his back and losing both his legs. This book follows the story of what led him to that moment his life changed forever - and what happened next. Doctors didn't think Ben could survive the trauma - then they didn't think he would wake up, or talk again, or walk again. Time after time, Ben pushed the ceiling on what was possible, going on to carry the Olympic flame in 2012 and receiving an MBE for the enormous feats he has undertaken for charity. What he has achieved in the face of adversity - for others as well as for himself - is nothing short of a miracle. Nerve-racking, heart-warming and full of classic soldier's humour, Losing the Battle, Winning the War is a book you'll be thinking about long after the last page. 'Ben Parkinson is my hero. His story is one of immeasurable courage and character, a testament to the extraordinary resilience of the human spirit' - Dan Jarvis MP, author of Long Way Home

If Winning Isn't Everything, Why Do I Hate to Lose?

[Boys Town Press](#) Kelsey is a young basketball star who will do whatever it takes to win. Unfortunately, her poor sportsmanship hurts her team and her relationships. Can anyone - her coach or her mom- teach Kelsey how to have fun and play fair, win or lose?

Sally Sore Loser

A Story about Winning and Losing

After having her classmates walk away from her during a soccer game at recess because she hogs the ball, is bossy, and cares only about winning, Sally gets some good advice from her teacher and her mother. Includes note to parents.

Sometimes You Win--Sometimes You Learn for Teens

How to Turn a Loss into a Win

[Hachette UK](#) #1 New York Times bestselling author John C. Maxwell brings his common sense self-help lessons to teens! Any setback--a championship loss, a bad grade, a botched audition--can be seen as a step forward when teens possess the right tools to turn that loss into a gain of knowledge. Drawing on nearly fifty years of leadership experience, Dr. Maxwell provides a roadmap for becoming a true learner, someone who wins in the face of problems, failures, and losses. The teachings from Sometimes You Win, Sometimes You Learn have been edited and adapted just for teens. This Young Readers edition features all-new stories of real life figures that overcame adversity early in their lives, including entrepreneur Steve Jobs, Olympic Gold Medalists Gabby Douglas and Mikaela Shiffrin, and Nobel Peace Prize nominee Malala Yousafzai.

Winning While Losing

The Upside of Heartbreak

[FriesenPress](#) "As of right now, we are no longer married." These were the words I heard from my husband when he came to pick me up at the Ottawa International Airport after a week away. He sat me in a corner and said, "I can't live with you anymore. I took away your house key. I closed our joint accounts. Here is \$500 for you to use. You can stay at a friend's house or a hotel, but you are not coming home. You can see the kids tomorrow." While this might sound like a scene from a novel or a movie, this actually happened to Jennifer Green on Valentine's Day in 2015. In less than 5 minutes, she learned that her previous life was over. What followed was an almost two-year journey from betrayal, anger, and despair to peace, inner strength, and a new beginning. While often a painful process, Jennifer now celebrates the growth that allowed her to realize, "I was not falling apart; I was falling in to place." Filled with honesty and insight, Winning While Losing: The Upside of Heartbreak is a must-read book for anyone going through the searing pain of separation, divorce, or betrayal. In it, Jennifer shares her own experiences through blogs she wrote during her journey, her knowledge as a life coach, and tips and exercises to move past the pain into self-appreciation, mindfulness, and gratitude.

