

MEYER
& MEYER
SPORT

SPRING 2018

MEYER & MEYER

THE SPORTS PUBLISHER





SPRING 2018

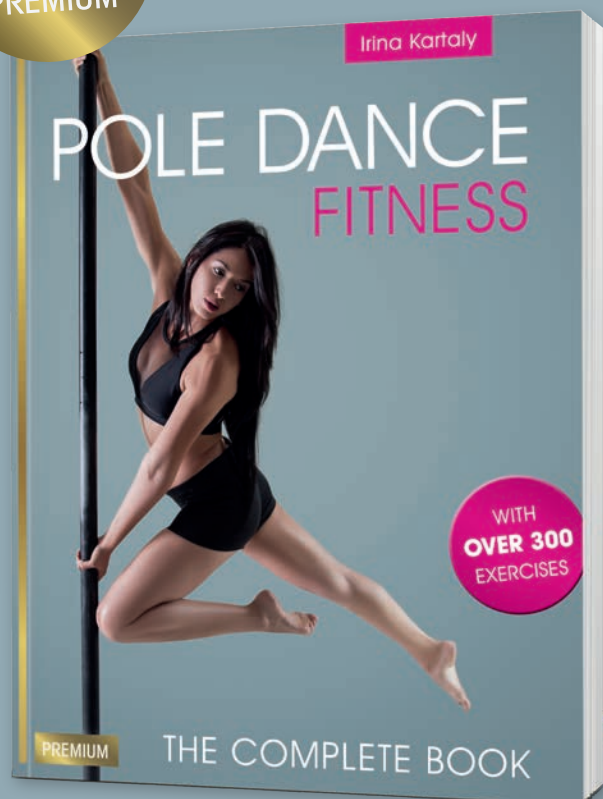
CONTENTS

FITNESS	4-6
SOCCER	7-11
RUNNING	12-13
BACKLIST	14-34
AUTHORS & EDITORS	36-37
INDEX	38
CONTACTS	39

JUNE 2018

MEYER
& MEYER
PREMIUM

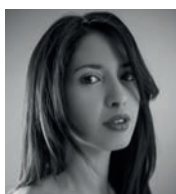
THE COMPLETE BOOK WITH OVER 300 EXERCISES



Meyer & Meyer Premium—At Meyer & Meyer we make no compromises to present the best in sports content. Go for Gold!

Pole Dance Fitness is a guide to performing the best pole dance exercises to create one intense workout. The book contains specific information, practical descriptions, and full-color photos designed to help the reader understand the best approach for each exercise, movement, trick, or spin. Included also are detailed exercise sets to create your own best workout as well as information on stretching before and after performing the pole dance tricks. The workouts are designed to progress as your conditioning and fitness progresses, lowering the risk of injury. Technical notes for each pole figure and spin relate to its level of difficulty so you won't find yourself performing an exercise that is beyond your ability.

Not just a workout, the unique composition of the pole dance transitions combine to create different dance and acrobatic routines so not only will you improve your body posture and alignment and your overall fitness, you will also have a great time doing it!



IRINA KARTALY was born in Venezuela. She works as an early childhood education specialist. Kartaly became an enthusiastic pole dance performer in 2012, and she has continued her training in Italy and Egypt. Committed to professional pole dance and personal fitness training, she has her own studio, Pole Privé, where she also teaches studio management and instruction. Kartaly aims to invite all enthusiasts to perform this life-improving sport and to support challengers and instructors in the learning and training process. She lives in Monza, Italy.



360 p., in color

450 photos + illus.

