

## Sober Football My Story My Life

Walt Sweeney was one of the greatest linemen ever to play in the National Football League. During his 13-year career with the San Diego Chargers and the Washington Redskins, he was an All-Star 9 times.

Charlie struggles to cope with complex world of high school as he deals with the confusions of sex and love, the temptations of drugs, and the pain of losing a close friend and a favorite aunt.

From Herbert Chapman to Arsène Wenger, this is the definitive history of Arsenal's time at the famous Highbury stadium. After several years of sitting in Highbury's local pubs and cafés with a Dictaphone, Jon Spurling has pooled hours of interviews with fans, programme sellers, local publicans and even those who dug the foundations of the Laundry End (and later cleared rubbish from its terraces) to meticulously construct the biography of the ground and chart the ups and downs of one of England's greatest league clubs. Spurling has also spoken to numerous players: the late greats of yesteryear (Ted Drake, George Male and Reg Lewis), as well as legends of a more recent vintage - from Bob Wilson, Charlie George and Malcolm MacDonald to Anders Limpar and various legends of the Wenger era, including Patrick Vieira. Written in the year that Arsenal moved to the Emirates, Jon Spurling has produced the definitive account of the club's 93 years at Highbury.

Second Yellow: More Adventures of our Footballing Heroes brings you more funny, fascinating and downright baffling tales gleaned by authors John Smith and Dan Trelfer from their unflagging research of over 240 footballer autobiographies. Together, they have pored through the works of genuine legends, cult heroes and players they can only dimly recall from their 1983 Panini sticker albums to find stories and facts that will delight, shock and confuse - sometimes all at once. There's the chairman who owned a ventriloquist's dummy called Algernon. There's the Liverpool legend who set a team-mate's wife's hair on fire. There's the Arsenal star who confronted some innocent fans with a samurai sword. And there's the Ipswich hero who took on Sylvester Stallone in an arm-wrestling contest - possibly inspiring Stallone's half-forgotten epic Over The Top. This book covers all the bases of the typical footballer's life: love, violence, gambling, horrific injury, banter (it's mostly banter) and, apparently, pigeons.

A collection of stories by recovering alcoholics explores the painful road to recovery and the day-to-day struggle to remain sober

The stunning new autobiography from Tony Adams, author of the critically acclaimed bestseller Addicted. Tony Adams was a charismatic figure on the football field, a true leader for Arsenal and England. He won league titles in three separate decades, and after the Gunners moved to their new stadium at the Emirates, it was fitting that a statue of him was erected outside to celebrate his extraordinary career. But, for much of that time, he was also drinking heavily and eventually admitted in his book Addicted that he was an alcoholic. Now, in that book's stunning successor Sober, Adams reveals what happened next. He discusses the impact that Arsene Wenger had when he arrived at Arsenal in 1996, and how the manager's new methods helped extend his career and brought new success to the club. Always a great thinker on the game, Adams moved into coaching and management on retirement, playing a key role in Portsmouth's famous FA Cup triumph in 2008, and taking on new challenges in the Netherlands, Azerbaijan, China and now Spain to broaden his perspective. He movingly explains the struggles he's faced to stay sober for twenty years and why he set up Sporting Chance, the charity which provides treatment and support for sports stars suffering from addictions. He gives his incisive thoughts on England's continued failings in major tournaments and assesses why Arsenal have struggled to repeat the title-winning formula of his own time there. Sober is a truly inspirational memoir from someone who has battled with his demons, but has continued to take things on, one day at a time.

On the 20th anniversary of his draft in 1989, former Green Bay Packer Mandarich reveals the reasons why he never achieved what was expected of him. His story is an inspiration for alcoholics and drug abusers, and offers hope for those trying to help themselves out of the nightmare of addiction.

I wasn't afraid of death. How could I be? I lived under death's shadow every day. When you swallow eighty Vicodin, twenty sleeping pills, drink a bottle of vodka, and still survive, a certain sense of invulnerability stays with you. When you continually use drugs with the kind of reckless determination that I did, the limit to how much heroin or crack you can ingest is not defined in dollar amounts, but in the amounts your body can withstand without experiencing a seizure or respiratory failure. Yet at the end of every binge, every night of lining up six, seven, eight crack pipes and hitting them one after the other bam! bam! bam! every night of smoking and snorting bag after bag of heroin . . . after all of that, when you still wake up to see the same dirty sky over you as the night before, you start to think that instead of dying, maybe your punishment is to live---to be stuck in this purgatory of self-abuse and misery for an eternity. Sometimes you start to think that death would come as a blessed relief. Toward the end, I found myself contemplating death again. Only this time I wasn't going to leave it to chance. I was going to buy a gun, load the thing, place the barrel in my mouth, and blow my fucking brains out. I sat on my parents' sofa as I pondered this. All I needed was a gun. And then all-- of my problems-- would be solved.

