

## The Real Mccaw Richie Mccaw The Autobiography

The revealing autobiography of New Zealand rugby legend Jerome Kaino. As the Rugby World Cup approaches, All Black legend and World Cup champion Jerome Kaino reflects on what it takes to be the best. At just 21 years old Jerome Kaino was touted as the next big thing in world rugby. In his first year of professional rugby, he made spectacular debuts for Auckland, the Blues and the All Blacks. It was a dream beginning for this quiet Samoan kid from South Auckland. But just as quickly as it all began, his career took a sharp turn for the worse, his life spiralling out of control. With over 50 All Black caps, 100 matches for the Blues and a Rugby World Cup victory to his name, Jerome Kaino is one of New Zealand's true sporting heroes. Now for the very first time, Kaino lays bare his greatest triumphs and adversities, with rare insights ahead of perhaps his greatest test of all - winning back-to-back world cups for New Zealand.

A player like Richie McCaw comes along once in a lifetime... The Open Side will define that player. Rarely has a New Zealand biography been so eagerly anticipated. Superbly crafted, brilliantly insightful, and set to inspire people for generations to come. From the time his father told him as a child that 'he would enjoy his rugby more if he got fitter', Richard Hugh McCaw never looked back. Captain of the All Blacks since 2006, he is the face of rugby in New Zealand and one of our best-known and most admired figures. He has been named International Player of the Year three times and is considered the greatest player of his generation, and quite possibly the finest loose forward of all time. But what do we know of Richie the person and what drives him? In The Open Side, he reveals his passions and motivations, on and off the field. Teamed with Greg McGee, one of our great contemporary writers — and a man who himself is no stranger to rugby culture — the two have produced an outstanding book. The Open Side delves into the inner McCaw, the defining events and people in his life, as well as providing insight into the modern game and its professional players and coaches — including frank comment on the Deans–Henry debate. Richie's leadership has had a huge impact on the team, and The Open Side traces his rise from fresh-faced Under 19 squad member in 1999 to hardened 100-cap veteran in 2011. As a participant in three Rugby World Cups, Richie describes the agony of defeat in 2007, and the four years of 'living in a tunnel' before clawing his way to 'the light' of a dramatic victory with the All Blacks in the 2011 final.

Based on exclusive interviews with past and present All Blacks, The Jersey reveals the secrets behind how the New Zealand All Blacks have dominated the game of rugby. With exclusive interviews with Richie McCaw, Steve Hansen, Beauden Barrett, and Dan Carter, The Jersey is the first definitive story behind the greatest sports team on the planet. With a better winning record than any other sports team in history, they stand head and shoulders above their nearest rugby rivals, and go to the 2019 World Cup as back-to-back World Champions.

How did a country of just 4.8 million people conquer the world? Peter Bills, who has reported on international rugby for more than 40 years, was given exclusive access to all the key figures in New Zealand rugby as he set out to understand the secrets behind the All Blacks success. From Steve Hansen to Beauden Barrett, Richie McCaw to the late Sir Colin Meads, Peter Bills talked at length with over ninety people, both in New Zealand and around the world, with intimate knowledge of what makes the All Blacks tick. This is a story of the first settlers, and the 'Originals' who forged the All Blacks legacy, right through to modern times. It draws heavily on the contributions made by all New Zealanders: players, coaches, officials, supporters and those who have worn the most recognized jersey in the world. Intrinsically, *The Jersey* goes to the heart of the All Blacks success. It is also an epic story of not just a rugby team but a nation, whose identities are inextricably linked. Additionally, it debates a question, terrifying for any of their opponents. Could the All Blacks get even better?