Paperback, 7.7" x 10"

ISBN: 9781782551263

\$ 27.95 US/**£ 21.95 UK/€ 27.95**

9 781782 551263

DUNGEONS & WORKOUTS

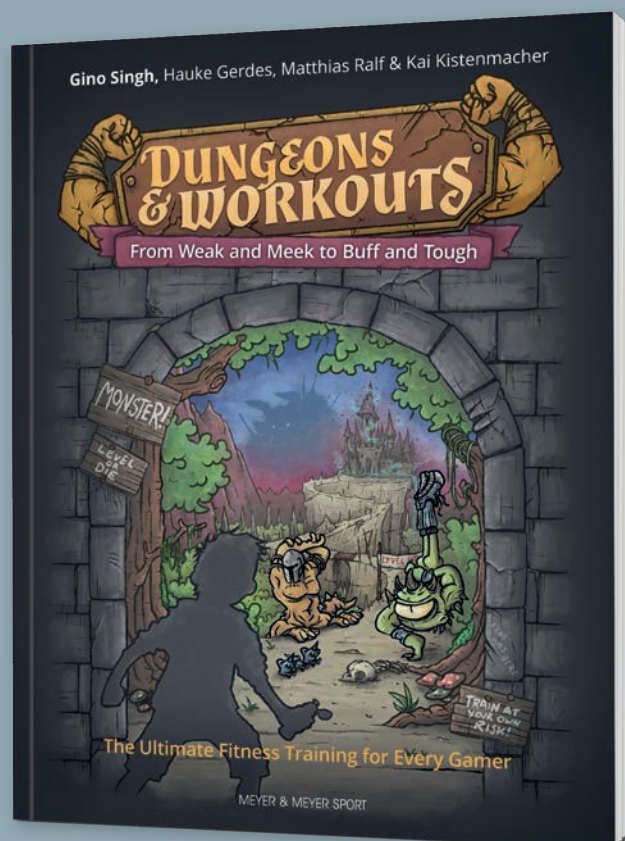
JUNE 2018

FROM WEAK AND MEEK TO BUFF AND TOUGH

Roleplaying meets fitness—A unique combination!

A world of heroes and adventures beckons—a world in which your own power and fitness is crucial to defeat your opponents. Your journey will lead you through medieval towns, a marshy swamp, and a dark dungeon. Though this time, you must complete tough workouts to advance to the next level. Not only will you defeat shady characters in the world of *Dungeons & Workouts*, you'll also become more fit in the real world!

Dungeons & Workouts takes all aspects that gamers love about their games—XP, level ups, side quests, and bosses—and puts them into a training book. The best part, though, is that the hero also becomes physically stronger with each level up. In *Dungeons & Workouts*, Rocket Beans fitness master Gino Singh expertly combines roleplaying and fitness. The various exercises in each chapter will gradually become more difficult. To move up to the next level—or, chapter—the boss must be defeated. Character creation is done through an initial fitness test to determine level of difficulty. Only by exercising and increasing your strength can you then move up to the next level!



GINO SINGH is a sports scientist and has been working for Rocket Beans TV as a freelancer and presenter. As a personal trainer, he knows what it takes to become fit and gives the Rocket Beans community an understanding of sports-science content in the Rocket Beans series *Beat Yesterday*.



250 p., in color

180 photos + illus.

Paperback, 7.7" x 10"