Winning and Losing the Nuclear Peace

The Rise, Demise, and Revival of Arms Control

[Stanford University Press](#) *The definitive guide to the history of nuclear arms control by a wise eavesdropper and masterful storyteller, Michael Krepon. The greatest unacknowledged diplomatic achievement of the Cold War was the absence of mushroom clouds. Deterrence alone was too dangerous to succeed; it needed arms control to prevent nuclear warfare. So, U.S. and Soviet leaders ventured into the unknown to devise guardrails for nuclear arms control and to treat the Bomb differently than other weapons. Against the odds, they succeeded. Nuclear weapons have not been used in warfare for three quarters of a century. This book is the first in-depth history of how the nuclear peace was won by complementing deterrence with reassurance, and then jeopardized by discarding arms control after the Cold War ended. Winning and Losing the Nuclear Peace tells a remarkable story of high-wire acts of diplomacy, close calls, dogged persistence, and extraordinary success. Michael Krepon brings to life the pitched battles between arms controllers and advocates of nuclear deterrence, the ironic twists and unexpected outcomes from Truman to Trump. What began with a ban on atmospheric testing and a nonproliferation treaty reached its apogee with treaties that mandated deep cuts and corralled "loose nukes" after the Soviet Union imploded. After the Cold War ended, much of this diplomatic accomplishment was cast aside in favor of freedom of action. The nuclear peace is now imperiled by no less than four nuclear-armed rivalries. Arms control needs to be revived and reimagined for Russia and China to prevent nuclear warfare. New guardrails have to be erected. Winning and Losing the Nuclear Peace is an engaging account of how the practice of arms control was built from scratch, how it was torn down, and how it can be rebuilt.*

Why You Win or Lose

The Psychology of Speculation

[Courier Corporation](#) *DIVA successful speculator shares his secrets, showing how to make money through the stock market by using amateur psychology skills and studying crowd reaction to market fluctuations. /div*

Winning and Losing

The Changing Geography of Europe's Rural Areas

[Routledge](#) *Instigated by technological and political change, Europe's rural areas have undergone profound and all-pervasive restructuring processes. Although the impact of these processes has often been depicted negatively, this is not always the case. Bringing together a range of comparative case studies from France, Finland, Germany, Greece, Ireland, Spain, Sweden, Portugal, the UK and other countries, this book provides a comprehensive and balanced picture of rural change over the past five decades. It explores which aspects of the European countryside have benefited and which have suffered as a consequence of the often contradictory forces of restructuring. The book looks into economic aspects as well as into the social impact of rural change. The final part examines regional issues and illustrates how different rural areas have responded to the transformative pressures.*

Winning By Way of Losing

[Lulu Press, Inc](#) *A computer programmer and his friend learn how to win at roulette by determining what will lose and betting the opposite. That, however, is just the beginning of the story. They must then deal with the issue of their system being a threat to the entire gambling industry.*

Losing to Win

The 1996 Elections and American Politics

[Rowman & Littlefield](#) *This book is essential reading for any American interested in the real and lasting consequences of the 1996 Presidential election.*

Always Change a Losing Game

Winning Strategies for Work, Home and Health

[Firefly Books](#) *If what you're doing now is not producing the results you want -- you are playing a losing game. If you want things to get better you've got to change that losing game. This book will show you how. Now updated for our times, Always Change a Losing Game has been published on four continents and continues to be popular and useful. Whether you're dealing with compulsive eating, addiction, struggling with kids, stuck in an unhappy relationship or a dead-end job, Dr. Posen provides practical guidelines that will help you change your losing habits and become more successful. This is a book for people struggling to be successful and feeling a lack of control. The book gives hope and encouragement because it focuses on all the things we can control -- primarily the way we think, the way we behave and the lifestyle choices we make. It illustrates the author's belief that "we have more control than we think." The book was purposely written in everyday language to make it both easy to read and reassuring. The connection to sports provides a fresh approach for many people who need to think about their health, relationships, problem solving, self-esteem and productivity in a new way. Always Change a Losing Game explains how to make changes in your life when work or relationships are not working out. At times, changing a losing game requires vision and risk taking. But just continuing in a rut guarantees that things won't get better. If what you're doing and how you are living are not producing the results you want, you are playing a losing game and if you want things to get better you've got to change that losing game. This book is your key to success.*

What Losing Taught Me About Winning

The Ultimate Guide for Success in Small and Home-Based Business

[Simon and Schuster](#) *The ex-football star-turned-entrepreneur relates how his willingness to take risks has led to his success*

Razor Thin: The Difference Between Winning and Losing

[Lulu.com](#)

Losing to Win

Why Congressional Majorities Play Politics Instead of Make Laws

Winning and Losing

Australian National Elections

[Melbourne University](#) A well-researched, well-written and up-to-date account of Australian electoral procedures that also summarizes the state of academic debate on the subject. It includes analysis of the 1996 General Election. An important text for students that goes beyond the merely introductory, making it ideal for stimulating tutorial debate.