Your complete reference for all things rugby in Australia and New Zealand! A practical, useful and entertaining guide to rugby union in Australia and New Zealand, this book explains the aim of the game, the laws, what to wear, tactics, training, coaching and more. Whether you want to play or just want to watch the game, *Rugby Union For Dummies, 2nd Australian and New Zealand Edition*, delivers expert rugby knowledge. Build your confidence — discover expert tips and tricks for honing your skills Prepare your rugby kit — choose the correct gear for your safety on the pitch Increase your rugby knowledge — learn the difference between a ruck and a maul Talk tournament facts and figures — improve your rugby small talk in preparation for the World Cup Train effectively — develop your strength, flexibility and fitness Become a coach — immerse yourself in tactics and the detail of rugby's laws Join a club — choose the right level of play for you or your child Follow the game — keep up to date with the latest rugby news and coverage in the media and on the internet Open the book and find: How to play to win and have fun at the same time Interpretation of the ref's signals Advice on taking a conversion Tips for surviving a scrum Pointers on coaching adult and junior teams A guide to spectating online, on TV and at the game Rugby records for major tournaments between Australia and New Zealand A round-up of all the World Cups Learn to: Master the game and play to win Follow the laws and understand the ref's calls Identify key players at the World Cup Appreciate the history of the game

Fabulous recipes from the stars of New Zealand rugby, including current All Blacks Kieran Read, Ben Smith, Sam Cane and Dane Coles, retired heroes such as Richie McCaw and Sean Fitzpatrick, and all your favourite players from the Black Ferns, the Sevens, Super Rugby and the Wheel Blacks. An intimate portrait of the players at rest, enjoying social time together and preparing their favourite meals. Royalties go to NZ Rugby Foundation, which focuses on care of catastrophically injured players.

Chinese edition of *Invictus*. First term South Africa President Nelson Mandela's

ingenious idea of enlisting the rugby team to win the 1995 World Cup in an effort to unite the apartheid-torn country. The moVietnamese stars Morgan Freeman and Matt Damon. In Traditional Chinese. Distributed by Tsai Fong Books, Inc. Sean Fitzpatrick played for the best rugby team on the planet, the All Blacks. His aggressive, uncompromising approach made him one of the greatest players ever. Ruthless, devious and compelling to watch, he was a one-man wrecking machine. He was also an inspirational leader. Between 1986 and 1997, he played 128 matches for the All Blacks, 92 of those test matches, and a record 51 as captain. In his long and illustrious international rugby career, Fitzpatrick set the benchmark for excellence. Winning Matters is a fascinating insight into the mind of a legend. In a candid, conversational tone, Fitzpatrick reflects on the key moments and meetings of his life, identifying everyday values, beliefs and principles that have driven him, both on and off the pitch. Part autobiography, part self-help, part business how-to, Winning Matters offers the reader an understanding of what makes Fitzpatrick tick - his strategies for success in all aspects of life, and how we can all learn from them. It is an easy but inspirational guide to being the best we can be. Also available as an eBook

Richie McCaw, Rugby World Cup winning captain and the New Zealand All Black's most capped player of all time, is unquestionably the greatest player of his generation. He is arguably the most talented player of all time. In his bestselling autobiography, McCaw talks with brutal honesty about the roots of his family life that defined his character and how it gave him the strength to emerge from the lowest moment in his career to lift the Webb Ellis Cup, and become the most successful captain world rugby has ever seen. As he prepares to become the first captain to successfully defend the World Cup, McCaw has set the standard of what a professional rugby player should be. Hugely popular and respected, his sheer presence means that he is a natural leader both on and off the pitch and his story is not just a brutal account of life on the front line, but an exhilarating portrait of modern rugby.

