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*Old School Grit Times May Change But
The Rules For Success Never Do Sports
For The Soul Book 2*

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MYLA WERNER

Toughness One World

Studies prove that positive thinkers are happier, healthier, and more successful than everyone else. Discover the simple, proven techniques for becoming a more positive person... Positive thinking leads to positive outcomes. Study after study proves this. Researchers have found that optimistic people live longer, live healthier, have more energy, have more successful careers, make better decisions, are more productive, are less stressed, have healthier relationships, and (not surprisingly) are much happier than pessimists. However, a lot has been misunderstood about what it means to be a positive thinker and what it takes to maintain an optimistic mindset. It takes a lot more than repeating feel-good platitudes to make positive thinking work in your life. It takes discipline, commitment, and a proper understanding of what optimism really means in a world that is constantly throwing new challenges at us. This is a book for anyone who has ever questioned whether positive thinking really "works." It's also a book for those who have tried to develop a more positive attitude, but have found it difficult to eliminate the voices of fear, doubt, and cynicism. This is a book for anyone who wants to put optimism to work in their life with practical, proven techniques. In this inspirational fable, you'll meet Bobby Kane, a 31-year-old minor league baseball player who realizes his dream of making it to the majors is finally coming to a disappointing end. His dream, he believes, was not meant to be. That is, until Bobby meets an unconventional manager named Wally Hogan. More mental coach than baseball manager, Wally teaches Bobby that if you want to change your life, you have to first change your thinking. As you'll see in this book, developing a positive mindset gives Bobby a renewed chance to make his dreams come true—not just in baseball, but in all areas of his life. Wally teaches Bobby what it means to be an optimist and what it takes to maintain a positive attitude through the ups and downs of life. He teaches him proven, real-world techniques for building and sustaining optimism. These methods have an immediate impact on Bobby's life and they will have an immediate impact on yours as well. This book will show you just how powerful a positive attitude can be and it will teach you how to use positive thinking to make your biggest dreams come true.

[A Father, His Son, And Their Epic Basketball Team's Nine-Year Journey Together](#) Shamrock New Media, Incorporated
One of Roxane Gay's Top 10 Books of 2014 One of Booklist's Top 10 First Novels of 2014 One of the Chicago Reader's Favorite

Books of 2014 A Women's Book Group Discussion Selection, Women & Children First Bookstore One of O, The Oprah Magazine's Ten Books to Pick Up Now, April 2014 Shortlisted for the 2014 Great Lakes Great Reads Award Longlisted for The Morning News's 2015 Tournament of Books One of Five Books to Read Now, Chicago Tribune/Printers Row Eric Charles May was named one of 25 Writers to Watch by Guild Literary Complex and one of the Lit 50 2014 by Newcity Named a Notable African-American Title by Publishers Weekly "In this vivid, suspenseful, funny, and compassionate novel of epiphanies, tragedies, and transformations, May drills down to our bedrock assumptions about ourselves, our values, and our communities. As sturdy as a Chicago bungalow and bursting with life, May's debut is perfect for book clubs." --Booklist (starred review) "In May's vivid, suspenseful, funny, compassionate and epiphanic first novel, the decorous Mrs. Motley, a retired librarian, along with her close-knit, gossipy Chicago South Side community, dreads the return of the notorious Stew Pot Reeves." --Booklist, naming Bedrock Faith a Top 10 First Novel of 2014 "May's expansive first novel reveals the complicated emotional economy that holds together a neighborhood in crisis...May's vivid descriptions of the rhythms of life in the suburb...reveal vibrant lives in ordinary houses." -- Publishers Weekly After fourteen years in prison, Gerald "Stew Pot" Reeves, age thirty-one, returns home to live with his mom in Parkland, a black middle-class neighborhood on Chicago's South Side. A frightening delinquent before being sent away, his return sends Parkland residents into a religiously infused tailspin, which only increases when Stew Pot announces that he experienced a religious awakening in prison. Most neighbors are skeptical of this claim, with one notable exception: Mrs. Motley, a widowed retiree and the Reeves's next-door neighbor who loans Stew Pot a Bible, which is seen by Stew Pot and many in the community as a friendly gesture. With uncompromising fervor (and with a new pit bull named John the Baptist), Stew Pot appoints himself the moral judge of Parkland. He discovers that a woman on his block is a lesbian and outs her to the neighborhood, the first battle in an escalating war of wills with immediate neighbors: after a mild threat from the block club president, Stew Pot reveals a secret that leaves the president's marriage in ruin; after catching a woman from across the street snooping around his backyard, Stew Pot commits an act of intimidation that leads directly to her death. Stew Pot's prison mentor, an African American albino named Brother Crown, is released from prison not long after and moves in with Stew Pot and his mom. His plan is to go on a revival tour, with Stew Pot as his assistant. One night, as Stew Pot, Mrs. Reeves, and Brother Crown are witnessing around the neighborhood, a teenager from the block attempts to burn down

