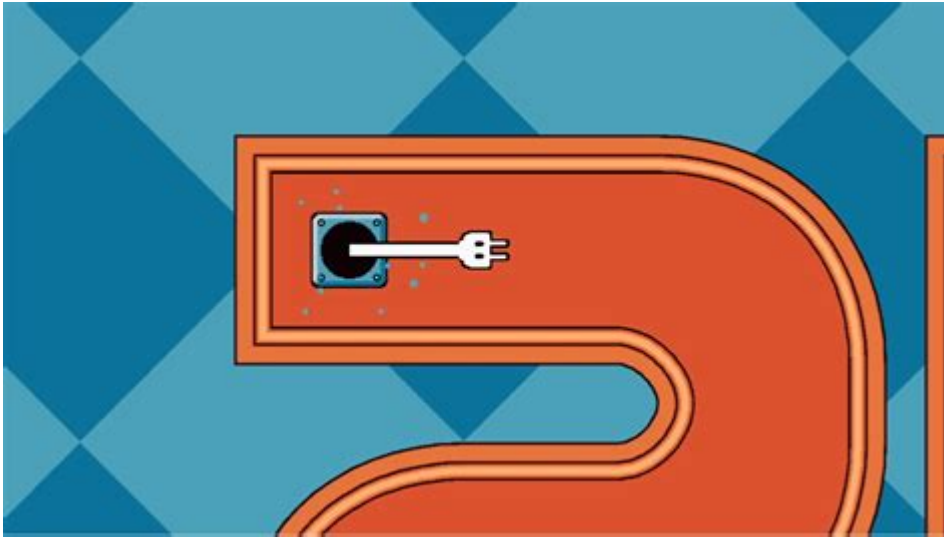


Plug Away Game



Plug Away Game: Mastering the Art of Consistent Effort

Are you tired of starting projects with a bang only to fizzle out halfway? Do you dream of achieving ambitious goals but find yourself overwhelmed by the sheer scale of the task? Then you need to understand the power of the "plug away game." This isn't about fleeting bursts of motivation; it's about consistent, persistent effort, the kind that chips away at challenges until you reach your ultimate victory. This blog post will delve into the strategy behind the plug away game, offering actionable tips and strategies to help you cultivate this essential skill and achieve your dreams, no matter how daunting they may seem.

Understanding the "Plug Away" Mentality

The "plug away game" is a metaphorical term representing the unwavering dedication to a long-term goal, even when progress seems slow or insignificant. It's about embracing the process, focusing on small, manageable steps, and relentlessly pursuing your objective, one day at a time. It's the antithesis of the "all-or-nothing" approach that often leads to burnout and failure.

Key Characteristics of the Plug Away Game:

Consistency over Intensity: It's not about frantic sprints; it's about steady, consistent progress.
Patience and Perseverance: Understanding that significant achievements take time and effort.
Focus on Progress, Not Perfection: Celebrating small wins along the way to maintain momentum.
Adaptability and Resilience: The ability to adjust your approach when faced with setbacks.
Self-Compassion and Self-Belief: Maintaining a positive mindset despite challenges.

Strategies for Winning the Plug Away Game

Successfully implementing the plug away game requires a strategic approach. Here are several key strategies to help you succeed:

1. Break Down Large Goals into Smaller, Manageable Tasks

Overwhelm is the enemy of progress. Break down your overarching goal into smaller, more achievable tasks. This makes the overall objective less intimidating and provides a sense of accomplishment as you complete each step. For example, if your goal is to write a novel, break it down into daily writing targets, focusing on a specific chapter or number of words.

2. Create a Realistic Schedule and Stick to It

Consistency is paramount. Create a realistic schedule that fits into your lifestyle and dedicate specific times to work towards your goal. Treat these scheduled times as appointments you cannot miss. Even short, consistent efforts are more effective than sporadic bursts of intense work.

3. Track Your Progress and Celebrate Milestones

Visualizing your progress is incredibly motivating. Use a planner, spreadsheet, or app to track your accomplishments. Celebrate milestones, no matter how small. This positive reinforcement will keep you motivated and engaged.

4. Develop Effective Habits and Routines

Habits are the building blocks of success. Develop routines that support your goal. This might involve eliminating distractions, creating a dedicated workspace, or incorporating mindfulness techniques to improve focus and reduce stress.