The long-awaited autobiography of the former Arsenal and France football star Patrick Vieira

THE BRILLIANT SUNDAY TIMES BESTSELLER. Being Addicted was only half the story, now comes the stunning new autobiography from Tony Adams, Sober. Tony Adams was a charismatic figure on the football field, a true leader for Arsenal and England. He won league titles in three separate decades, and after the Gunners moved to their new stadium at the Emirates, it was fitting that a statue of him was erected outside to celebrate his extraordinary career. But, for much of that time, he was also drinking heavily and eventually admitted in his book Addicted that he was an alcoholic. Now, in that book's stunning successor Sober, Adams reveals what happened next. He discusses the impact that Arsene Wenger had when he arrived at Arsenal in 1996, and how the manager's new methods helped extend his career and brought new success to the club. Always a great thinker on

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At Arsenal, the club where he won the FA Cup three times, Per Mertesacker was affectionately called the 'Big Friendly German.' Standing at 6ft 6in, he was the defender who took fitness so seriously that he invested ten per-cent of his annual salary on personal therapists. His endurance would help him in a decade-long career with the German national team which culminated in him lifting the World Cup in 2014. In his autobiography, Mertesacker reveals the story of that summer in Brazil, explaining the tactical tricks of Jogi Low as well as the motivational arts of Arsene Wenger. He asks himself to what extent talent plays a role in football, having been a youth who was told he had too little of it until he was promoted by Ralf Rangnick at Hannover 96. Now the academy manager at Arsenal, Mertesacker details what it really takes to become a success in the game he started playing when he was just four years old.

"This masterpiece of dogged and loving reporting will astonish you and touch your heart. The struggles and quest for redemption of football star Jackie Wallace make for a fall-from-grace tale that's both unsettling and uplifting."—Walter Isaacson, author of *Steve Jobs* and *Leonardo da Vinci* The heartbreaking, timeless, and redemptive story of the transformative friendship binding a fallen-from-grace NFL player and a Pulitzer Prize-winning photojournalist who meet on the streets of New Orleans, offering a rare glimpse into the precarious world of homelessness and the lingering impact of systemic racism and poverty on the lives of NOLA's citizens. In 1990, while covering a story about homelessness for the *New Orleans Times-Picayune*, Ted Jackson encountered a drug addict sleeping under a bridge. After snapping a photo, Jackson woke the man. Pointing to the daily newspaper by his feet, the homeless stranger looked the photojournalist in the eye and said, "You ought to do a story about me." When Ted asked why, he was stunned by the answer. "Because, I've played in three Super Bowls." That chance meeting was the start of Ted's thirty-year relationship with Jackie Wallace, a former NFL star who rose to the pinnacle of fame and fortune, only to crash and lose it all. Getting to know Jackie, Ted learned the details of his life, and how he spiraled into the "vortex of darkness" that left him addicted and living on the streets of New Orleans. Ted chronicles Jackie's life from his teenage years in New Orleans through college and the NFL to the end of his pro career and the untimely death of his mother—devastating events that led him into addiction and homelessness. Throughout, Ted pays tribute to the enduring friendship he shares with this man he has come to know and also look at as an inspiration. But Ted is not naïve; he speaks frankly about the vulnerability of such a relationship: Can a man like Jackie recover, or is he destined to roam the streets until his end? Tragic and triumphant, inspiring and unexpected, *You Ought to Do a Story About Me* offers a rare glimpse into the precarious world of homelessness and the lingering impact of systemic racism and poverty on the lives of NOLA's citizens. Lyrical and evocative, Ted's account is pure, singular, and ambitious—a timeless tale about loss, redemption, and hope in their multifarious forms. "This book will melt your heart. The story of Jackie Wallace is an unforgettable tale of hope, grace, and the miracle of the human spirit. Ted Jackson writes with searing honesty and deep love for a troubled man who started as his subject and became his lifelong friend."—Jonathan Eig, bestselling author of *Ali: A Life and Luckiest Man: The Life and Death of Lou Gehrig*