the Reeves home. He botches the job and instead sets fire to Mrs. Motley's house. She is just barely rescued, but her house is a total loss and she moves in with a nearby family. Neighbors are sure Stew Pot is behind the fire. The retaliations against Stew Pot continue, sending him over an emotional ledge as his life spirals out of control with grave consequences. Through the unforgettable characters of Stew Pot and Mrs. Motley, the novel provides a reflection on God, the living and the dead, and the possibilities of finding love without reservation.

The NBA According to the Sports Guy Akashic Books

The updated edition of the bestselling book that has changed millions of lives with its insights into the growth mindset "Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life."—Bill Gates, GatesNotes After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

Intimacies Houghton Mifflin Harcourt

Hershel Kimbrell served as head basketball coach at McMurry University for thirty-one years, winning 448 games and being named to the NAIA Hall of Fame. His teams were mostly too small, too short, and too slow, perhaps, but they were the giant slayers, defeating top-ranked programs for one reason. Coach Kimbrell taught his players they were better than they were, and they believed him. *Never Afraid, Never A Doubt* is the biography of a man who believed in building winners. And it had little to do with the scoreboard. It is the story of a man as seen through the eyes of his players. He told them: "When every muscle and joint and ligament in your body is telling you it's time to quit and you refuse to quit, you'll dig down deep into a place you didn't know you had, and you'll find out you can accomplish more than you ever thought possible. At McMurry, we take the word "quit" out of the dictionary." As Chris Beard, head basketball coach at Texas Tech University said, "If the talent on the floor was close, Coach Kimbrell would beat you every time.

Relentless Optimism CreateSpace

Old School Grit Times May Change, But the Rules for Success Never Do

The New Psychology of Success Meaning of Life Publishing
The #1 New York Times bestselling classic frontier adventure novel that inspired two award-winning films! Charles Portis has long been acclaimed as one of America's foremost writers. *True Grit*, his most famous novel, was first published in 1968, and became the basis for two movies, the 1969 classic starring John Wayne and, in 2010, a new version starring Academy Award® winner Jeff Bridges and written and directed by the Coen brothers. *True Grit* tells the story of Mattie Ross, who is just fourteen when the coward Tom Chaney shoots her father down in

Fort Smith, Arkansas, and robs him of his life, his horse, and \$150 in cash. Mattie leaves home to avenge her father's blood. With one-eyed Rooster Cogburn, the meanest available U.S. Marshal, by her side, Mattie pursues the killer into Indian Territory. *True Grit* is eccentric, cool, straight, and unflinching, like Mattie herself. From a writer of true status, this is an American classic through and through.

Mindset Simon and Schuster

JAM-PACKED WITH CONFIDENCE-BUILDING TECHNIQUES

Confidence is essential to success, happiness, and peace of mind. Whether it be in sports, business, or any other area of life, the most confident people tend to be the most successful. But despite knowing how important confidence is, it's easy to lose your self-confidence and start doubting yourself—especially during difficult times. This book will show you how to build and maintain confidence while eliminating self-doubt and insecurity—no matter what is going on around you. In this inspirational fable, Danny O'Connor is an insecure fourth-string quarterback on one of the worst college football teams in America. But his life changes when a new coach named Bud Sullivan is hired and begins showing Danny and his teammates how to build the confidence needed to turn around their losing ways. Over the course of three years, Bud lays the foundation for one of the greatest turnarounds in college football history and Danny learns invaluable lessons that will last him a lifetime. As this story plays out, you will learn the practical, real-world methods used by some of the greatest coaches of all time for instantly generating self-confidence. Perfect for individuals and teams, the powerful techniques in this book will help you build the type of confidence that can turn around any situation and ignite winning streaks in every area of life.