5. Embrace Failure as a Learning Opportunity

Setbacks are inevitable. Instead of viewing failures as defeats, reframe them as learning opportunities. Analyze what went wrong, adjust your strategy, and keep moving forward. Resilience is key to winning the plug away game.

6. Surround Yourself with Support and Accountability

Share your goals with supportive friends, family, or mentors. Consider joining a community or finding an accountability partner to help you stay on track and motivated. Having a support system can make a significant difference.

Maintaining Momentum in the Long Game

The plug away game is a marathon, not a sprint. Maintaining momentum requires consistent effort

and a proactive approach to managing challenges. Here's how:

Regularly Review Your Goals: Make sure your goals are still aligned with your values and aspirations. Adjust your plan as needed.

Stay Flexible: Life throws curveballs. Be prepared to adjust your schedule and approach when necessary.

Prioritize Self-Care: Burnout is a real threat. Prioritize activities that promote physical and mental well-being.

Stay Inspired: Continuously seek inspiration from books, podcasts, mentors, or other sources.

Remember Your "Why": Reconnecting with the reasons behind your goals can reignite your motivation when you feel discouraged.

Conclusion

The "plug away game" is a powerful strategy for achieving long-term goals. It emphasizes consistent effort, patience, and resilience. By breaking down large goals, creating a realistic schedule, tracking progress, and embracing setbacks as learning opportunities, you can cultivate the mindset and habits necessary to win this game. Remember, success is not a destination; it's a journey of consistent effort. Embrace the process, celebrate small wins, and never give up on your dreams.

FAQs

1. What if I lose motivation mid-way through? It's normal to experience dips in motivation. Revisit your "why," break down your remaining tasks into even smaller steps, and seek support from your network.
2. How do I deal with setbacks and failures? Analyze what went wrong, adjust your strategy, and learn from your mistakes. Don't let setbacks derail your progress; see them as opportunities for growth.
3. Is the "plug away game" suitable for all types of goals? Yes, the principles of consistent effort apply to virtually any goal, from personal development to career aspirations.
4. How can I stay accountable? Share your goals with others, find an accountability partner, or use tracking apps to monitor your progress.
5. What if my goals change over time? It's perfectly acceptable for your goals to evolve. Regularly review and adjust your plan to reflect your changing priorities and aspirations.

plug away game: Boys' Life , 1931-12 Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

plug away game: Grinders Mike Capps, Chuck Hartenstein, 2022-06-28 Grinders: Baseball's Intrepid Infantry tells the tales of the game's unheralded foot soldiers who took the hard knocks road, bouncing between the Show and obscurity, never quite achieving their dreams, all for a chance to play the game they love. On a brutally humid summer night in 1960, a nine-year-old Mike Capps was sitting with his grandfather in the rickety, mosquito-infested Burnett Field across the Trinity River from the twinkling lights of the concrete and steel towers of downtown Dallas. When he glanced at his grandfather's scoresheet, something caught his attention. His grandfather had made check marks alongside names of six or seven players for both clubs. "I also want you to pay attention to the names I have checked here," his grandfather said. "These guys will travel back and forth between Dallas and Kansas City and Minneapolis and Boston all summer. You'll even see their names in the box scores. They aren't stars, but they are the engine that drives baseball's bus." "Drives baseball's bus, drives baseball's bus?" The comment buried itself in Capps' psyche for decades, and, sixty years later, formed the basic idea for this book. What his grandfather called baseball's "engine" we now call "grinders." The back-and-forth roller coaster ride between professional baseball's minor leagues and its nirvana, Major League Baseball, remains perplexingly difficult for a multitude of great players and their families. Players like Deacon Jones, Brian Mazone, and Lorenzo Bundy battled their way to a chance in the big leagues and hung on as long as they could. Some shared the love of the game with their sons, who became Grinders in their own right. Grinders fill every roster at every level, plugging away year after year. Without their grit, determination, and persistence, there would be no stars. These are their stories.