ISBN: 9781782551348

\$ 19.95 US/

£ 19.95 UK/€ 19.95

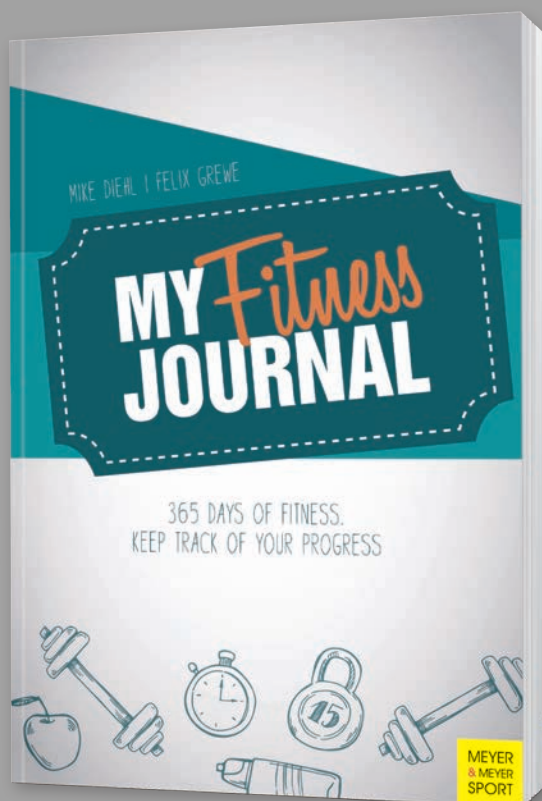


9 781782 551348

FEBRUARY 2018

MY FITNESS JOURNAL

365 DAYS OF FITNESS. KEEP TRACK OF YOUR PROGRESS



From now on, you can put structure into your workouts! Write down your fitness sessions for a whole year in this training book. Record your strengths and weaknesses, your fitness goals, and your eating habits. Make regular progress checks, which include progress photos, to keep track of how much your fitness level is advancing. Compare your workouts so you can reach your goals faster.

Those who train without a plan find that eventually their workouts will stagnate. Transparency ensures motivation and guarantees long-term success! Become a fitter, healthier you with *My Fitness Journal*.



MIKE DIEHL is a graduate trainer for performance sports. He is a mental and relaxation trainer as well as a specialist for physical fitness at the German Armed Forces. Since 2008 he has been the fitness coach of the German Fed Cup team (women's national team in tennis).



FELIX GREWE is a German sports journalist and has worked for the trade magazine *tennis MAGAZIN*. He is a tennis and fitness specialist and also an expert in public relations and social media. Of course, he trains regularly using the methods of Mike Diehl.

208 p., B & W

Hardcover, 6 1/2" x 9 1/4"

ISBN: 9781782551294

**\$ 9.95 US/
£ 7.95 UK/€ 9.95**



THE WORLD CUP 2018 BOOK

MAY 2018

EVERYTHING YOU NEED TO KNOW ABOUT THE SOCCER WORLD CUP

Are you wondering which teams will be participating in the 2018 World Cup, which are the up-and-coming players to watch out for, what the coaches' strategies will be, or what the games in Russia will look like? Then look no further. *THE World Cup 2018 Book* is a fun, informative guide to the soccer World Cup in Russia. The book provides all the information anyone would want to know about the World Cup, including in-depth detail about all 32 teams—the players, coaches, their histories, and strategies—and background information on each Russian stadium that will host a game, past World Cups, along with a look at FIFA (the organizing body of the World Cup). Not only will you find information on the current teams and playing conditions, but you will also gain a bit of insight into the history of the World Cup. Through detailed descriptions and fun anecdotes, author Shane Stay will make you feel as though you are there at the Cup.

Experience the World Cup with *THE World Cup 2018 Book* and know all there is to know about the 2018 soccer World Cup!



SHANE STAY is the author of *Why American Soccer Isn't There Yet* and *The Cairo Project*, whose stories have also appeared in various online and print publications in the genres of sport, humor, and modern culture. Prior to this publication, he co-authored a print book, published a magazine story, bottled Leaf Dressing, worked clubs as a comedian, played professional soccer, was restaurateur, and received a Master of Arts. He has appeared on TV and featured on numerous radio broadcasts including *ESPN* and *NPR*. He lives in Chicago, Illinois.



200 p., B & W
50 photos + illus.
Paperback, 5 1/2" x 8 1/2"