How a Commitment to Positive Thinking Changes Everything HarperCollins

An opinionated tour of the past, present, and future of pro basketball, written by ESPN's "Sports Guy" columnist, shares insights on everything from major NBA events and underrated players to how Hall of Famers should be selected.

Never Afraid, Never A Doubt ASCD

This #1 Bestseller in Screenwriting is now COMPLETELY UPDATED AND EXPANDED! The Step-By-Step Course That Shows You How to Write Your Screenplay in Just 10 Days! "If you want to write screenplays for a living, there is nothing more valuable for a writer than being able to produce a quality screenplay quickly. We created this course to give you all the tools you need to accomplish exactly that. This system is laid out in a way that we hope writers of all experience levels will find easy to use. Our promise is simple: follow this system and in 10 days, you'll have a powerful script finished!" - Travis Donnelly, writer & producer of *Medium*, co-author of *The 10-Day Screenplay* Some of the most famous movies in history were written in 10 days or less. Sylvester Stallone wrote *Rocky* in just three days. The movie became one of the most successful of all time and made Stallone an international superstar. Kevin Williamson wrote *Scream* in four days. The script created a hot bidding war and made Williamson one of the highest-paid screenwriters in Hollywood. John Hughes, one of the most successful screenwriters ever, loved to write fast. He wrote *National Lampoon's Vacation* in seven days, *Ferris Bueller's Day Off* in four days, *Planes, Trains, and Automobiles* in three days, and *The Breakfast Club* in just two days. Joe Eszterhas wrote *Basic Instinct* in 10 days. When he was finished, he shipped the script to his agent and sold it three days later for \$3 million. Not only is it possible to write a great screenplay in 10 days or less, but spending too much time on a script is actually one of the worst mistakes a screenwriter can make! It can lead to boring, dull, and unoriginal scripts. Stop wasting so much time

and energy trying to write your next screenplay. Simply follow this program and in as little as 10 days, you'll finish the screenplay that could just launch your screenwriting career! The 10-Day Screenplay system works like this: STEP 1: The 10-Day Screenplay shows you how to evaluate your initial idea using the five requirements of every great movie idea. Is your idea unique? Is it big enough? Will it make for a compelling two-hour movie? What can be done to make your idea bigger and better? STEP 2: The 10-Day Screenplay system forces you to flesh out your characters. Contrary to anything you may have heard, great characters make great movies. You need to really know your characters and let THEM dictate your plot, NOT the other way around. Amateur screenwriters come up with a plot and then plug in forced characters to play it out. This is a huge mistake and you'll never succeed this way! STEP 3: Once you have your idea and your characters, it's time to write your script following The 10-Day Screenplay course. Each day of the course includes an important lesson on what your story objective should be for that day along with a manageable writing assignment. If you simply follow this course, at the end of the 10 days, you will have a finished script! To make this process easy to understand, The 10-Day Screenplay breaks down 10 blockbuster movies along the way - Rocky, Braveheart, Home Alone, My Big Fat Greek Wedding, There's Something About Mary, Bridesmaids, Toy Story, Back to the Future, Die Hard, and Scream. You'll see how our plot and character techniques worked in each movie and how they can be applied to your screenplay. It's time to stop dreaming and start writing! This book will show you the way.

Fostering Grit Anchor

Discover the five inner beliefs shared by the world's greatest achievers. If you want to take control of your life and achieve your biggest dreams, you must develop a "warrior mindset." This book will show you how to stop thinking like a victim and start thinking like a warrior. In this inspirational fable, Chris McNeely is a college football coach who is at the end of his rope after a hard-and-fast fall from the top of his profession. Now bankrupt and on the verge of losing his job, he has no idea what he's doing wrong or how to get back on track. Angry, worried, and desperate for help, Chris receives mysterious visits from five of history's greatest coaches: John Wooden, Buck O'Neil, Herb Brooks, Paul "Bear" Bryant, and Vince Lombardi. Together, these five legendary leaders teach Chris how to "think like a warrior" and take control of his life. The "warrior mindset" he develops changes his life forever-and it will change yours as well. Discover the life-changing lessons of John Wooden, Buck O'Neil, Herb Brooks, Bear Bryant, and Vince Lombardi in this inspirational tale of what it takes to achieve your dreams-whatever those dreams may be. This book will show you how to... - Build your self-confidence - Develop mental toughness - Attack every day with joy and enthusiasm - Use a positive mental attitude to achieve more - Harness the power of positive self-talk - Be a positive leader for your family and your team - Become the person you were born to be - And much more... The five inner beliefs revealed in this book will empower you to take control of your life and overcome any obstacle that stands in your way.

