

Read Online No Nonsense: The
Autobiography

No Nonsense: The Autobiography

David Batty has been one of the most consistent midfielders in the English game since the 1980s. In this revealing and

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outspoken autobiography, he talks about his difficult relationship with Howard Wilkinson, his battle to save his career after serious injury, his notorious onfield punch-up with team-mate Graeme Le Saux, and

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how he once took some of the Leeds players to work on the bins during the off-season. Martin Johnson is the towering second row forward who has come to set the standards of what a professional rugby player

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should do. His drive and physical presence mean that he is a natural leader on the pitch - and off it, too. In this, his long-awaited autobiography, he looks at the changing world of rugby. He explains why he led the

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England team to the brink of a strike in the autumn of 2000, and provides the definitive account of England's 2003 World Cup triumph, as well as Lions tours and all the goings-on that make rugby such a special sport.

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Hugely popular and respected, Martin Johnson has written vivid autobiography and a remarkable portrait of modern rugby.

Mewn cyfrol gwbl ddiflewyn ar dafod mae Orig Williams yn edrych yn ôl ar fywyd eithriadol

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**liwgar a chyffrous - o'i gyfnod fel
pêl-droediwr gydag Oldham
Athletic, Pwllheli a thîm caled
Dyffryn Nantlle i'w fywyd fel
reslwr rhyngwladol anystywallt.
Cyhoeddir y gyfrol flwyddyn ar ôl
ei farwolaeth.**

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Bond Maths No Nonsense for 10-11+ years has been designed by Bond to provide a thorough grounding in core maths skills for children in Key Stage 2. Matched to the National Curriculum, No Nonsense can be

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**used to reinforce school
learning, help children to get
ahead in class and boost
performance in SATs, 11+ and
Common Entrance assessment.**

Carra

A Famous Daughter, Her No-

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**Nonsense Mother, and How They
Survived Pageants, Hollywood,
Love, Loss (and Each Other)
No Hunger In Paradise
Jamie Vardy: From Nowhere, My
Story
Write Your Autobiography the**

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Easy Way

An Autobiography

***From a Hackney council
estate to the House of
Lords, this is the
extraordinary story of one
of our greatest***

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entrepreneurs. Alan Sugar was born in 1947 and brought up on a council estate in Clapton, in Hackney. As a kid he watched his dad struggle to support the family, never

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knowing from one week to the next if he'd have a job. It had a huge impact on him, fuelling a drive to succeed that was to earn him a sizeable personal fortune. Now he describes

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his amazing journey, from schoolboy enterprises like making and selling his own ginger beer to setting up his own company at nineteen; from Amstrad's groundbreaking ventures in

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hi-fi and computers, which made him the darling of the stock exchange, to the dark days when he nearly lost it all; from his pioneering deal with Rupert Murdoch to his boardroom battles at

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Tottenham Hotspur FC. In this compelling autobiography, he takes us into the world of The Apprentice, and describes his appointment as advisor to the government and

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***elevation to the peerage.
Like the man himself, What
You See Is What You Get is
forthright, funny and
sometimes controversial.
Forthright memoirs of a
singular personality -***

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***former MP and Strictly
Come Dancing star, Ann
Widdecombe. In this life
story of one of our most
outspoken and celebrated
politicians, Ann
Widdecombe offers a***

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***unique insight into her time
as a minister in three
government departments
and the Shadow Cabinet in
the 1990s, as well as taking
us back to her wandering
childhood and explaining***

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the roots of her deeply held views. A rare anti-hunting Tory, who campaigned for prison education and once donned a miner's overalls to go down a coal mine, Ann Widdecombe has never

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***shied away from
controversy. Her memoirs
reveal a singular
personality who lives life to
the full. From feisty
appearances on Have I Got
News for You to her***

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***unforgettable and star-
turning performances on
Strictly Come Dancing, Ann
has earned her place in the
public's affections and has
been heralded as a
'national living treasure' by***

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the Guardian.

***DIV For more than 50
years, Ernest ð or ÔErnieÕ
as heÕs known to his
friends ð has been one of
the most recognised,
celebrated stars in***

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Hollywood, as well as a respected, talented actor and a living legend. From his childhood as the son of Italian immigrants to a spectacular career that is still thriving in his 91st

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***year, from the early days of
live TV to voiceovers for
The Simpsons and
SpongeBob SquarePants,
he tells us of the trials on
his road to fame,
friendships shared with***

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***other silver screen stars,
and the glamorous leading
ladies he loved. From tough
guys to sensitive roles, he
has squared off against
formidable actresses, such
as Bette Davis and Joan***

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Crawford, and recalls here stories about cinema's greatest icons including Spencer Tracy, James Stewart, Kirk Douglas, Montgomery Clift, Gary Cooper, Janet Leigh, Raquel

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***Welch, Gene Hackman.
Rock Hudson, Burt
Lancaster and many more.
And with characteristic
frankness, he also talks
about his off-screen loves
and passions. Filled with***

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secrets, well-remembered details and stories that have never been heard before, this is a fascinating memoir of a star who has endeared himself to legions of fans everywhere.