A visual history of rugby's greatest sporting event, this beautiful photographic book is a fascinating chronological exploration of the matches, teams, heroes and surrounding stories of the tournament. Each chapter covers a Rugby World Cup, starting with the inaugural competition in 1987 - in which New Zealand confirmed their status as the world's top rugby nation - to the historical 1995 Rugby World Cup in South Africa after the end of apartheid and the international sports boycott through England's fantastic win in 2003 breaking the southern hemisphere's dominance, up to the 2015 qualifiers. The book also looks ahead to Rugby World Cup 2019, with Japan as host city. Each photograph has been carefully selected to give a real glimpse into this great tournament. The ideal, collectable gift for any rugby fan, written by a rugby expert. Was coach Heyneke Meyer the reason why the Springboks failed at the 2015 Rugby World Cup? And what does the future have in store for the incumbent coach, Allister Coetzee? Find these answers, and many others, in The Springbok Coaches. In this new, updated edition of The Poisoned Chalice, rugby writer Gavin Rich takes us past the disappointment of the 2015 Rugby World Cup right up to the appointment of Allister

Coetzee in April 2016, and dissects not only the successes and failures of these two Springbok coaches, but of all the post-isolation coaches who preceded them. If all of them agree on one thing, it is that the job goes hand in hand with tremendous pressure and that, at some point, they all buckled under the strain. This book reveals why André Markgraaff and Rudolf Straeuli came up with some of their weird and controversial decisions, why Nick Mallett dropped Gary Teichmann and how he regrets it now, why Harry Viljoen really quit, and why the pressures on Heyneke Meyer made it so much more difficult for the Springboks to win the 2015 Rugby World Cup. This book chronicles all the post-isolation coaches' experiences via interviews, articles and stats. From the triumphs to the controversies, the boardroom to the rugby field, *The Springbok Coaches* will reveal exactly what it takes to be the Bok coach, and why each and every one of them had, at some time or another in the toughest job in South African sport, lost it. A riveting, often revelatory and definitely controversial read!

Captain of the All Blacks since 2006, Richie McCaw is one of the best-known rugby figures in New Zealand. In this book he reveals his passions and motivations, on and off the field. It tells of the defining events and people in his life, as well as providing insight into the modern game and its professional players and coaches.

Explosive and controversial - this is the must-read autobiography of one of the world's most successful sporting coaches. Although he would eventually be knighted in recognition of one of the most remarkable coaching careers in the history of rugby, Graham Henry experienced his share of crushing setbacks and disappointments. This was the man responsible for restoring the glory days of the All Blacks and reinvigorating the spirits of an entire nation, but also the one held accountable for a disastrous 2007 World Cup campaign. When the team crashed out, humiliatingly at the quarter-final stage, Sir Graham thought his time as an international rugby coach was up. The New Zealand Rugby Union had never reappointed a losing World Cup coach, and he couldn't see why they would make an exception for him. That is, until he began preparing his coach's report, which involved a detailed analysis of the video of that fateful quarter-final. What he witnessed initially caused him to vomit, then to reassess his future. His findings and insights ultimately led to his reappointment. In this book, Henry reveals that as a rugby coach he was always more tactical than technical. In partnership with Wayne Smith and Steve Hansen, he would go on to rebuild the All Blacks as the most triumphant and entertaining team in the world. Sir Graham is rugby's most successful coach having maintained an almost unbelievable 83 per cent success rate across four decades and more than 500 matches from schoolboy to international level. Now retired, he has teamed up with New Zealand's most prolific rugby author, Bob Howitt, to relate his personal account of the drastic measures he took to change the culture within the All Blacks and set them on the path to becoming world champions.

History was made on November 22 2003 - England was crowned the World Champion. Everything was ready for rugby to explode in England, for the national team to kick-on, for the level of the domestic game to continue growing and for the sport to truly become prominent nationwide. It did not eventuate. England lost far too many matches and the Aviva Premiership does not match the French Top 14. The result for Rugby World Cup 2015 is a match schedule allocating more games to Wales than to the north of England. Understanding how this came about and also how and why Wales secured matches is an important part of the puzzle and carries substantial implications for future Rugby

World Cups. Local and global issues including decision making, rival sports and nationalized players are all tackled in an analysis that seeks to offer realistic and viable solutions for the benefit of English and global rugby.