A Novel/ Houghton Mifflin Harcourt

A NEW YORK TIMES TOP 10 BOOK OF 2021 LONGLISTED FOR THE 2021 NATIONAL BOOK AWARD IN FICTION ONE OF BARACK OBAMA'S FAVORITE 2021 READS AN INSTANT NATIONAL BESTSELLER A BEST BOOK OF 2021 FROM Washington Post, Vogue, Time, Oprah Daily, New York Times, Los Angeles Times, San Francisco Chronicle, Atlantic, Kirkus and Entertainment Weekly "Intimacies is a haunting, precise, and morally astute novel that reads like a psychological thriller.... Katie Kitamura is a wonder." —Dana Spiotta, author of *Wayward* and *Eat the*

Document "One of the best novels I've read in 2021." - Dwight Garner, *The New York Times* A novel from the author of *A Separation*, an electrifying story about a woman caught between many truths. An interpreter has come to The Hague to escape New York and work at the International Court. A woman of many languages and identities, she is looking for a place to finally call home. She's drawn into simmering personal dramas: her lover, Adriaan, is separated from his wife but still entangled in his marriage. Her friend Jana witnesses a seemingly random act of violence, a crime the interpreter becomes increasingly obsessed with as she befriends the victim's sister. And she's pulled into an explosive political controversy when she's asked to interpret for a former president accused of war crimes. A woman of quiet passion, she confronts power, love, and violence, both in her personal intimacies and in her work at the Court. She is soon pushed to the precipice, where betrayal and heartbreak threaten to overwhelm her, forcing her to decide what she wants from her life.

Life to the Fullest Penguin

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —*The New York Times* "Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank." —USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

The Five Inner Beliefs That Make You Unstoppable Penguin

A Life-Changing Book About the Power of FEARLESS Thinking You will never achieve any important goal until you first defeat the fears that stand between you and that goal—the fears that say it's too risky, you don't deserve it, or you're not good enough. In fact, fearful thinking is one of the most destructive thought patterns you can fall into. Whenever you find yourself worrying, procrastinating, or questioning your potential - FEAR is getting the best of you. Specifically, there are seven common fears you must learn to defeat if you want to live a happy and successful life: 1) The fear of what other people think. 2) The fear of change. 3) The fear of making the wrong decision. 4) The fear of missing out on something better. 5) The fear of not being good enough. 6) The fear of failure being permanent. 7) The fear of being "due" for a setback. Every major worry and self-destructive thought is rooted in one of these seven fears. In this inspirational fable, Mickey McGavin is a pro boxer struggling to overcome the seven fears that are holding him back—in the ring and in life. With the help of a former world champion who becomes his trainer and mentor, McGavin learns he must defeat the fears in his mind before he can defeat his opponents in the ring. Boxing is the metaphor for life in this story, but the techniques used for defeating fear are universal. No matter your goal, FEAR is your ultimate opponent and this book will show you how to defeat the fears that hold you back from living the life you were born to live. Read this life-changing book and discover why victory - in sports, in business, and in life - always favors the fearless.

Designing Your Life Knopf Books for Young Readers

#1 NEW YORK TIMES BEST SELLER • At last, a book that shows you how to build—design—a life you can thrive in, at any age or stage. Designers create worlds and solve problems using design thinking. Look around your office or home—at the tablet or smartphone you may be holding or the chair you are sitting in. Everything in our lives was designed by someone. And every design starts with a problem that a designer or team of designers seeks to solve. In this book, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to design and build your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise.

Think Like a Warrior Delacorte Books for Young Readers

In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls “grit.” “Inspiration for non-genius everywhere” (People). The daughter of a scientist who frequently noted her lack of “genius,” Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In *Grit*, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she’s learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. “Duckworth’s ideas about the cultivation of tenacity have clearly changed some lives for the better” (The New York Times Book Review). Among *Grit*’s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Wittingly personal, insightful, and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is “a fascinating tour of the psychological research on success” (The Wall Street Journal).