Are We Winning or Are We Losing?

[Dorrance Publishing](#) Are We Winning or Are We Losing? By: Rev. Ernest Gillespie III Born in Memphis, Tennessee, in 1954, the same year as the Brown v. Board of Ed decision, Rev. Ernest Gillespie III has witnessed its unintentionally disastrous effects firsthand. In Are We Winning or Are We Losing? he asks whether or not desegregation was really a win: with it came the busing programs that destroyed Black communities and helped shepherd the Black youth away from the church. "The worst thing that can destroy a nation of people is when the people forget the past and how important the past was for them," Rev. Gillespie writes. This book looks at that past and wonders: Are We Winning or Are We Losing?

Losing to Win

[Kensington Publishing Corp.](#) Grant entices, captivates, and mesmerizes. --RT Book Reviews The small town of Belle Haven, Louisiana, is still struggling with the aftermath of Hurricane Katrina and the Gulf oil spill, and its residents will do whatever it takes to get it back on its feet. So when local English teacher Carissa Melody Wayne is asked to appear on the weight-loss reality show Losing to Win, she agrees. She doesn't realize that others from her past will be joining her, including her high school nemesis, an acquaintance who's been nursing a long-time crush on her--and most shocking of all, Carissa's ex-fiancé, former NFL star Malachi Knight. As Carissa's group is split into pairs to compete in a series of challenges, she finds herself at the mercy of the chaotic Hollywood crew and cast members, and her own unfinished business. Soon enough, she discovers that her biggest challenge will be deciding what's really important to her, what she's willing to do to win--and how to do it with cameras following her 24/7. . . Praise for Michele Grant's Pretty Boy Problems "Spark, humor, and sassy dialogue bring pizzazz to this flirty fast-paced romance. . . Grant makes old clichés feel new and funny again, and the protagonists and side characters are all terrific fun." --Publishers Weekly "A well-written and fascinating story." --RT Book Reviews

Outcome Uncertainty in Sporting Events

Winning, Losing and Competitive Balance

[Edward Elgar Publishing](#) This book examines competitive balance and outcome uncertainty from multiple perspectives. Chapters address the topic in different sports in a range of countries, to help to understand its significance. It provides readers with important new insights into previously unexplored dimensions as well as a rich context for better understanding why fans, teams, and leagues value competitive balance. The book challenges readers to think about the topic in a broad and rigorous way, and in some cases to question widely held beliefs about how outcome uncertainty motivates competitive balance, and how sports fans actually view competitive balance.

Seren's Seasons

[Twinkl](#) Seren can't wait to put on her snow boots and build a snowgirl. She just needs to wait for the right season. Spring, summer, autumn and winter bring lots of different types of weather. What is your favourite type of weather? Download the full eBook and explore supporting teaching materials at www.twinkl.com/originals Join Twinkl Book Club to receive printed story books every half-term at www.twinkl.co.uk/book-club (UK only).

The Psychology of Winning

Imprint. Denis Waitley, a distinguished motivator, teacher and US air force pilot, has spent most of his life showing people how they can win He creates the formula to develop the qualities of a total winner - self-awareness, self-esteem, self-control, self-motivation, self-image, self-direction, self-discipline, self-dimension ...

Winning and Losing in the Civil War

Essays and Stories

Univ of South Carolina Press *Winning and Losing in the Civil War* collects fifteen of the most influential short writings by accomplished Civil War historian Albert Castel, each presented with his trademark wit, style, and analytical precision. The author expounds on some of the most provocative, arresting issues surrounding the war, including the dispute over inevitability of Northern victory and the question of Lee's greatness on and off the battlefield. Castel contemplates presidents and mules, generals and guerrillas, lovers and haters, facts and opinions, actualities and probabilities. In addition, he uses the volume as a forum for reflecting on his role as historian, identifying the primary problem facing present-day practitioners of Civil War historiography, and illumining what remains to be accomplished in this heavily tilled but ever-popular field of scholarly inquiry.