ISBN: 9781782551331

**\$ 14.95 US/
£ 11.95 UK/€ 14.95**

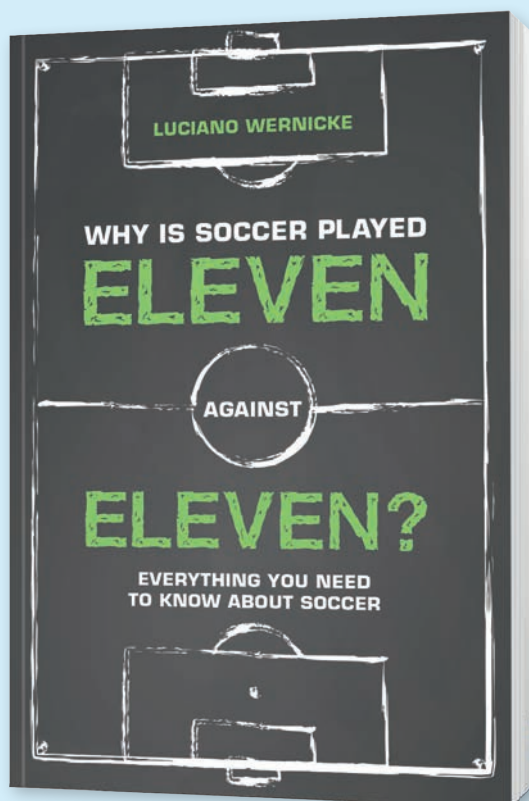


9 781782 551331

MAY 2018

WHY IS SOCCER PLAYED ELEVEN AGAINST ELEVEN?

EVERYTHING YOU NEED TO KNOW ABOUT SOCCER



Why Is Soccer Played Eleven Against Eleven? reveals one hundred facts of soccer history and rules that are either unknown or little known, such as why soccer is played eleven against eleven, why soccer matches last 90 minutes, who the first coach was, how the referee appeared, and who invented goal nets, red and yellow cards, the penalty, and the penalty shoot-out. Included in this book are funny and weird anecdotes, such as the case of a player who scored a goal...without ever having stepped on the pitch, making this book the complete resource on the beautiful game of soccer.

Millions of soccer fans will find all the answers to any question they could possibly have—including those they may not have thought of—in this amusing, yet informative, book by journalist Luciano Wernicke.



LUCIANO WERNICKE was born in Argentina. He graduated from the University of Salvador with a degree in journalism. Wernicke worked for 22 years in the news agency Diarios y Noticias (DyN) and for numerous Argentine media such as the sports newspaper *Olé*. He has also written articles for publications in North and South America, Europe, and Asia. Wernicke taught for almost 20 years in institutions such as the *Círculo de Periodistas Deportivos* and the *Universidad Argentina de la Empresa (UADE)*. His books have been published in North and South America.



256 p., B & W

30 photos + illus.

Paperback, 5 1/2" x 8 1/2"

ISBN: 9781782551379

\$ 14.95 US/**£ 11.95 UK/€ 14.95**

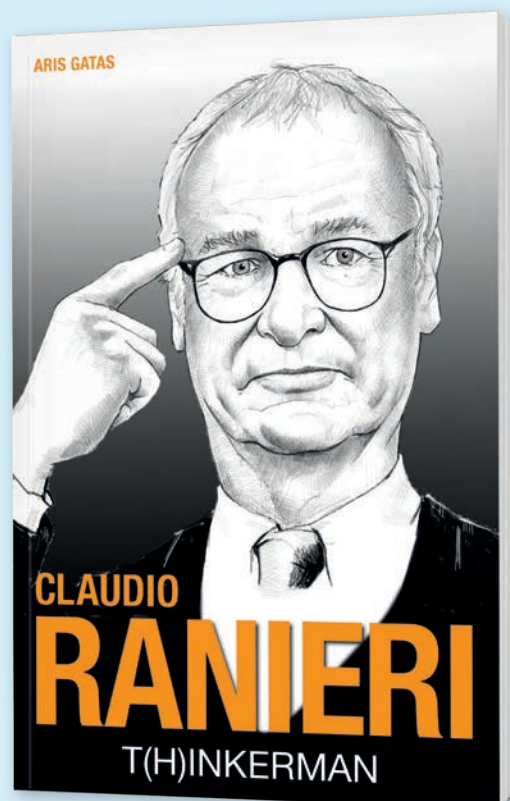
9 781782 551379

CLAUDIO RANIERI

T(H)INKERMAN

How does a team and a coach, who were nearly forgotten three years ago, achieve the impossible? How do they rise to the top and conquer the Premier League, the toughest league in the world? Everyone is entitled to dream big after Claudio Ranieri's miracle with Leicester City. Sports reporter Aris Gatas has followed Ranieri's course over the last two years, collecting exclusive interviews and reports and using them to create this detailed biography of Ranieri.