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***Ô(BorgnineÕs) anecdotes
are gleefully self-
deprecatingÉhe comes off
as the kind of guy you'd
like to have a beer withÕ
The New York Post Ernest
Borgnine is an Academy***

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***Award-winning actor whose
film and TV career has
spanned more than sixty
years. He lives in Los
Angeles with his wife, Tova.
/div***

No NonsenseThe

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***Autobiography Simon and
Schuster***

***The Extraordinary Story of
Britain's Greatest Ever
Distance Runners***

El Bandito

Lovejoy on Football

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***The Players. The Journey.
The Dream
The Autobiography
Feed The Beast***

*Lena Dunham, acclaimed writer-director-
star of HBO and Sky Atlantic's 'Girls'
and the award-winning movie 'Tiny*

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Furniture', displays her unique powers of observation, wisdom and humour in this exceptional collection of essays.

Big, blond and a goal-scoring machine, Kerry Dixon delighted Chelsea and England fans during the 1980s. Yet his fall from grace has been, by his own admission, spectacular. His story,

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however, is unique at once for its flashes of humour in adversity, its clear-eyed reflections on a different age of football, and for its humility.

Robbie Savage could have been just another Manchester United reject.

Instead, he used the Old Trafford scrapheap as a springboard to become

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one of the most instantly recognisable footballers in the Premier League, despite being told by Sir Alex Ferguson he was not good enough to stay in the class of '92 alongside David Beckham, Paul Scholes, Ryan Giggs, Nicky Butt and Gary Neville. For the last 16 years, Savage has carved out a reputation as a

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hard man and wind-up merchant with an unerring ability to grab a headline. From deliberately getting Tottenham's Justin Edinburgh sent off in a Wembley Cup final to the 'Jobbiegate' row with referee Graham Poll and the bust-ups with John Toshack, Rio Ferdinand, Graeme Souness and Paul Jewell, the list is

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endless. Yet numerous footballing legends will testify to the skill of the midfielder, who has starred for Crewe, Leicester, Birmingham, Blackburn and Derby and won 39 international caps for Wales. Behind the long blond hair, the Armani tattoo and the flamboyant cars, Savage has always been the heartbeat of

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his team. Savage! provides a unique insight into the extraordinary life of an elite sportsman, a colourful character and loving family man. Love him or loathe him, Robbie Savage's story is a remarkable one.

Originally published: London: Century, 2013.

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Walshy

Paul Walsh: My Autobiography

*The instant Sunday Times number one
bestseller*

The Autobiography of Orig Williams

5-6 Years

Psycho

In an era of superstar prima

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donnas, Stuart Pearce's total commitment on the pitch earned him the affection of football fans everywhere, who nicknamed him Psycho. He will forever be remembered for two penalties - one missed and

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scored - for England, but there is so much more to him than that. This book reveals the fascinating story of one of football's greatest personalities. PSYCHO is as honest and straightforward as the man himself.

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THE SUNDAY TIMES NUMBER ONE
BESTSELLER 'Exceptionally
brilliant and powerful'
Marina Hyde 'This book is a
hilarious memoir, a
passionate polemic, and a
moving manifesto on how to
be a decent person and try,

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in the face of countless stresses, to live a full open-hearted, joyous life' Sunday Times A decade ago, Caitlin Moran thought she had it all figured out. Her instant bestseller *How to Be a Woman* was a game-changing

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take on feminism, the patriarchy, and the general 'hoo-ha' of becoming a woman. Back then, she firmly believed 'the difficult bit' was over, and her forties were going to be a doddle. If only she had known: when

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middle age arrives, a whole new bunch of tough questions need answering. Why isn't there such a thing as a 'Mum Bod'? How did sex get boring? What are men really thinking? Where did all that stuff in the kitchen drawers

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come from? Can feminists have Botox? Why has wine turned against you? How can you tell the difference between a Teenage Micro-Breakdown, and The Real Thing? Has feminism gone too far? And, as always, WHO'S

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LOOKING AFTER THE CHILDREN?
Now with ageing parents,
teenage daughters, a bigger
bum and a To-Do list without
end, Caitlin Moran is back
with *More Than A Woman*: a
guide to growing older, a
manifesto for change, and a

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celebration of all those middle-aged women who keep the world turning.