plug away game: Game Design Lewis Pulsipher, 2012-08-08 Many aspiring game designers have crippling misconceptions about the process involved in creating a game from scratch, believing a big idea is all that is needed to get started. But game design requires action as well as thought, and proper training and practice to do so skillfully. In this indispensable guide, a published commercial game designer and longtime teacher offers practical instruction in the art of video and tabletop game design. The topics explored include the varying types of games, vital preliminaries of making a game, the nuts and bolts of devising a game, creating a prototype, testing, designing levels, technical aspects, and assessing nature of the audience. With practice challenges, a list of resources for further exploration, and a glossary of industry terms, this manual is essential for the nascent game designer and offers food for thought for even the most experienced professional.

plug away game: *Breaking Out of the Games Industry* Matthew M. White, 2019-03-27 This book offers a perspective into a phenomenon becoming more and more common: AAA developers 'going indie'. Written through the personal story of the author finding his way into the AAA games space, only to retreat back to indie games and consulting work and finding a new-old life making games for himself, and finding fulfillment in doing so. It is both a word of warning to creatives seeking a corporation and a call for disillusioned developers to break free and do something wild, creative, and unexpected. It is critical of common industry issues such as structural crunch, health issues, work life balance, and more, but is also a personal story of mismatched needs in doing creative work. Key Features Under-explored viewpoint of the games industry, someone who worked for years to 'break in', then worked for years to 'break out'. Offers a unique look at making an indie game life both financially and mentally feasible. Encourages developers sitting on the fence to take the plunge.

plug away game: *Secretary's ... Report* Harvard College (1780-). Class of 1883, 1923

plug away game: *Filling in the Seams* Christopher T. Edwards, 1997 Play Ball! Trenton Baseball fans waited a long time to hear this cry ring out in their hometown. And in 1994, minor-league baseball stormed into Trenton with the arrival of the Trenton Thunder and the construction of beautiful Mercer County Waterfront Park stadium. In this fascinating chronicle of the first three seasons of the Double-A Thunder franchise, Trenton Times sportswriter Christopher T. Edwards provides an insider's up-close-and-personal view of the people and events that have made the Thunder one of the most popular minor-league teams in the country.

plug away game: *Capture* Robert K. Tanenbaum, 2009-06-02 When a rising starlet from Spanish Harlem dies from a gunshot wound in the fashionable downtown penthouse of an eccentric

and famous Broadway producer, New York District Attorney Roger Butch Karp and his hard-charging, crime-fighting wife, Marlene Ciampi, smell drama. Karp is outraged at claims by the producer and his high-powered attorney that the troubled actress committed suicide. With the help of a fearful witness who Marlene convinces to speak out, Karp wages a relentless battle for justice against a notorious defendant, a legion of experts, and a barrage of hostile threats. Meanwhile, a shadowy international power group called the Sons of Man kidnaps Karp's daughter, Lucy, as she attempts to thwart the latest terrorist threat against New York City. Karp races to decode a baffling series of riddles left behind by the group's mastermind, his longtime enemy, to uncover the terrorists' true target and save Lucy from certain death. The key may lie within the fevered mind of David Grale, a half-mad religious vigilante who has mysteriously retreated beneath the city. Hunted by a beautiful but deadly Russian assassin, Karp and his eclectic band of accomplices must infiltrate the Sons of Man before the group's scheme for world dominion succeeds. But, little does Karp know: the clock is ticking down on New York City as an invisible force prepares to unleash Armageddon. With more than twelve million copies of his books in print, Robert K. Tanenbaum is a true master of the legal thriller (Vincent Bugliosi) whose yanked-from-the-headlines adventures keep readers rapt until each breathtaking conclusion.

plug away game: *What Shall I Be?* Clayton Holt Ernst, 1924

plug away game: Homebrew Gaming and the Beginnings of Vernacular Digitality Melanie Swalwell, 2021-08-17 The overlooked history of an early appropriation of digital technology: the creation of games through coding and hardware hacking by microcomputer users. From the late 1970s through the mid-1980s, low-end microcomputers offered many users their first taste of computing. A major use of these inexpensive 8-bit machines--including the TRS System 80s and the Sinclair, Atari, Microbee, and Commodore ranges--was the development of homebrew games. Users with often self-taught programming skills devised the graphics, sound, and coding for their self-created games. In this book, Melanie Swalwell offers a history of this era of homebrew game development, arguing that it constitutes a significant instance of the early appropriation of digital computing technology. Drawing on interviews and extensive archival research on homebrew creators in 1980s Australia and New Zealand, Swalwell explores the creation of games on microcomputers as a particular mode of everyday engagement with new technology. She discusses the public discourses surrounding microcomputers and programming by home coders; user practices; the development of game creators' ideas, with the game Donut Dilemma as a case study; the widely practiced art of hardware hacking; and the influence of 8-bit aesthetics and gameplay on the contemporary game industry. With *Homebrew Gaming and the Beginnings of Vernacular Digitality*, Swalwell reclaims a lost chapter in video game history, connecting it to the rich cultural and media theory around everyday life and to critical perspectives on user-generated content.