Chester Marcol was a Polish immigrant who spoke no English when he discovered football by accident in 1965 as a shy high school student in Imlay City, Michigan. By 1972, he was a household name in Wisconsin after being named National Football League rookie of the year with the Green Bay Packers. Known for his frizzy hair, thick glasses, and powerful right leg, he led the league in scoring in two of his first three years and was among the top place-kickers in the game. Marcol authored one of the most famous plays in franchise history in 1980, when he caught his own blocked field goal in overtime and ran for a touchdown in a thrilling 12-6 season-opening victory over the Chicago Bears. In his autobiography *Alive and Kicking* Marcol talks about the hurdles he overcame as a Polish immigrant to become an NFL star, provides a no-holds-barred look at his alcohol and substance abuse that cost him his football career and family, and for the first time publicly, he discusses his suicide attempt in 1986 that continues to affect his health to this day. A member of the Packers Hall of Fame, Marcol lives in Michigan's Upper Peninsula where he works as a certified alcohol and drug abuse counselor and fights the daily battle to remain clean and sober.

'Illuminated by finely turned phrases and vivid insights' - Richard Williams, *Guardian Sports Books of the Year*. Thierry Henry – gifted, charismatic and a genuinely world-class footballer – has passed into Arsenal legend as the hero of a team that finally ended Manchester United's dominance. But as he approached the autumn of his career, Thierry's crown began to slip – from the infamous 'Hand of Gaul' incident to a dismal World Cup 2010 campaign. Suddenly, a player who Arsene Wenger once dubbed 'the greatest striker ever', a man who had spent his career at the very top of the game, began to learn how lonely such a position could be. Drawing from numerous interviews and impeccable sources, as well as his own observations over the course of Henry's entire career, award-winning author Philippe Auclair has produced the most complete portrait of the Arsenal hero ever to be written. Clear-eyed, lyrical and passionately argued, *Thierry Henry: Lonely at the Top* is as raw, shocking and thought-provoking as it is celebratory of Henry's outstanding flair and talent.

THE MOST COMPREHENSIVE BIOGRAPHY OF ARSENE WENGER EVER PUBLISHED, NOW FULLY REVISED AND UPDATED TO THE END OF HIS ARSENAL CAREER. When Arsene Wenger arrived at Arsenal in 1996, he was little known to fans at the club and many doubted he could bring back the glory days of George Graham. But soon he was transforming the way the team played, melding the famous English defensive spine of Tony Adams, Martin Keown, Lee Dixon, Nigel Winterburn and David Seaman with a hugely creative foreign attacking spirit, epitomised by Dennis Bergkamp, Thierry Henry and Robert Pires, that could both outplay and outmuscle their rivals. At the same time, he introduced new ideas on diet, exercise, training and tactics, which many players believe extended their careers. Having won numerous trophies, and led the Invincibles to an unprecedented unbeaten league season in 2003-04, Wenger then had to help the Gunners through the next stage of their development when they moved from Highbury to the Emirates Stadium, a move that was followed by a nine-year trophy drought. Despite the financial constraints he faced, he still managed to keep the club playing in the Champions League year after year while remaining true to his philosophy of how the game should be played. Some began to question whether he had been left behind, despite picking up back-to-back FA Cups in 2014 and 2015, and in the end in April 2018 he decided the time was right to

step away. Now, in this updated edition of John Cross's acclaimed biography, the author provides a compelling account of the man and his methods across 22 years in charge. He assesses the scale of Wenger's achievements and whether the criticism he faced towards the end was justified. Arsene Wenger builds into the most complete portrait of the Frenchman yet written.

THE SUNDAY TIMES TOP TEN BESTSELLER The Trophies ... The Tuesday Club ... The Prawn Crackers ... Marc Overmars may have given him the nickname, but the Romford Pele is a legend in his own right. Over 16 action-packed years, from a trainee scrubbing the boots of the first XI, to a record-breaking 333 Premier League appearances, Ray Parlour's never-say-die performances, curly locks and mischievous sense of humour have gone down in Arsenal history. Battling tirelessly on the pitch, often in the shadows of his star-name teammates, Parlour won three premier league titles and four FA Cup trophies with the Gunners. But he was also the heart and soul of the dressing room, the training ground and the after work drink. From nights out with Tony Adams, to teaching Thierry Henry cockney rhyming slang, from playing golf with Dennis Bergkamp to trading Inspector Clouseau jokes with Arsène Wenger, this wonderfully funny and candid autobiography looks back on a golden age of the beautiful game, reliving the banter, the stories and the success. Ray Parlour is an Arsenal legend. During his 16-year career he won 3 Premier League titles, 4 FA Cups and the UEFA Cup. One of the most underrated players of his generation, he was also part of Arsenal's famous Invincible team of 2003/4, which went the entire Premier League season unbeaten. He is now a regular pundit for TalkSport and Sky Sports. He enjoys a short back and sides.