Winning at Weight Loss

Achieve your slimming goals, enjoy food and feel great again

Hachette UK Praise for Nik and Eva Speakman: 'I've seen their work first hand when it came to my own fear of flying - they are a great team' Holly Willoughby 'I never believed in miracles until I met the Speakmans' Jake Roche Nik and Eva Speakman have helped thousands of everyday people lose weight and improve their self-worth and body image. Now it's your turn. - Are you overeating? - Do you feel hungry all of the time and helpless around food? - Is your weight affecting your sleep or behaviour? - Do you suffer from other health problems because of your weight? - Do you feel stuck in a yo-yo cycle of weight loss and weight gain? WINNING AT WEIGHTLOSS will help release you from the emotional and physical issues around your body size and health. Feel confident about yourself and in control of your eating habits with Nik and Eva's expert help!

Winning at Work Without Losing at Love

For those readers who are struggling with an imbalance between their home life and work life, Stephen Arterburn, reveals 10 cutting-edge insights for gaining and maintaining a life-nurturing balance.

Dangerously Divided

How Race and Class Shape Winning and Losing in American Politics

Cambridge University Press Race, more than class or any other factor, determines who wins and who loses in American democracy.

Losing the Rat Race, Winning at Life

In the rush to meet the challenges and pressures of life, we don't always allow ourselves the time to contemplate the meaning of our realities. Why are we here? What do we hope to accomplish with our lives? Where are we headed, and what is genuinely important? We live in an exciting, fast-paced world that can provide us with many good things. On some level, however, we find ourselves feeling stuck in a rat race that lacks ultimate meaning. This book sheds light on the obstacles of the rat race, stimulates thought about the direction of our lives, and helps us draw on our strengths to get beyond the mundane.

Confidence

Random House Confidence lies at the heart of civilization. Everything about an economy, a society, an organization or a team depends on it. Every investment and decision we make is based on whether we can trust ourselves, and others, to accomplish what has been promised. Confidence determines whether our steps are tiny and tentative or big and bold. Using company case studies of over 1000 companies, Rosabeth Moss Kanter identifies the patterns distinguishing the dynamics of failure and success in a variety of different arenas ranging from private organizations and businesses to high schools and governments.

Winning the Battle, Losing the War

Addressing the Drivers Fueling Armed Non-State Actors and Extremist Groups

Since launching the so-called "War on Terror" in the aftermath of the attacks of September 11, 2001, the United States has become adept at militarily quashing perceived terrorist threats. The U.S. homeland has arguably never been safer than it is today, and al-Qaeda's leadership has been forced into hiding, operating as a shadow of its former self. However, the onset of crippling instability that hit swathes of the Middle East and North Africa beginning in 2010 and 2011 created conditions in which terrorist organizations have not only recovered, but thrived. The dramatic growth of ISIS in Iraq and Syria in 2014 represented the emergence of the world's most powerful terrorist organization and facilitated its expansion across all corners of the world. Faced with new competition, al-Qaeda affiliates adapted, often experimenting with new modes of operation. Iran, meanwhile, empowered by its Lebanese proxy Hezbollah, has developed extensive militant networks in the region, transforming power dynamics in Iraq, Syria, and Yemen. In the midst of this chaotic environment, in which terrorist threats have multiplied and diversified, the U.S. and its allies have won a great many battles, but are still losing the war.

Winning After Losing

Building Resilient Teams

Individuals, teams, and organizations must become more resilient in today's complex world, and each one will experience failure at some point. Successful individuals, teams, and organizations bounce back. Winning After Losing, Building Resilient Teams offers a collection of lessons on leadership and resilience, of winning teams. I am writing this book as a retired U.S. Army three-star General, and as the former Chief Operating Officer of a public biotechnology company. Each leadership role taught me valuable lessons, whether serving with tactical units, at the corporate level in The Pentagon, or in seemingly impossible global missions. After transitioning into the business environment, many of these lessons of leadership and teamwork continued to make a significant positive impact. All businesses experience failure at some point in their growth, and they can bounce back through great leadership and teamwork. Whether in the military, government, or business, it is possible to build winning resilient teams. Resilience is the capacity to recover. It is the effort expended to bend but not break despite trauma, tragedy, adversity, or crisis. Ultimately resilience is adapting based on lessons learned, to bounce back stronger than before. If you like winning, learn as much as possible from the experience of losing...that is what resilient teams do so well. Lt. Gen. Thomas P. Bostick