The Springboks have had several post-isolation coaches, and if they agree on nothing else, they will concur that everyone in the job suffers enormous pressure. Unlike coaches from other rugby-playing countries, they also face many obstacles outside of the game, such as South Africa's complicated politics and the often unrealistic expectations of both the public and the media. It has been called a poisoned chalice, and everyone, from the first post-isolation coach, John Williams, to the incumbent, Heyneke Meyer, can attest to its veracity. Now, for the first time, their journeys are recorded in one book, and as part of one story. The Poisoned Chalice takes an in-depth look at each of the coaches in the post-apartheid years, and at the same time examines how the role has evolved over the past two decades. From the triumphs to the controversies, the boardroom to the rugby field, this book reveals exactly what it takes to be the Bok coach, and why each and every one of them, at some time or another in the toughest job in South African sport, lost it. A riveting, often revelatory and definitely controversial read!

Sam Warburton has had an incredible year. In the summer of 2011, at the age of only 22, he was asked to captain his country, leading Wales into the Rugby World Cup in New Zealand. The team's scintillating progression through the tournament reached a nail-biting height as Wales met France in the semi-final. With a nation's hopes resting on his shoulders, Warburton made 'that' tackle on Vincent Clerc and was shown the red card. Outcry ensued, and the Wales captain experienced great lows despite being named Player of the Tournament by many commentators. Picking himself up from the suffocating media attention, Warburton was determined to rectify Welsh fortunes and strode into the 6 Nations. Battling injuries he led Wales to a magnificent Six Nations. This is his moment. This is his Grand Slam year.

Die All Blacks sind eine der erfolgreichsten Sportmannschaften der Welt. In den vergangenen 100 Jahren blieben sie in 75 Prozent ihrer Spiele auf der internationalen Bühne ungeschlagen. Worin liegt das Geheimnis ihres Erfolges? Und was können wir - als Einzelne, als Unternehmen und als Team - von den All Blacks lernen? "Das Geheimnis der All Blacks" ist ein einzigartiger Leitfaden und eine reiche Inspirationsquelle für alle, die Führungsverantwortung tragen. Das Buch gibt Antworten auf die Grundfragen nach den Ursachen für Erfolg und Misserfolg: Wie lässt sich Erfolg langfristig sichern? Wie übersetzt man Visionen für konkretes Handeln? Wie erreicht man Jahr für Jahr, Woche für Woche und Tag für Tag Weltklassenniveau? Wie geht man produktiv mit Drucksituationen um? Wie trainiert man auf Sieg, wenn absolute Spitzenleistung gefragt ist? Wie setzt man seine Ziele in die Praxis um? Was bleibt von dir, wenn du einmal nicht mehr bist?

He is one of the most highly regarded coaches in international rugby, but also one of the most controversial. Now you can read why ... John Mitchell's rugby coaching career spans many years, several teams and various countries. He was assistant to Clive Woodward, who spearheaded England's 2003 World Cup-winning campaign, for four years in the pioneering days of professional rugby coaching, and he took charge of the All Blacks and the Chiefs in New Zealand, the Western Force in Australia and the Lions in South Africa. Indisputably one of the most experienced coaches on the circuit, he has arguably also been one of the most controversial. For although he made a success of all his tenures, he has challenged the

structures and powers-that be, resulting in several premature departures. This book reveals why, and also why Mitchell has successfully defended every disciplinary hearing he has been subjected to. For the first time, the rugby public will learn the truth behind the newspaper headlines: from his painful axing as All Black coach to his fall-out with the Western Force and his disciplinary hearing at the Lions, whom he had guided to their first Currie Cup trophy, Mitchell sets out the reasons for his successes as well as his failures, and gives his opinion on what the future holds for South African rugby. Honest, gripping and revealing, this book is a must-read for every rugby fan.