THE SUNDAY TIMES BESTSELLER 'Wrighty's characteristic honesty means his book is far more engrossing than most bland football memoirs' Sunday Times Ian Wright, Arsenal legend, England striker and TV pundit extraordinaire, is one of the most interesting and relevant figures in modern football. His journey from a South London council estate to national treasure is everybody's dream. From Sunday morning football directly to Crystal Palace; from 'boring, boring Arsenal' to inside the Wenger Revolution; from Saturday afternoons on the pitch to Saturday evenings on primetime television; from a week in prison to inspiring youth offenders, Ian will reveal all about his extraordinary life and career. Ian will also frankly discuss how retirement affects footballers, why George Graham deserves a statue, social media, why music matters, breaking Arsenal's goal-scoring record, racism, the unadulterated joy of playing alongside Dennis Bergkamp and, of course, what he thinks of Tottenham. Not a standard footballer's autobiography, Ian Wright's memoir is a thoughtful and gripping insight into a Highbury Hero and one of the greatest sports stars of recent years.

England hero and Arsenal living legend tells his own story. THE sports book of the year updated to include the 2000/2001 season

Journalist Jenny Valentish takes a gendered look at drugs and alcohol, using her own story to light the way. Mining the expertise of 35 leading researchers, clinicians and psychiatrists, she explores the early predictors of addictive behaviour, such as trauma, temperament and impulsivity. Drawing on neuroscience, she explains why other self-destructive behaviours – such as eating disorders, compulsive buying and high-risk sex – are interchangeable with problematic substance use. From her childhood in suburban Slough to her chaotic formative years in the London music scene, we follow her journey to Australia, where she experiences firsthand treatment facilities and AA groups, and reflects whether or not they are meeting the needs of women. Woman of Substances is an insightful, rigorous and brutally honest read. In Australia it was nominated for a prestigious Walkley Book Award. 'Employing expert interviews and research, each rich personal episode is contextualised within the under-examined issue of women's substance abuse. Detailed, insightful and told with a feature writer's narrative flair' Bookseller and Publisher. 'Engages readers with storytelling while presenting scientific findings and theories in a way that is accessible to a broad audience' Broadsheet. 'Part monograph, part memoir, part Ginsbergian howl of outrage at a culture in which gender bias is a tenet. It is a work of compellingly articulate anger' The Australian. 'In straightforward, lively prose she relates even her darkest moments without self-pity or aggrandisement, and often with a streak of gallows humour, leading to more laugh-out-loud lines than you might expect' The Saturday Paper. 'We need books like this, and writers like Valentish, to give voice to our frustrations and concerns, to help legitimise and mobilise' Kill Your Darlings. 'Valentish's passion lies in exploring the underlying causes and their effects and, in the most female of ways, offering companionship and reassurance for her readers' The Monthly. 'Doesn't mince her words' Sydney Morning Herald.

Paul Merson's wonderfully moving and brutally honest memoir of battling addiction for three decades. For twenty-one years Paul Merson played professional football. He won two First Division titles with Arsenal and was one of the finest players of his generation. But for thirty years Paul Merson has also been an addict. Alcohol, drugs, gambling: a desperately unenviable cocktail of addictions and depression which has plagued his entire adult life and driven him to the verge of suicide. 'I've come to realise that I'm powerless over alcohol ... I'm an alcoholic. My drinking and gambling have left a lot of wreckage.' Until recently the drinking and gambling were still raging. 'I wanted to kill myself. I couldn't go on anymore. I just couldn't see a way out.' Then something clicked. 'One day, I was walking home from the pub late on a Sunday evening, and I thought to myself: I've had enough of feeling like this, every day of my life. I rang up Alcoholics Anonymous the next day, and since then I haven't had a drink.' Hooked is Merson's wonderfully moving and brutally honest memoir of battling addiction, searingly charting his journey over three decades. It is absolutely unflinching in detailing his emotional and psychological troughs and in raking over the painful embers of an adult life blighted by such debilitating issues. Hooked will kick-start a crucial national conversation about addiction, depression and the damage they wreak. 'Addiction is the loneliest of places. You're a slave to insecurity and ego. But it has to be you that wants things to change. Never be afraid to talk: the more you talk about the addictions the more it takes the power out of them. You're never alone.'