The last three years had their ups and downs for Claudio Ranieri—from the outcry over the Greek national team's downfall, to the triumph of bringing Leicester to the Premier League title! The Italian coach became a symbol of faith in reaching one's goals. He is a fine example of optimism, confidence, and positive energy. He is the Tinkerman who transformed into the THINKERman. Ranieri's achievements will captivate you. With anecdotal, shocking stories from all those whose lives were changed after the miracle of Leicester, this book is a guide for young people who dream of conquering the remarkable world of soccer, and more besides.



ARIS GATAS is a sports editor and reporter for the state-owned public radio and television broadcaster of Greece, *ERT* (EPT). He has collaborated as a reporter with several other Greek television stations and the state-owned sports radio station *ERA Sport 101.8*. In 2014 and 2016, he conducted exclusive interviews with Claudio Ranieri on behalf of *ERT*. Gatas has had exclusive interviews with some of the greatest soccer players in the world such as Messi and Cristiano Ronaldo, all of whom were broadcasted globally on channels *BBC*, *CNN*, *Reuters*, and *TVE*.



256 p., B & W
38 photos + illus.
Paperback, 5 1/2" x 8 1/2"

ISBN: 9781782551287

**\$ 16.95 US/
£ 13.95 UK/€ 16.95**



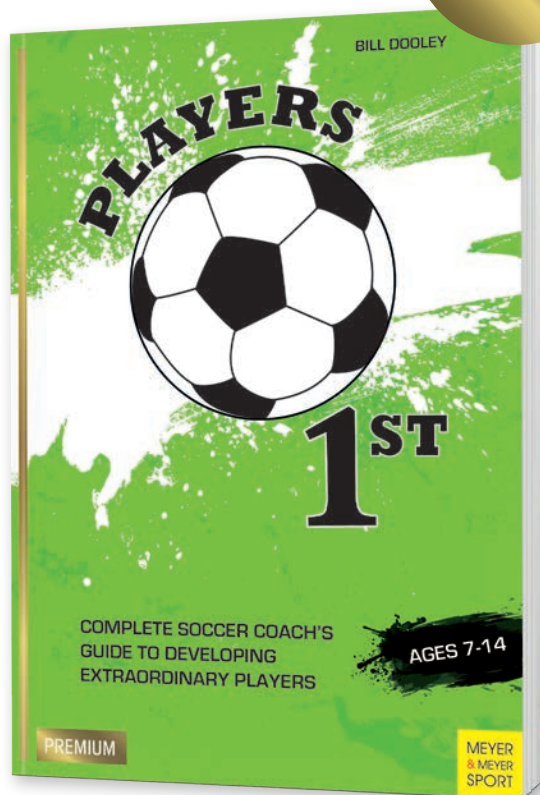
9 781782 551287

PLAYERS 1ST

MARCH 2018

MEYER
& MEYER
PREMIUM

COMPLETE SOCCER COACH'S GUIDE TO DEVELOPING EXTRAORDINARY PLAYERS, AGES 7-14



Meyer & Meyer Premium—At Meyer & Meyer we make no compromises to present the best in sports content. Go for Gold!

Players 1st—a guide to soccer player development for coaches of young athletes ages 7 to 14—is as unconventional as it is comprehensive. It takes the longer-term view that if you teach the skills, the kids will play for a lifetime. This book emphasizes developing *the player*, meaning the focus is individual improvement rather than the team result. It encourages a “Go-for-It” mentality and welcomes the failures that happen as young athletes learn to train. Above all, *Players 1st* recognizes that the primary purpose of all this is not so much about a sport but, in the words of Positive Coaching Alliance founder Jim Thompson, “stronger, more responsible, and confident individuals who will be successful in life.” Drawing heavily on the author’s evolution from a completely clueless newbie to an experienced coach, *Players 1st* is filled with ideas designed to benefit those who are looking to develop as well as refresh and expand their coaching skills. Take your terrific kids and turn them into extraordinary players with this complete coach’s guide!