To coincide with the commencement of the 2009 Bledisloe Cup Series and with the Rugby World Cup just around the corner, Exisle Publishing proudly releases Gregor Paul's controversial new book *Black Obsession*. This explosive book examines why it is that the world's greatest Rugby nation continues to fail in their quest for World Cup glory. Since the first World Cup in 1987, the All Blacks have amassed a winning record that is far superior to any other country. Yet by the time the next World Cup rolls around in 2011, it will be 24 years since the All Blacks have been world champions. How can that be? This very readable book draws some provocative conclusions on why New Zealand no longer produces great leaders and why rugby remains such an important part of the national psyche. Part travel guide, part social history and part self-help manual, it is the ideal book for all those fans who can't help steering conversations towards All Black World Cup failures.

Richie McCaw's standing within the All Blacks team is unmatched. The captain of Graham Henry's team since 2006, McCaw has carved a niche for himself as the modern-day great within the All Blacks - the charismatic, never-say-die leader whom fans of the Men in Black have come to hold in the same light as many of the most revered captains of yesteryear. *Richie McCaw: A Tribute to a Modern-day Rugby Great* charts the career of the proud Canterbury and Crusaders star who first burst into the national rugby conscience in 2001 when he helped his province to an NPC championship. Soon after, he was making his All Blacks debut in Dublin, beginning a test career that will ultimately culminate at the 2011 World Cup in New Zealand. Author John Matheson tells the story of how the understated McCaw has reinvented himself to emerge as the talisman for his charges in the same way that Buck Shelford, Sean Fitzpatrick and Tana Umaga have done before him. Interviews with teammates, coaches and opponents will help the reader gain a renewed respect for McCaw, as the All Blacks plan their next assault on the Rugby World Cup. *Richie McCaw: A Tribute to a Modern-day Rugby Great* takes the reader inside McCaw's inner circle to tell his story of Tri-Nations, Bledisloe Cup and Grand Slam success, overcoming shattering injuries and concussions, and World Cup heartbreaks in Sydney and Cardiff. Tellingly, though, McCaw - who was at the All Blacks helm for the Cardiff calamity - never lost the respect of the public following the 2007 World Cup. Indeed, the way he handled the aftermath only strengthened his standing with the All Blacks nation. *Richie McCaw: A Tribute to a Modern-day Rugby Great* plots his post-World Cup rehabilitation and celebrates the fact that, as the 2011 event nears, the All Blacks - on-field at least - are in the best possible hands as they set about replicating the efforts of David Kirk's 1987 All Blacks.

148 tests, 131 wins, 110 times captain of the All Blacks, 2 Rugby World Cup triumphs, 12 successful Bledisloe Cup campaigns, 7 Tri-Nations titles, 3 Rugby Championship titles A career so impressive that it could not possibly be chronicled in an 'ordinary' book. This lavish retrospective is something special. It features over 500 photographs, close to 50,000 words and weighs in at around 3kgs. The book devotes two pages to each of the 148 tests Richie played. To complement the stunning array of images, Richie has added his own thoughts and memories of each game from the nerves before that very first test in 2001 to the triumphs at Rugby World Cups in 2011 and 2015; from the highs of three World Player of the Year awards to concussions and ...

In Game Changer Fergus Connolly shows how to improve performance with evidence-based analysis and athlete-focused training. Through his unprecedented experience with teams in professional football, basketball, rugby, soccer, Aussie Rules, and Gaelic football, as well as with elite military units, Connolly has discovered how to break down the common elements in all sports to their basic components so that each moment of any game can be better analysed, whether you're a player or coach. The lessons of game day can then be used to create valuable leaning experience in training.

Language Toolkit for New Zealand Book 1 is a workbook to support the development of language and literacy skills through various communication modes. Students will develop the skills they need to read, view, listen and speak, and to write and create their own texts in a variety of contexts and for a variety of audiences and purposes. The units in Language Toolkit for New Zealand Book 1 are organised around different text types, including multimodal texts that provide a context for the development of language skills. Grammatical rules are clearly and simply explained. • Comprehension, grammar, spelling, punctuation and vocabulary exercises build language and literacy skills. • Spelling lists and dictionary exercises encourage vocabulary development and confidence. • Revision exercises allow students to review their progress and strengthen their understanding and confidence from one unit to the next.