plug away game: *Popular Mechanics* , 1909

plug away game: *The Life and Times of Lord Mountbatten* John Terraine, 2013-05-09 Relive the 20th century through the eyes and words of Lord Mountbatten - a member of the Royal family and one of Britain's most highly decorated naval officers. This extraordinary volume spans 70 years of triumph, conflict and glory in the life of this remarkable man who rose to worldwide recognition as both statesman and military hero, yet was tragically assassinated in 1979.

plug away game: *Scientific Basketball* Nathan Holman, 1922

plug away game: *The Word Detective* Evan Morris, 2001

plug away game: *The Town and the Trust* Harrison Patten, 1910

plug away game: *The Railroad Telegrapher* , 1928

plug away game: *Pitching Strategies Explained* Dan Russell, 2013 *Pitching Strategies Explained* is the most comprehensive and up-to-date book in the world today on the mental strategies used by top collegiate and professional pitchers. It is a must-have for any player, parent or coach hoping to maximize success at any level of the game. *Pitching Strategies Explained* leaves no stone unturned as it delves into every aspect of a pitcher's strategic universe. In addition to drills, warm-ups and sample game plans, it includes a number of charts and tables demonstrating

everything from pitch location to a hitter's habits. Not only does *Pitching Strategies Explained* contain everything a pitcher could ever want to know about the mental side of pitching, but it is also written in an easy-to-follow manner and contains information on college scouting, recruiting and parental participation. Below are just some of the many topics the book analyzes. - How to Get Outs - Understand the Strike Zone - Where to Stand on the Rubber - Pitching Sequences - The Necessity of Pitching Inside - Understand a Batter's Vision - Pitching to Bunters - Pitching with Men on Base - When to Throw/Not to Throw Different Types of Pitches - Away Early, In Late - When in Doubt, Stay Away - How Velocity Affects Strategy - Work Fast and Upset the Batter's Rhythm - Pitching Ahead and Behind - Recognizing the Batter's Weakness - The Batting Stance (how to pitch to more than 20 different batting stances) - Pitching to the Hitter's Weaknesses - Know the Pitch for the Count - Signals for a Stubborn Catcher - Holding Runners and Pickoff Moves (includes dozens of unique tips and strategies) - Fielding in the Pitcher's Position - Pitching to Converted Left-Handed Hitters - Full Count Pitches - Destroy the Batter's Rhythm - The Emotional Game

plug away game: *The Complete Guide to Getting and Staying Organized* Karen Ehman, 2008-01-01 The key to good organization is not a one-size-fits-all method. It is a unique plan that considers personality type, lifestyle, income level, and family schedule. Author and speaker, Karen Ehman believes that with her simple step by step process moms can recognize their own personal style of managing their households successfully and develop a unique plan that gives them the freedom to: manage their time wisely de-clutter and organize their homes plan menus, shop more efficiently, and become more comfortable and creative in the kitchen get children involved in pursuing an ordered life and home avoid the trap of overcommitment use practical tools to assist in organization Getting and staying organized means more time for the important things in family life—concentrating on cultivating a close, personal relationship with the Creator, drawing His word into every aspect of living, and ultimately tying their children's heartstrings to God.

plug away game: *Too Many Men on the Ice* John G. Robertson, 2018-07-26 Entering the 1978-1979 season, the Boston Bruins had been one of the best teams in the National Hockey League for more than a decade. Yet they could not shake the postseason jinx the Montreal Canadiens held over them--the Habs had ousted them in 13 consecutive playoff series going back to 1940s. The Bruins wanted one more shot at their nemeses, after coming up short in both the 1977 and 1978 Stanley Cup finals. They got their chance in the semifinal round. Led by the colorful but embattled coach Don Cherry, the underdog Bruins played seven heart-stopping games. Victory seemed within their grasp but was snatched away with an untimely penalty in the final minutes of game seven. The author looks back at the season from opening night at Boston Garden to the catastrophic conclusion at the Montreal Forum, with detailed accounts of the semifinal games and a post-mortem of the infamous bench penalty.