The Paradox of Success

When Winning at Work Means Losing at Life

TarcherPerigee A business consultant offers true stories and shows business leaders how to engage in deep learning, take time out for retreats, and renew excitement and commitment at work

A Discourse on Winning and Losing

Boyd's initial focus was a 193 slide summation of military history in the "Patterns of Conflict" brief and his effort soon expanded dramatically. His insights led him to introduce the theory of maneuver warfare as critical to military success in general, as it had been for successful air-to-air tactics where his intellectual journey began. His study and thought led him to produce a series of other briefings. They included a 37 slide briefing entitled "An Organic Design for Command and Control," a 58-slide briefing entitled "The Strategic Game of ? and ?," a 27-slide briefing entitled "The Conceptual Spiral," and one of the few essays he ever wrote called "Destruction and Creation." The larger "Discourse" ends with his summation entitled "Revelation." To this is added a four slide brief on "The Essence of Winning and Losing" produced on 28 June 1995. It is an effort to compress all that he had learned into a simple, yet elegant and comprehensive, conclusion embedded in his concept of O-O-D-A Loops, what they mean and why they are important.--Provided by publisher.

Winning by Losing

Drop the Weight, Change Your Life

Harper Collins Drop the weight and change your life with Jillian Michaels' Winning by Losing. The fitness expert on the smash hit NBC TV show "The Biggest Loser" and "Losing It," Jillian offers her unique, comprehensive, no-nonsense health and fitness program that can help anyone lose unwanted pounds and keep them off. Losing never felt so good!

Winners Win, Losers Lose

How to Always Win in Life and Business:a Complete Guide to Transform Your Life to Start Winning in Every Aspect of Life, Improving Your Income, and Start Being an Influencer

Independently Published LIMITED TIME OFFER! EXTRA: FREE BOOK INSIDE! (\$3.99 RETAIL VALUE!)Would you like to constantly Win in Life and Business? Some people seem to win all the time! What is their secret? Is there a way to constantly win? Yes there actually is. This book will help you transform your Life to start Winning in every aspect of Life, Improving Your Income, And Start Being an Influencer. This is your chance to change sides: From the Loser Street to Winner Avenue! Do it now and see how your life transforms instantly!

Losing the Battle, Winning the War: THE PERFECT FATHER'S DAY GIFT

The story of the most injured soldier to have survived Afghanistan

Hachette UK 'A great and inspiring book from Doncaster's bravest son. Read it in a day' - Jeremy Clarkson 'Ben is the embodiment of positive thinking. What he has achieved, in large part through willpower, is nothing short of miraculous. An inspiration to us all' - Ant Middleton The story of Ben Parkinson MBE, the most injured soldier to have survived Afghanistan --- What were you doing when you were 22? Where were you in the world? What did you want to do with your life? Ben Parkinson was a 6'4" Paratrooper. He was in Afghanistan fighting for his country. He wanted to always be a soldier, to be a father and to get home in one piece. But we don't always get what we want. So the question is: how do we react when that happens? Easy: You find something new to fight for. Ben Parkinson MBE is an inspiration to everyone. He suffered 37 injuries when his Land Rover hit a mine in Helmand in 2006, including brain damage, breaking his back and losing both his legs. This book follows the story of what led him to that moment his life changed forever - and what happened next. Doctors didn't think Ben could survive the trauma - then they didn't think he would wake up, or talk again, or walk again. Time after time, Ben pushed the ceiling on what was possible, going on to carry the Olympic flame in 2012 and receiving an MBE for the enormous feats he has undertaken for charity. What he has achieved in the face of adversity - for others as well as for himself - is nothing short of a miracle. Nerve-wracking, heart-warming and full of classic soldier's humour, Losing the Battle, Winning the War is a book you'll be thinking about long after the last page. 'Ben Parkinson is my hero. His story is one of immeasurable courage and character, a testament to the extraordinary resilience of the human spirit' - Dan Jarvis MP, author of Long Way Home