Author Jasmin Rogg draws from her own extensive experience as a psychotherapist, addiction and recovery group facilitator, and her own personal struggle with substance abuse and long-term sobriety. She compiled a collection of writings meant to offer inspiration and information for recovery and change. After introducing readers to her own story and her path through addiction and recovery, Rogg goes on to write with honesty and compassion about the issues at the

heart of substance abuse and recovery. She shares how embracing Buddhism's teachings of mindfulness practice help foster emotional regulation and healing—two important aspects of maintaining ongoing sobriety. She does not shy away from difficult topics, tackling issues such as abuse, trauma, love, attachment, and suffering, all while shining a light on the things we tell ourselves and about why we do what we do. *Waking Up Sober* inspires insight and understanding, and includes adverse childhood experiences and relational issues as underlying factors for self-destructive behavior patterns. Rogg intersperses her own poems throughout the book, which ultimately serve to ground the topics in humanity.

All Kelly Smith ever wanted to be was a footballer. Blessed with brilliant talent which she honed with hours of practice, it was soon clear to all who saw her that Kelly was the best women's footballer that this country had ever produced. Yet for this shy girl from Watford, it would be a long and difficult journey to the pinnacle of the world game, and one which would involve the hardest of challenges. After starting drinking to mask her loneliness thousands of miles from home in the United States, a series of career-threatening injuries led to severe depression and a battle with alcoholism. But with the fighting spirit that was so essential on her path to be Britain's first women's professional player, Kelly bounced back to inspire Arsenal to countless trophies and become England's record goalscorer. *Footballer: My Story* is the inspirational tale of a woman with a drive to succeed. It is the unique inside story of a star in a sport enjoyed by millions yet often not granted the recognition it deserves. And as she nears the end of a glittering playing career, it is the story of how Kelly Smith became what she always wanted to be. A professional footballer, in a professional league.

Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a "problem" with alcohol or not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, *Sober Curious* is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

First published in 1998 and now available as an ebook. It has not been possible to include the illustrations in this edition. *ADDICTED* by Tony Adams is the story of the inspirational Arsenal captain and England international and the story of a fight a battle against alcoholism.

In *Stillness and Speed*, one of football's most enigmatic stars finally opens up about his life and career, revealing the things that motivate and inspire him. Viewed by many as one of the most influential figures in Premier League history, and scorer of the goal that Arsenal fans voted the best in the club's history, Dennis Bergkamp is a true giant of the game. As a youngster, Bergkamp learned from the Dutch master Johan Cruyff. By the time the pupil was ready to graduate from Ajax and move abroad, he was ready to spread the word, but in Italy he found few willing listeners. It was only when he moved to Arsenal and linked up with Arsene Wenger that he met someone else who shared his vision for football's possibilities. Bergkamp became central to everything the club did: now he had become the teacher, their creative genius, and the one who inspired some of the wayward old guard to new heights, helping them to seven major trophies. Few footballers' books make you think anew, but in *Stillness and Speed* Bergkamp presents a new vision for the game and how it might be played. He was a player like no other; his story is told like no other. It is a book that will inspire football fans everywhere, whatever their allegiance.

When she was 19 months old, Helen Keller (1880–1968) suffered a severe illness that left her blind and deaf. Not long after, she also became mute. Her tenacious struggle to overcome these handicaps — with the help of her inspired and inspiring teacher, Anne Sullivan — is one of the great stories of human courage and dedication. *The Story of My Life*, first published in 1903, is Helen Keller's classic autobiography detailing the first 22 years of her life, including the magical moment at a water pump when, recognizing the connection between the word "water" and the cold liquid flowing over her hand, she realized that objects had names. She had many experiences which were equally thrilling and noteworthy including her joy at eventually learning to speak so that by the time she was 16, she could speak well enough to attend preparatory school followed by her education at Radcliffe, from which she graduated cum laude, and of course, her extraordinary relationship with Miss Sullivan who had shown a remarkable gift and genius for communicating with her eager and quick-to-learn pupil. Keller also writes of her friendships with Oliver Wendell Holmes, Edward Everett Hale and other notables. Keller first began to write *The Story of My Life* in 1902, when she was still a student at Radcliffe College. The book is dedicated to inventor Alexander Graham Bell, and the dedication reads, "To ALEXANDER GRAHAM BELL Who has taught the deaf to speak and enabled the listening ear to hear speech from the Atlantic to the Rockies, I dedicate this Story of My Life."