plug away game: *Game Programming Patterns* Robert Nystrom, 2014-11-03 The biggest challenge facing many game programmers is completing their game. Most game projects fizzle out, overwhelmed by the complexity of their own code. *Game Programming Patterns* tackles that exact problem. Based on years of experience in shipped AAA titles, this book collects proven patterns to untangle and optimize your game, organized as independent recipes so you can pick just the patterns you need. You will learn how to write a robust game loop, how to organize your entities using components, and take advantage of the CPUs cache to improve your performance. You'll dive deep into how scripting engines encode behavior, how quadrees and other spatial partitions optimize your engine, and how other classic design patterns can be used in games.

plug away game: *Lionel Asbo* Martin Amis, 2012-08-21 A savage, funny, and mysteriously poignant saga by a renowned author at the height of his powers. Lionel Asbo, a terrifying yet weirdly loyal thug (self-named after England's notorious Anti-Social Behaviour Order), has always looked out for his ward and nephew, the orphaned Desmond Pepperdine . . . He provides him with fatherly career advice (always carry a knife, for example) and is determined they should share the joys of pit bulls (fed with lots of Tabasco sauce), Internet porn, and all manner of more serious criminality. Des, on the other hand, desires nothing more than books to read and a girl to love (and to protect a family

secret that could be the death of him). But just as he begins to lead a gentler, healthier life, his uncle—once again in a London prison—wins £140 million in the lottery and upon his release hires a public relations firm and begins dating a cannily ambitious topless model and “poet.” Strangely, however, Lionel's true nature remains uncompromised while his problems, and therefore also Desmond's, seem only to multiply.

plug away game: Outdoor Life , 1928

plug away game: Legends of N.C. State Basketball Tim Peeler, 2015-03-03 The fever that is college basketball on Tobacco Road started from a small outbreak in Raleigh, North Carolina, when Indiana basketball legend Everett Case became the coach at N.C. State University. He restarted the dormant construction of Reynolds Coliseum, and for fifty years, it was one of the most important basketball arenas in the country. Through the years, the Wolfpack has won two NCAA championships and ten Atlantic Coast Conference championships while giving the sport of college basketball some of its brightest color, from the plaid jackets worn by Norm Sloan to the unbelievable athletic ability of David Thompson to the mouth of Jim Valvano, who spewed one-liners at the speed of hummingbird wings. There have also been dark days during State's sixty-year history as a member of the ACC. N.C. State basketball has a long history of producing stars, comebacks, and even a few villains, all of which are detailed by Tim Peeler in this reissue of Legends of N.C. State Basketball. Skyhorse Publishing, as well as our Sports Publishing imprint, are proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. Whether you are a New York Yankees fan or hail from Red Sox nation; whether you are a die-hard Green Bay Packers or Dallas Cowboys fan; whether you root for the Kentucky Wildcats, Louisville Cardinals, UCLA Bruins, or Kansas Jayhawks; whether you route for the Boston Bruins, Toronto Maple Leafs, Montreal Canadiens, or Los Angeles Kings; we have a book for you. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

plug away game: The New Metropolitan , 1910

plug away game: Status of Efforts to Identify Gulf War Veterans' Illnesses, Tumor Data United States. Congress. House. Committee on Government Reform and Oversight. Subcommittee on Human Resources, 1999

