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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.

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Sober: Football. My Story. My Life. eBook: Adams, Tony ... THE BRILLIANT SUNDAY TIMES BESTSELLER. 'A searingly honest account of the Arsenal legend's quest to recover from alcoholism. Unflinchingly brave.' 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.

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On the twentieth anniversary of the publication of the number one bestseller 'Addicted', Tony Adams celebrates the new life he has lived since beating his demons and enjoying life once more over the past two decades

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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

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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.

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

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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.

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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 Ars è ne 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

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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.

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

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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.

The NFL icon who first brought show business to sports shares his life lessons on fame, fatherhood, and football. Three days before the 1969 Super Bowl, Joe Namath promised the nation that he would lead the New York Jets to an 18-point underdog victory against the seemingly invincible Baltimore Colts. When the final whistle blew, that promise had been kept. Namath was instantly heralded as a gridiron god, while his rugged good looks, progressive views on race, and boyish charm quickly transformed him - in an era of raucous rebellion, shifting social norms, and political upheaval - into both a bona fide celebrity and a symbol of the commercialization of pro sports. By 26, with a championship title under his belt, he was quite simply the most famous athlete alive. Although his legacy has long been cemented in the history books, beneath the eccentric yet charismatic personality was a player plagued by injury and addiction, both sex and substance. When failing knees permanently derailed his career, he turned to Hollywood and endorsements, not to mention a tumultuous marriage and fleeting bouts of sobriety, to try and find purpose. Now 74, Namath is ready to open up, brilliantly using the four quarters of Super Bowl III as the narrative backbone to a life that was anything but charmed. As much about football and fame as about addiction, fatherhood, and coming to terms with our own mortality, *All the Way* finally reveals the man

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behind the icon.

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.

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