Go behind the scenes with the world's most successful sports team. This is a complete history of rugby's most famous yet enigmatic team, the New Zealand All Blacks, told by the men who have had the honour of wearing the iconic black jersey. From the legendary 1905 'Originals' all the way through to Richie McCaw's record-breaking back-to-back World Cup champions of 2015, this is a history of the All Blacks like you have never experienced it before. Thanks to exhaustive archival research and exclusive new material garnered from a vast array of interviews with players and coaches from across the decades, Behind the All Blacks unveils the compelling truth of what it means to play for the team that has dominated Test match rugby for over a century - all the trials and tribulations behind the scenes, the glory, the drama and the honour on the field, and the passionate friendships and bonds of a brotherhood off it.

Absorbing and illuminating, this is the ultimate history of New Zealand rugby - told, definitively, by the men who have been there and done it.

In an era of some of the greatest All Blacks the game of rugby has ever seen, Kieran Read counts as one of the best. Stepping up to the role of captain in the absence of the legendary Richie McCaw, Kieran Read exhibits a rare blend of leadership, fearlessness and outstanding skills and game smarts on the paddock, and is hugely popular with players, coaches and administrators alike. Matt Elliott offers a tribute to this world-class number eight for his fans in New Zealand and around the world.

Notebook/journal/diary for New Zealand rugby and Richie McCaw fans 6x9 inches A5. Great Christmas or birthday gift. High quality matte cover.

The Real McCaw The Autobiography Aurum Press Limited

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Rugby is a sport that means different things to different people around the world. So when award-winning writer Donald McRae set off to take the pulse of the sport soon after the dawn of the professional era, he began to build a portrait of the game that highlighted the contrasts between nations, who may have been united in their love for rugby, but who saw it in very different ways. Featuring in-depth interviews with a range of great players from around the world, including Sean Fitzpatrick, Francois Pienaar and Lawrence Dallaglio among others, Winter Colours is a compelling account of the culture of rugby as seen by its biggest stars - men who also hold dear the sport's very traditions that make it so special.

This is a remarkable piece of writing and is sure to be of interest to all who follow the sport at any level.

When the professional era dawned in 1995, Irish rugby was in a rut. Provincial matches attracted crowds of 300, the national team was only capable of one exceptional result a year and there was a general lack of interest from the public. The nation's best players were lured abroad and bitter club rivals were thrown together to battle for provinces that could not attract coaches. No one could have predicted the rapid transformation that would overtake the Irish game. Within a few short years the provinces had become powerhouses on the club circuit, with Ulster, then Munster and Leinster achieving the ultimate goal of European glory. Today, Ireland is one of the strongest professional unions in the world and its senior team are reigning Six Nations champions. 'The New Breed' tells the story of this transformation. Key players of that first generation, including Ronan O'Gara, Brian O'Driscoll and Paul O'Connell, provide candid, enlightening interviews, while current professionals, such as Johnny Sexton, Keith Earls and Rob Kearney, offer insights into the ever-changing science, slog and sacrifice it now requires to make it to the very top.

This book examines the history, theory and journalistic practice of profile writing. Profiles, and the practice of writing them, are of increasing interest to scholars of journalism because conflicts between the interviewer and the subject exemplify the changing nature of journalism itself. While the subject, often through the medium of their press representative, struggles to retain control of the interview space, the journalist seeks to subvert it. This interesting and multi-layered interaction, however, has rarely been subject to critical scrutiny, partly because profiles have traditionally been regarded as public relations exercises or as 'soft' journalism. However, chapters in this volume reveal not only that profiling has, historically, taken many different forms, but that the idea of the interview as a contested space has applications beyond the subject of celebrated individuals. The volume looks at the profile's historical beginnings, at the contemporary manufacture of celebrity versus the 'ordinary', at profiling communities, countries and movements, at profiling the destitute, at sporting personalities and finally at profiling and trauma.