BILL DOOLEY has coached boys and girls of every age from U-Little to high school level. He has had the opportunity to create programs and multi-level curricula for the Coerver Coaching affiliate in Colorado. Bill has been an NSCAA member since 1988. He was also a member of the World Cup USA Founders Club, which underwrote the successful bid for the 1994 World Cup. Bill holds a “C” coaching license, has instructed at “E” and “D” courses, and has been a trainer for the Positive Coaching Alliance. He currently lives in Colorado.



256 p., in color

80 photos + illus.

Paperback, 6 1/2" x 9 1/4"

ISBN: 9781782551317

\$ 24.95 US/

£ 19.95 UK/€ 24.95

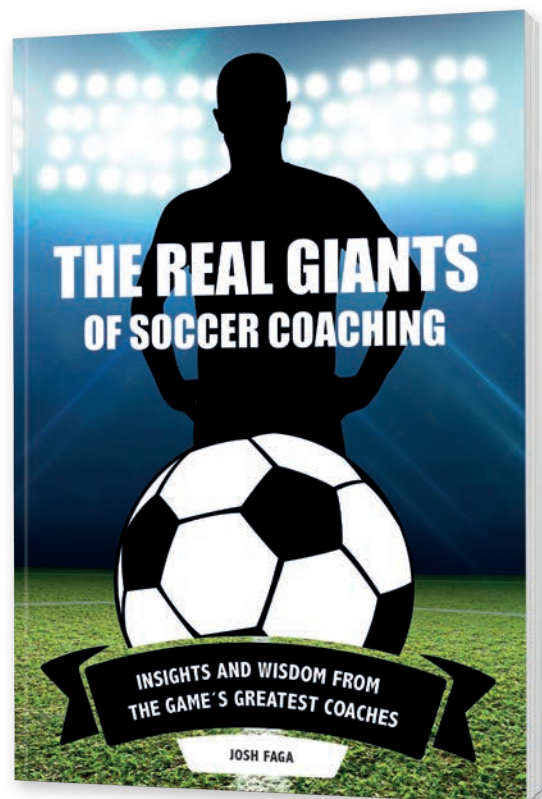


THE REAL GIANTS OF SOCCER COACHING

INSIGHTS AND WISDOM FROM THE GAME'S GREATEST COACHES

APRIL 2018

The Real Giants of Soccer Coaching is a collection of the curated thoughts of nearly 30 top soccer coaches around the globe. In this book, you will gain access to the depth and breadth of experience from some of the best coaches across all areas of the beautiful game. You will learn theoretical details about tactical periodization, positional play, and the science of motor learning. You will also learn from Youth National Team Coaches, NCAA National Championship winning coaches, and First Division Coaches from top European clubs. This book is a resource that can direct your education as a coach over and around the perilous pitfalls that often consume most coaches. After reading this book, you will have gained the experience, knowledge, and wisdom of some of the best coaches around the globe across all areas of the game: from grassroots to premier leagues and everything in between. You don't have to go your coaching path alone. Take this book and bring the wisdom of over 30 top coaches with you to help you navigate every corner, turn, and hazard along your way to becoming a great coach.



JOSH FAGA is the host of "Just Kickin' It," a coaching education podcast that has interviewed some of the best coaches in soccer to help educate coaches around the world. He is the assistant coach and fitness coach at Duquesne University. Josh has completed the Periodization Mentorship through the World Football Academy. He is currently completing his professional coaching license through the Argentine Football Association (AFA). Josh is also a certified strength and conditioning specialist by the International Sports Science Association (ISSA).



350 p., in color

100 photos + illus.