How to Write a Screenplay in 10 Days W. W. Norton & Company

In this inspiring memoir, the star of *Hercules* shares the story of the sudden aneurysm and multiple strokes that left him incapacitated—but ultimately redefined his definition of success. On television, Kevin Sorbo portrayed an invincible demigod; in his real life, an aneurysm caused strokes that left him partially blind and incapacitated at just thirty-eight years old. Yet since appearances are everything in Hollywood, he hid the full details about his condition from the press and continued to film *Hercules*, which was the number one TV series in the world. True Strength is the story of transformation, persistence, and hope in the face of seemingly insurmountable obstacles. Sorbo reflects on his childhood in Minnesota and his early acting days in Hollywood, to his charmed life as television’s beloved Hercules, and where he is today. He recounts the onset of his symptoms, his frightening hospitalization, and his arduous path to recovery. With this honest account of personal tragedy and triumph, Sorbo aims to blaze a trail for those who have ever suffered acute

illness or a serious setback in life and are now struggling to find their way back.

How do I prepare my students for the real world? (ASCD Arias) Vintage

A popular ESPN basketball analyst and former Duke player reveals the successful work ethic he learned under Mike “Coach K” Krzyzewski, tracing his career while imparting the importance of his mentors’ respective definitions of toughness to explain how they can be applied effectively to athletic and personal goals. 50,000 first printing.

The Book Thief Penguin

A groundbreaking look at why our interactions with others hold the key to success, from the bestselling author of *Think Again* and *Originals*. For generations, we have focused on the individual drivers of success: passion, hard work, talent, and luck. But in today’s dramatically reconfigured world, success is increasingly dependent on how we interact with others. In *Give and Take*, Adam Grant, an award-winning researcher and Wharton’s highest-rated professor, examines the surprising forces that shape why some people rise to the top of the success ladder while others sink to the bottom. Praised by social scientists, business theorists, and corporate leaders, *Give and Take* opens up an approach to work, interactions, and productivity that is nothing short of revolutionary.

How Children Succeed Currency

A NOW READ THIS PBS NewsHour and New York Times Book Review selection From the New York Times best-selling author of *How Children Succeed* comes an essential handbook of successful strategies to help kids overcome issues, learn, and thrive in today’s chaotic learning environments. In *How Children Succeed*, Paul Tough introduced us to research showing that personal qualities like perseverance, self-control, and conscientiousness play a critical role in children’s success. Now, in *Helping Children Succeed*, Tough takes on a new set of pressing questions: What does growing up with economic and other stresses do to children’s mental and physical development? How does adversity at home affect their success in the classroom, from preschool to high school? And what practical steps can the adults who are responsible for them take to improve their chances for a positive future? Tough once again encourages us to think in a new way about the challenges of childhood. Mining the latest research in psychology and neuroscience, he provides us with insights and strategies for a new approach to childhood adversity, one designed to help many more children succeed.

Key to Success Shamrock New Media, Incorporated

This carefully crafted ebook: “The Bell Jar” is formatted for your eReader with a functional and detailed table of contents. Esther Greenwood, a young woman from the suburbs of Boston, gains a summer internship at a prominent magazine in New York City, under editor Jay Cee; however, Esther is neither stimulated nor excited by either the big city or the glamorous culture and lifestyle that girls her age are expected to idolize and emulate. She instead finds her experience to be frightening and disorienting. From hereafter her mental state keeps deteriorating until she starts feeling helpless as if being kept inside a glass bell jar! *The Bell Jar* is the only novel written by the American writer and poet Sylvia Plath. Originally published under the pseudonym “Victoria Lucas” in 1963, the novel is semi-autobiographical, with the names of places and people changed. The book is often regarded as a roman à clef because the protagonist’s descent into mental illness parallels Plath’s own experiences with what may have been clinical depression or bipolar II disorder. Plath died by suicide a month after its first UK publication. The novel was published under Plath’s name for the first time in 1967 and was not published in the United States until 1971, in accordance

with the wishes of both Plath's husband, Ted Hughes, and her mother.