Bruce Grobbelaar is the most decorated goalkeeper in Liverpool FC's 125-year history. And yet, question marks have followed him around; question marks about his goalkeeping suitability; question marks about his integrity after match fixing allegations were laid against him. Here, Grobbelaar takes you to Africa, where nothing is at it seems; he takes you back to an era when Liverpool ruled Europe; he takes you to the benches of the Anfield dressing room, where only the strongest personalities survived. For the first time, he takes you inside the court room, detailing the draining fight to clear his name.

The first book in the three book practical series *Catherine Mason Thomas Alcohol Free*. The series is on becoming and living alcohol free by alcohol free lifestyle coach and personal trainer, Catherine Mason Thomas. A free book from the

author "Alcohol Free Drinks - What To Drink if You Don't Drink" is also available for download. Get inspired by your free copy visit [www.threepeaspublishing.com](http://www.threepeaspublishing.com) This series is written to inspire you if you want to control alcohol or be alcohol free for an evening, a day, a month or forever. The focus is on early recovery, the first six months, diet to help your body recover. Recovery often comes after a period of very poor nutrition when alcohol has overridden good nutrition. Becoming alcohol free is the first step on the road to recovery but there is so much more to gain as being alcohol free gives you the opportunity to reassess your life priorities and start to value your health. The recipes in the book help you in two ways. First, they help the body repair the damage done by alcohol and poor nutrition. Second, they reduce your reliance on sugar. Sugar is a major contributor to cravings and relapse so managing your blood sugar is key. Sugar can also become an addiction to replace alcohol. The book also recommends long term nutritional goals.\* Staying away from the first drink is priority\* Sugar's role in early recovery\* Getting on track with your nutrition in the early days of recovery\* Long term nutritional goals to support your recovery\* The damage that alcohol has done to your body\* The slide into poor nutrition\* Emergency nutrition plan to help you in early recovery\* Vitamins & Minerals\* The foods that help your body recover\* The drinks that help your body recover\* Recipes to support early recovery\* Breakfast, lunch, dinner, snacks\* Juicing for fast results

An anecdote-driven narrative of the classic footballer's 'DOs and DO NOTs' from the ever-popular Arsenal legend and football pundit Paul Merson, aka 'The Merse'.

NATIONAL BESTSELLER • A raw, compelling memoir of baseball, family, fame, addiction, and recovery, by one of the most beloved baseball players of his generation "Beautifully rendered . . . Readers and fans will be rooting for him to enter the Hall of Fame and rooting even harder for him to stay sober."—The Wall Street Journal How does it feel to be born with enormous gifts, in a life shadowed by tragedy? What does it mean when the gift that opens the world for us is not enough to stop us from losing the things we love? And what new gifts do we find in that loss? Baseball had been CC Sabathia's life since he was a kid in gritty, baseball-obsessed Vallejo, California. He was a star by the time he was a preteen and a professional athlete when he was still a teenager. Everything he knew about how to be a person—an adult, a husband and father, a leader—he learned in rhythm with the baseball season, the every-fifth-day high-intensity spotlight of a starting pitcher, all while dealing with one of the sport's most turbulent eras: racism in a sport with diminishing black presence; the era of performance-enhancing drugs; and the increasing tension between high-value contracts and sports owners who moved players around like game pieces. But his biggest struggle was with his own body and mind: Buoyed his whole life by talent and a fiery competitive spirit, CC found himself dealing with the steady and eventually alarming breakdown of his own body and his growing addiction in a world that encouraged and enabled it. Till the End is the thrilling memoir of one of the most beloved players in the game, a veteran star of the sport's marquee team during its latest championship era. It's also a book about baseball—about the ins and outs of its most important and technical position and its evolution in this volatile era. But woven within it is the moving, universal story of resilience and mortality and discovering what matters.