"From kicking a ball as a kid under the street lamps of Poplar and standing on Highbury's North Bank with my dad, to my first game at

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West Ham, I was born head over heels in love with football. It saved me, and 50 years on that hasn't changed one bit--I'd be lost without it." Harry is the manager who has seen it all--from a dismal 1970s

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Portakabin at Oxford City and training pitches with trees in the middle to the unbeatable highs of the Premiership, lifting the FA Cup and taking on Real Madrid in the Champions League. With his much loved,

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no-nonsense delivery, Harry brings us a story filled with passion and humor that takes you right inside every drama of his career. Harry finally tells the full story of all the controversial ups and downs--the pain and

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heartache of his court case,
the England job, his love
for Bobby Moore, his
adventures at Portsmouth
with Milan Mandaric, the
Southampton debacle,
Tottenham and Daniel Levy,
and not forgetting his years

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at West Ham or the challenges at his current club, QPR. It's the epic journey of one of the great managers and, along the way, the story of the British game itself over the last five decades. In an era now

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dominated by foreign coaches, Harry is the last of an old-fashioned breed of English football man--one who has managed to move with the times and always come out fighting.

Keith Gillespie is renowned

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as a footballer who liked a bet. And lost a lot. One afternoon he added up how much he had gambled away during the course of his professional career. It made for uncomfortable reading. This is his story.

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No Nonsense

Mental

Commando

Bond: English: No Nonsense

My Autobiography

More Than a Woman

***SHORTLISTED FOR THE WILLIAM
HILL SPORTS BOOK OF THE YEAR**

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AWARD 2015* A man punches the wall in a strategic show of anger. Another complains he has become a stranger to those he loves. A third relies on “my three a day: coffee, Nurofen and a bottle of wine.” Yet another admits he is an oddity, who

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would prefer to be working in cricket. A fifth describes his professional life as “a circus”. These are football managers, live and uncut. Arsene Wenger likens the job to “living on a volcano: any day may be your last”. He speaks with the authority of

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being the longest serving manager in the English game, having been at Arsenal for 17 years. The average lifespan of a Football League manager is 17 months. Fifty three managers, across all four Divisions, were sacked, or resigned, in the

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2012-13 season. There were fifty seven managerial changes in the 2013-14 season. What makes these men tick? They are familiar figures, who rarely offer anything more than a glimpse into their personal and professional lives. What shapes them? How and why

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do they do their job? Award-winning writer Michael Calvin provides the answers. Insecurity is a unifying factor, but managers at different levels face different sets of problems. Depending on their status, they are dealing with multi-

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millionaires, or mortgage slaves. Living on the Volcano charts the progress of more than 20 managers, in different circumstances and in different phases of their career. Some, like Brendan Rodgers and Roberto Martinez, are at the peak of their

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profession. Others, like Chris Hughton, Brian McDermott and Gary Waddock, have been sacked, and are seeking a way back into the game. They offer a unique insight into a trade which is prone to superficial judgement and savage swings in fortune.

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Management requires ruthlessness and empathy, idealism and cunning. Stories overlap, experiences intermingle, and myths are exposed. This witty autobiography captures the rich and varied life of a renowned French author and

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pioneering feminist, through the obstacles and movements in twentieth-century France. Born in 1920 in Paris, Benoite Groult obtained the right to vote only when she was twenty-five years old. She married four times, bore three children, underwent

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***several illegal abortions, became
a writer after she turned forty,
and a feminist in her fifties.
Groult chronicles her experiences
and her intellectual
developments through
successive phases—as an
obedient child, an awkward and***

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***bookish adolescent, and a
submissive wife—until finally
becoming a liberated novelist.
Here, she recounts the childhood
trips she spent with her family,
Paris during the occupation, her
marriages, motherhood, and her
continuous fight for women's***

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rights. At ninety-one years old, she concludes that she has been, and still is, a happy woman—lucky to have captured her freedoms, one by one, paying for them, delighting in them, and loving them. Sexy, chatty, and full of shrewd insight, My Escape

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covers her years of struggle and success—as a daughter, lover, writer, wife, mother, and reluctant socialite—and draws a portrait of the role of French women in the twentieth century. The enormous respect and affection of the British public for

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Betty Boothroyd has its roots in a strong belief in what she stands for: fair play, an unshakeable sense of honour and a passionate belief in the sovereignty of Parliament. Her convictions, she has said, are set in 'Yorkshire granite'. Born into a working