Paperback, 6 1/2" x 9 1/4"

ISBN: 9781782551300

\$ 24.95 US/

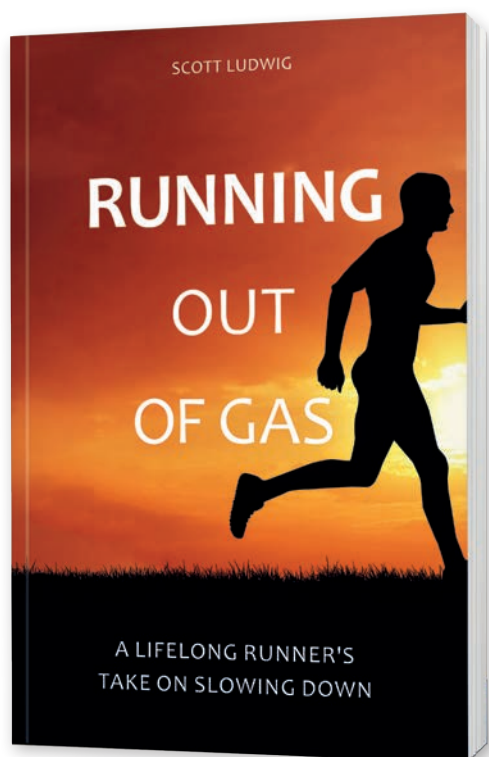
£ 19.95 UK/€ 24.95



RUNNING OUT OF GAS

A LIFELONG RUNNER'S TAKE ON SLOWING DOWN

JANUARY 2018



It's inevitable that all runners who have been pounding the pavement for a very long time will eventually slow down. Having run every day since November 30, 1978, Scott Ludwig certainly falls into this category. Considering that he can no longer run a single mile in the pace he ran 26 of them when he set his first marathon best many years ago, Ludwig finds he is ready to accept the reality of slowing down with age.

Now that he has entered the ranks of the "grizzled veterans," he seeks to offer runners all the wisdom and insight he gained from his many years—and miles—on the roads and trails. A "do as I say, not as I do" runner, Ludwig has compiled his advice for runners who find they may not run quite as fast as they used to in *Running Out of Gas*, a humorous take on aging gracefully.

Relating his own personal running anecdotes, Ludwig prepares runners for what's to come, while sharing a few laughs along the way. Runners of all ages and mileage will enjoy Scott Ludwig's *Running Out of Gas*.

SCOTT LUDWIG has been running every day since November 30, 1978. Along the way he has run close to 150,000 miles and made virtually every mistake a runner can make. Ludwig lives, runs, and writes in Senoia, Georgia, where he is able to run on scenic country roads and continue to make mistakes...and to learn from them.



256 p., B & W

Paperback, 5 1/2" x 8 1/2"

ISBN: 9781782551270

\$ 16.95 US/

£ 13.95 UK/€ 16.95



ULTRAMARATHON MOM

FROM THE SAHARA TO THE ARCTIC

APRIL 2018

With condemning, yet humorous, comments, Holly Zimmermann, mother of four young children, endeavors to take on some of the world's most difficult and dangerous foot races. A grueling 257-kilometer ultramarathon through the Sahara Desert, written in a daily journal-style format, is the core of the story. Interspersed between the adventures in the Sahara, Holly recalls other races, including when two bombs went off before her eyes at the Boston Marathon. After the Sahara Desert, the setting for her next challenge shifted to the opposite extreme: Greenland, for the Polar Circle Marathon.

What makes this book distinctive are the Forrest-Gump-like happenstances which occur throughout, brought in as flashbacks. A colorful cast of characters as training partners include the world champion of ultradistance cycling as well as the grandson of Italian fashion icon Salvatore Ferragamo. Training, planning, and gear for ultramarathons as well as nutritional tips for fueling the body are also described, always with a touch of sarcastic humor. *Ultramarathon Mom: From the Sahara to the Arctic* tells a unique story and delivers an impactful message: Live your dreams.



HOLLY ZIMMERMANN is an American extreme sports athlete, taking part in events ranging from mountain and desert ultras, mud runs, and endurance bike races to running a marathon in the Arctic. She holds a master's degree in Mechanical Engineering as well as an MBA and worked for many years in research & development for military applications before moving to Germany where she now lives with her husband and four children. Holly is an enthusiastic vegan and encourages a healthy lifestyle through motivational speaking in companies and at sporting events.



200 p., B & W
20 photos + illus.
Paperback, 5 1/2" x 8 1/2"

ISBN: 9781782551393

**\$ 14.95 US/
£ 11.95 UK/€ 14.95**