SoberFootball. My Story. My Life. Simon and Schuster

INSTANT NEW YORK TIMES BESTSELLER "An astounding triumph . . . Profound . . . Achingly wise . . . A recovery memoir like no other." --Entertainment Weekly (A) "Riveting . . . Beautifully told." --Boston Globe "An honest and important book . . . Vivid writing and required reading." --Stephen King "Perceptive and generous-hearted . . . Uncompromising . . . Jamison is a writer of exacting grace." --Washington Post From the New York Times bestselling author of *The Empathy Exams* comes this transformative work showing that sometimes the recovery is more gripping than the addiction. With its deeply personal and seamless blend of memoir, cultural history, literary criticism, and reportage, *The Recovering* turns our understanding of the traditional addiction narrative on its head, demonstrating that the story of recovery can be every bit as electrifying as the train wreck itself. Leslie Jamison deftly excavates the stories we tell about addiction--both her own and others'--and examines what we want these stories to do and what happens when they fail us. All the while, she offers a fascinating look at the larger history of the recovery movement, and at the complicated bearing that race and class have on our understanding of who is criminal and who is ill. At the heart of the book is Jamison's ongoing conversation with literary and artistic geniuses whose lives and works were shaped by alcoholism and substance dependence, including John Berryman, Jean Rhys, Billie Holiday, Raymond Carver, Denis Johnson, and David Foster Wallace, as well as brilliant lesser-known figures such as George Cain, lost to obscurity but newly illuminated here. Through its unvarnished relation of Jamison's own ordeals, *The Recovering* also becomes a book about a different kind of dependency: the way our desires can make us all, as she puts it, "broken spigots of need." It's about the particular loneliness of the human experience--the craving for love that both devours us and shapes who we are. For her striking language and piercing observations, Jamison has been compared to such iconic writers as Joan Didion and Susan Sontag, yet her utterly singular voice also offers something new. With enormous empathy and wisdom, Jamison has given us nothing less than the story of addiction and recovery in America writ large, a definitive and revelatory account that will resonate for years to come.

Paul McGrath is Ireland's best loved sportsman and also its least understood. An iconic football presence during a professional career stretching over 14 years, he played for his country in the European Championship finals of 1988 and the World Cup finals of 1990 and 1994. But, behind the implied glamour of life in the employ of great English clubs like Manchester United and Aston Villa, McGrath wrestled with a range of destructive emotions that made his success in the game little short of miraculous. That story has until now never been told. It is a story that runs from a hard, hidden childhood spent in Dublin's orphanages all the way to the pain of two marriage break-ups and the struggle to cope with life after football. Quite apart from his all too public struggle with alcoholism, the story runs through the surreal highs and calamitous lows of a life lived habitually on the edge of chaos. It is not just a football story. It is an extraordinary human story that is certain to surprise with its candour. Here, for the first time, read about the

father he never met; the mother whose love never died; the routine loneliness and ritual bullying endured by a black kid growing up behind closed doors in 1960s Dublin; the emotional breakdown suffered on leaving that institution; the recovery that - remarkably - brought him all the way to Old Trafford; the rollercoaster ride that followed. Here, the guilt, fear, self-loathing are all laid bare in a story fired with hope and determination for the future. It may well be the most candid sports book ever written.

The road to sobriety is hard, and I don't intend to sugar coat any part of it for you. In this book I will take it back to the beginning. My life was that of a hardcore weekend binge drinker, one blackout night after another. I welcome you into my rock bottom moments, my losing all control, and my putting my life back together, piece by piece. Sober as F\*\*\* is a personal memoir of my first two years of sobriety, but it is not only about becoming sober from alcohol. I was forced to face and accept many sobering realities about myself along the way when I put down the bottle. Everything in my life had to be broken down to nothing in order to rebuild it from the ground up. I would have to acknowledge my unhealthy relationships with men, come to terms with depression and anxiety, and to realize that I had been drowning all of my issues and emotions away, one swig of vodka at a time. In the beginning of my sobriety, I looked for support in many places. All of the books and stories I found never fit what mine looked like. So this one is for all the people out there with stories like mine, looking for reassurance that there can be a light at the end of the tunnel. I was so desperate to find that kind of reassurance during my journey, so I hope my story can be that for you. To the millennial weekend binger, to the young woman so desperate to feel love, to the one losing all hope that things can get better ... This one is for you.