Inside the changing sheds, the gyms, the hotels and on the field with the All Blacks at each Rugby World Cup - a tournament that grips the nation. Inside the Cup is the definitive story of the triumphs, oddities, heartbreaks, dramas and disasters of every All Black campaign at the Rugby World Cup. New Zealand rugby's master storyteller, Phil Gifford, takes you behind the scenes to relive the action as it happened and as told by those directly involved. You'll find out why Buck Shelford was dropped, which All Blacks were actually sick before the 1995 final, why Taine Randell believes he shouldn't have been captain in 1999, what exactly led to Graham Henry being reappointed as coach despite the miserable result in 2007, and why Steven Donald is called Beaver. Gifford knows all of the players and personalities - he was there. He details a fascinating and often

tumultuous journey, from a boozy dinner in Cardiff where the idea for a global tournament first got off the ground, to the breathtaking finale of the victorious 2011 Cup. Inside the Cup is the perfect book for every true rugby fan.

Upstart Press is proud to have provided NZ booksellers with the biggest selling book (in terms of value) for the second year in a row. 'Richie McCaw 148' narrowly beat 'Harry Potter and the Cursed Child', though to be fair our friends at Hachette NZ sold more copies. Nielsen figures on Bookscan placed Harry at number one on number of copies sold, and Richie at number one in bookseller turnover. We are here to serve!

Twenty years ago the very first For Dummies book, DOS For Dummies, was published. From that first printing of that first book came a series unlike anything in the publishing world, one that is global in both geography - we have been published worldwide in some 30 languages - and in coverage. No single volume can hope to summarize what thousands of titles have meant to millions of readers over the years, and we don't claim to do that in this e-book. Rather, this e-book celebrates the breadth and depth of the For Dummies series, offering 20 chapters - in honor of our 20 years - from a list of books compiled by our global colleagues. We are confident the chapters we've included give you a representative glimpse at why - no matter what the topic - our products have meant so much to so many by Making Everything Easier. We've grouped our chapters into five main parts: Part I: Dummies Classics, offers four chapters from some of our best-loved books. There's a chapter from DOS For Dummies, the book that started it all, and chapters from two of our best-sellers: Windows 7 For Dummies and Sex For Dummies. And just for a bit of spice, we've included a chapter from French For Dummies. Part II: Daily Dose of Dummies, offers the kind of lifestyle, self-help, and business skills that our readers have come to treasure. There's one of our famous Part of Tens chapters from Cognitive Behavioural Therapy for Dummies and a chapter from Meditation For Dummies to help you get your center. Chapters from Leadership For Dummies and Marketing For Dummies help you develop new skills for the marketplace. Part III, Fun with Dummies, celebrates life and all it has to offer. We've got chapters here from The Royal Wedding For Dummies, Guitar For Dummies, Digital Photography SLR All-in-One For Dummies, Puppies for Dummies, Knitting For Dummies, and Wine For Dummies. Part IV, Get Social, highlights how we help you grow and develop new skills. Chapters here come from Facebook For Dummies, Social Media Marketing For Dummies, and Dating For Dummies. Part V, Going Global, shares the worldwide appeal of the For Dummies series. These chapters from British History For Dummies, Canadian History For Dummies, and Rugby Union For Dummies were created by our global colleagues and authors and show how the For Dummies approach applies not only to whatever the subject is at hand, but also wherever the discussion is taking place. Download and enjoy!

As Kieran Read calls time on his distinguished New Zealand career at the end of the Rugby World Cup, this is the open and honest life story of one of rugby's greatest players, a legendary All Black and a two-time World Cup winner. Kieran Read first played for the All Blacks as a 23-year-old in 2008 and since then has amassed more than a century of Test appearances in the famous jersey. Now, after a stellar provincial, club and international career - including back-to-back World Cup victories - the New