plug away game: Railroad Telegrapher , 1924

plug away game: Rafa Rafael Nadal, John Carlin, 2011-08-23 In his memoir, written with award-winning journalist John Carlin, tennis star Rafael Nadal reveals the secrets of his game and shares the inspiring personal story behind his success. What makes a champion? What does it take to be the best in the world at your sport? Rafael Nadal has the answers. It begins in Mallorca, where the tight-knit Nadal family has lived for generations. Coached by his uncle Toni from the age of four and taught humility and respect by his parents, Nadal has managed the uncommon feat of becoming an acclaimed global celebrity while remaining a gracious, hardworking role model for people in all walks of life. Now he takes us behind the scenes, from winning the Wimbledon 2008 final -- described by John McEnroe as the greatest game of tennis he had ever seen -- to the family problems that brought him low in 2009 and the numerous injuries that have threatened his career. With candor and intelligence, Nadal brings readers on his dramatic and triumphant journey, never losing sight of the prize he values above all others: the unity and love of his family. From RAFA:During a match, you are in a permanent battle to fight back your everyday vulnerabilities, bottle up your human feelings. The more bottled up they are, the greater your chances of winning, so long as you've trained as hard as you play and the gap in talent is not too wide between you and your rival. The gap in talent with Federer existed, but it was not impossibly wide. It was narrow enough, even on his favorite surface in the tournament he played best, for me to know that if I silenced the doubts and fears, and exaggerated hopes, inside my head better than he did, I could beat him. You have to cage yourself in protective armor, turn yourself into a bloodless warrior. It's a kind of self-hypnosis,

a game you play, with deadly seriousness, to disguise your own weaknesses from yourself, as well as from your rival.

plug away game: The Motor Boat Francis P. Prial, 1908

plug away game: *Lake and Stream Game Fishing* Carroll Blaine Cook, 1917

plug away game: Simon & Schuster Super Crossword Puzzle Dictionary And Reference Book

Lark Productions LLC, 1999-04-05 The crossword companion with a contemporary edge: a hip, one-of-a-kind reference that offers up-to-date terms, names in the news, facts about pop culture, and other tidbits that comprise most puzzles today.

plug away game: **Boys' Life** , 1931-12 Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

plug away game: **Connie Mack** Norman L. Macht, 2012-04-01 The Philadelphia Athletics dominated the first fourteen years of the American League, winning six pennants through 1914 under the leadership of their founder and manager, Connie Mack. But beginning in 1915, where volume 2 in Norman L. Macht's biography picks up the story, Mack's teams fell from pennant winners to last place and, in an unprecedented reversal of fortunes, stayed there for seven years. World War I robbed baseball of young players, and Mack's rebuilding efforts using green youngsters of limited ability made his teams the objects of public ridicule. At the age of fifty-nine and in the face of widespread skepticism and seemingly insurmountable odds, Connie Mack reasserted his genius, remade the A's, and rose again to the top, even surpassing his earlier success. Baseball biographer and historian Macht recreates what may be the most remarkable chapter in this larger-than-life story. He shows us the man and his time and the game of baseball in all its nitty-gritty glory of the 1920s, and how Connie Mack built the 1929-1931 champions of Foxx, Simmons, Cochrane, Grove, Earnshaw, Miller, Haas, Bishop, Dykes—a team many consider baseball's greatest ever.

plug away game: St. Nicholas Mary Mapes Dodge, 1912

plug away game: **Rio Kid Justice** Brett Halliday, 2015-12-01 In a cutthroat border town, the Rio Kid must fight or die After being run out of Arizona on a trumped-up murder charge, the Rio Kid spent three years in Mexico, learning how to shoot quicker than any man on the range. Now he's headed home to clear his name. But before he reaches Arizona, the Kid will have to pass through the deadliest border region in the West. Nestled snugly in a bend of the Rio Grande, Hell's Half Acre is a lawless outpost claimed by both Mexico and the United States, and belonging to neither. There, justice comes from the barrel of a six-gun, and the only sentence is death. On the wall of the post office hangs a Wanted poster, offering \$10,000 for the Rio Kid's head. The picture is an old one, but one woman recognizes him: the tough-as-nails rancher Amanda Trigg. She promises to keep his secret, but only if he agrees to save her life. Facing down a gang of desperadoes, the Rio Kid has no choice but to use the deadly skills he developed south of the border. Rio Kid Justice is the 2nd book in the Rio Kid Adventures, but you may enjoy reading the series in any order.