#1 NEW YORK TIMES BESTSELLER • Discover the life-changing memoir that has inspired millions of readers through the Academy Award®-winning actor's unflinching honesty, unconventional wisdom, and lessons learned the hard way about living with greater satisfaction. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE GUARDIAN "McConaughey's book invites us to grapple with the lessons of his life as he did—and to see that the point was never to win, but to understand."—Mark Manson, author of *The Subtle Art of Not Giving a F\*ck* I've been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. Recently, I worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life's challenges—how to get relative with the inevitable—you can enjoy a state of success I call "catching greenlights." So I took a one-way ticket to the desert and wrote this book: an album, a record, a story of my life so far. This is fifty years of my sights and seens, felts and figured-outs, cools and shamefuls. Graces, truths, and beauties of brutality. Getting away withs, getting caughts, and getting wets while trying to dance between the raindrops. Hopefully, it's medicine that tastes good, a couple of aspirin instead of the infirmary, a spaceship to Mars without needing your pilot's license, going to church without having to be born again, and laughing through the tears. It's a love letter. To life. It's also a guide to catching more greenlights—and to realizing that the yellows and reds eventually turn green too. Good luck.

Most of life is mundane: work, school, home, TV, church, sleep, repeat. Sometimes it seem as if there's no point to our "normal" lives. But what we must remember is that we're actually part of something huge: God's story—the greatest story ever told. In *The Story of Everything*, Jared Wilson takes readers on a journey that starts before the creation of the world and ends after everything has been made new. Wilson shows us that the gospel isn't just a ticket to heaven but God's incredible and unstoppable vision for all of creation. Looking at God's redemptive plan for humanity, this book will help you understand what the gospel means for your life, your home, your pets, your hobbies, and more.

When Killian MacGregor, the hottest quarterback in the NFL, eyes the perfect pair of female legs, he spends an hour tracking the gorgeous woman in a room filled with rowdy teammates until one gets out of line. Rebecca Cavanaugh, a long distance runner for the state team, intimidates boys and men with her quick wit and majestic height. The pre-season jock party isn't her scene, but she's roped into attending to provide her sister a sober ride home. Hiding in the kitchen to avoid the athletic sex fest, a drunken thug forces Rebecca to her knees, and waves a giant ding-dong in her face. Before Rebecca can extricate herself from the hairy situation, an unknown champion saves the night. When Killian assists Rebecca off the floor, she's stunned into silence while staring at the sexiest man alive. Will Killian's bad boy rep and Rebecca's need for commitment, make this the most impossible "Play" of the season? Or, will Killian's haunting past and need for victory destroy the most important game of his life? "Play" is intended for mature readers 18+. Enjoy with caution... this book contains adult situations, sex, and more balls than a girl knows what to do with.

*Invincible* by Amy Lawrence: A gripping insider's account of how Bergkamp, Henry, Vieira and Pires became the first team in 100 years to go the entire season undefeated 2014 Writer of the Year, Football Supporters' Federation 'This book is so full of exclusive interviews you'll soon feel like part of the squad. A worthy tribute to one of English football's best ever teams, it makes you long for one more game at Highbury' Shortlist 'Unbeatable insight' Henry Winter, Daily Telegraph In 2003-04, a team that played with lightning speed and lustrous skill fulfilled Wenger's lifelong dream - to go a whole season unbeaten. They pushed and inspired each other, bringing the best out of strong characters like Jens Lehmann, a self-styled 'Mad German', Sol Campbell, an intense competitor, Robert Pirès, an instant friend if you give him a football, Patrick Vieira, a soft-spoken, battle-hardened captain, Gilberto, a thoughtful Brazilian, Thierry Henry, a supremely gifted and obsessed scorer and creator, and Dennis Bergkamp, the perfectionist conductor. Based on exclusive player interviews, and with a foreword and afterword by Arsene Wenger, this definitive book allows the Invincibles to tell their own story. Football writer Amy Lawrence weaves together the team's recollections, and the testimonies of other key players and protagonists around the club, to relive the pivotal games and moments. From the battle of Old Trafford to jubilation at White Hart Lane, from training ground sparks to dressing room revelations, readers will go behind closed doors, onto the pitch, and into the players' minds to understand the teamwork and the psychology to go unbeaten. Published in time for the 10-year anniversary, this is a must-have read for any Arsenal fan. It will be enjoyed by readers of memoirs by Dennis Bergkamp and Tony Adams, and will also appeal to football fans everywhere who enjoy classic sports books such as *The Damned United*. Amy Lawrence has watched football avidly since her first trip to Highbury at the age of six, and has written about it, mostly for the Guardian and the Observer, for twenty years. She lives in London.

This autobiography of the England and Arsenal football star, Paul Merson, includes a frank account of his addiction to drugs,

alcohol and gambling and of his rehabilitation. Paul's wife, Lorraine describes how she coped with her husband's addictions and tells of her role in his survival.

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