plug away game: **Golf Illustrated** , 1899

plug away game: **The Tammany Times** , 1901

plug away game: **Fit Over 40 For Dummies** Betsy Nagelsen McCormack, Mike Yorkey, 2011-05-23 Tired of feeling tired all the time? Do you find yourself thinking wistfully of the days when your belt-size was less than your age...your dress size less than your kid's last birthday? Remember when the only spare tire you had to worry about was the one in your trunk? Do you find yourself gasping for breath at the top of the basement stairs? If any of this sounds familiar, then you're ready for an over 40 fitness plan. And Fit Over 40 For Dummies is the place to start. Your complete guide to being fit and fabulous over 40, it shows you step-by-step how to set up a personalized fitness routine and stick to it, no matter what your age, weight, or athletic ability. Packed with practical know-how and inspiring anecdotes it shows you how to: Lose weight and inches from your waistline Boost your energy levels Lower or prevent high blood pressure Reduce your risk of cardiovascular disease and diabetes Improve your muscle tone Give your skin a healthy glow Have a more vibrant sex life Rebound from life-changing events more quickly Get fitter than

couch potatoes half your age Live a longer, healthier life Combing her own experiences with the latest scientific research, retired women's tennis pro, Betsy Nagelsen McCormack explores what it takes to be fit over forty. And, step-by-step, she shows you how to: Assess your fitness level Eat right for maximum fitness Choose and buying exercise equipment Select the right gym Develop a balanced program of aerobics, weight training and stretching Integrate exercise into your daily routine Prevent and working around common injuries and ailments Explore sports, outdoor activities, and more Stop thinking about how great it would be to feel twenty-five again and do something about it. Fit Over 40 For Dummies helps you get on the road to health and well-being.

plug away game: The Two-Word Verb George A. Meyer, 2014-01-02

plug away game: *The Assist* Neil Swidey, 2008-11-11 Jack O'Brien, the impossibly demanding basketball coach at Charlestown High School in Boston, has led his team to five state championship titles in six years. Less talked about is O'Brien's other winning record: Nearly every one of the players who stuck with his program -- poor kids growing up in high-crime neighborhoods and saddled with the lousy educational system available in urban America -- managed to get to college. But O'Brien is no saint. Saints give without expecting anything in return. O'Brien needs his players and their problems as much as they need him. Revolving around fascinating, complex characters, *The Assist* is a captivating narrative of a basketball team in pursuit of a championship that also drills down into the legacy of desegregation and explores issues of education, family, and race. O'Brien is a middle-aged white guy coaching an all-black team playing in an all-white neighborhood that three decades ago was at the center of the busing wars dividing cities across the country -- a time and place indelibly described in J. Anthony Lukas's powerful book *Common Ground*. It's the inspiring story of a man who makes a difference, and of boys surmounting nearly impossible odds; it is also the story of the ones who don't make it, and why.

plug away game: Tom Clancy's The Division: New York Collapse Alex Irvine, Ubisoft, Melcher Media, 2016-03-08 *New York Collapse* is an in-world fictionalized companion to one of the biggest video game releases of 2016: Tom Clancy's *The Division* from Ubisoft. Within this discarded survivalist field guide, written before the collapse, lies a mystery—a handwritten account of a woman struggling to discover why New York City fell. The keys to unlocking the survivor's full story are hidden within seven removable artifacts, ranging from a full-city map to a used transit card. Retrace her steps through a destroyed urban landscape and decipher her clues to reveal the key secrets at the heart of this highly anticipated game.

plug away game: *The Unbelievables* David Bevan, 2016-07-14 At the beginning of April 2015, newly-promoted Leicester City were seven points adrift at the foot of the Premier League. What happened next was truly extraordinary. Not only did Leicester pull off one of the great escapes to survive in the top flight but they continued their form into the following season. The manager who orchestrated Leicester's promotion and survival, Nigel Pearson, had left the club by then, replaced by the former Chelsea, Juventus and Roma manager Claudio Ranieri. The press gave "the Tinkerman" no hope of staying the course and the bookies installed Leicester as one of the favourites to be relegated. They were priced at 5,000/1 to win the Premier League. With four games remaining, they stand on the edge of history. The season would make stars of Jamie Vardy and Riyad Mahrez. In November, Vardy broke Ruud van Nistelrooy's record by scoring in eleven consecutive Premier League games. Mahrez's goals and assists, including magnificent solo goals against Chelsea and Manchester City, made him favourite to win the PFA Footballer of the Year award. If Arsenal's unbeaten season in 2003/04 saw their team dubbed the Invincibles, then Leicester's exploits in 2015/16 have made them *The Unbelievables*. This is the story of their season as seen through the eyes of the supporters who have followed them up and down the country with an increasing sense of wonder.

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