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class family in Dewsbury in 1929, there was little money, but Betty grew up in a home that radiated love and warmth. Betty was popular and a talented dancer who eventually went on to become one of the celebrated Tiller Girls - the full story of

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which she tells here for the first time. But by the age of twenty-five, Betty's dreams of taking the West End by storm had crashed - and her father's ambition of seeing her settled with a nice safe job had been abandoned. Undaunted, she won a national

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speaking award, stood for election to the local council and became a full-time worker for the Labour Party. Nothing would ever part Betty Boothroyd from politics again. In 1953 Betty began work at the House of Commons for Barbara Castle and

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Geoffrey de Freitas. She speaks candidly about the devastation of losing two by-elections and the time she spent in America campaigning for JFK. Back in Britain, Betty landed a top job with millionaire Labour Minister Lord Harry Walston and the

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Yorkshire girl became part of the inner circle of the socialist elite, which included Hugh Gaitskell and Roy Jenkins. She describes the elation she felt on becoming an MP at last in 1973, the huge debt she owes her mother for her support, and the full story behind

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her role in the struggle to save the Labour Party from the hard left. Betty Boothroyd's long political career reached its apogee in 1992 when she was appointed the first woman Speaker of the House of Commons with overwhelming

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support from both sides of the House. Her term of office coincided with John Major's attempts to defend his slim majority. Detailing many of the true stories behind the headlines, she writes of the sleaze scandals that beset the

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Major government, her feelings when Labour won their landslide election in 1997 and her strongly held views on the role of Parliament. Finally, she tells why she decided to retire, her plans for the future and - in retrospect - what she feels about her

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decision to put public service above marriage.

In 1928 two extraordinary Englishmen competed in an unprecedented event - a transcontinental road race across America that required them to run an average of 40 miles for 80

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consecutive days. Despite being separated by class, education and age, Peter Gavuzzi and Arthur Newton became close friends and formed a successful business partnership as endurance athletes. They raced in 500-mile relays, in 24-hour

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events, in snowshoes and against horses; and they became the stars of a craze for endurance events that swept across depression-era North America and the most famous long-distance runners in the world. However, history has forgotten

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***these two men, and in Running
for Their Lives - in a story
peopled with remarkable
characters, unimaginable feats
and tragic twists of fate - they
only now receive the recognition
they so richly deserve.
No Holding Back***

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10-11 Years
Always Managing
Raging Bull
ALEX FERGUSON My
Autobiography
Savage!

*An adrenalin-packed look
at the heady days of the*

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1970s. Chris Brown was in the front line of the wave of soccer violence that typified the sport in those days. His life was dominated by those violent Saturday outings, and by the

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pop music of the day. This book tells of his memories of the time.

The autobiography of West Indies fast-bowling legend turned Sky pundit, Michael Holding, author of Why We

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Kneel, How We Rise As one of the fastest bowlers the world has seen, Michael Holding went by the haunting nickname 'Whispering Death', claiming 249 Test wickets.

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Despite having not laced his bowling boots since 1989, it remains a fitting sobriquet. As a commentator and administrator, Holding has delivered his views on

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cricket in the same manner that he played the game: he speaks softly with a rich Jamaican rhythm and is calculated in either criticism or compliment.
NO HOLDING BACK charts his

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effortless transition from one of the great players to one of the great pundits. Holding graphically describes his days as a player, looking back at how he tried to

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deliberately hurt batsmen on the wastelands of Kingston, and his first match for Jamaica when he almost collapsed from exhaustion - after only four overs! There is time,

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too, to divulge what it was like to tour with the West Indies, and unmissable insights about sharing a dressing room with other legends of the game like Clive Lloyd, Sir

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Viv Richards and Malcolm Marshall. Holding does not shirk the big issues, as he discusses how the West Indies have slipped following their halcyon days, openly assesses

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Brian Lara and laments the hypocrisy over the state of the game in the region. The controversy surrounding the Allen Stanford \$20m spectacle, the ICC's handling of the

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abandoned England v Pakistan match, player power, illegal bowling actions and the threat of Twenty20 to the Test game are all subjects which Holding tackles with

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*characteristic knowledge
and class.*

*Tim Lovejoy loves
football. Along with Helen
Chamberlain he presented
Soccer AM for more than a
decade to become as much a*

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part of a football fan's weekend as phone-ins, back-page EXCLUSIVES and the vidiprinter. But why does Tim love football? Is it actually the most important subject in the

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world? And did he really once support Watford as a kid? Lovejoy on Football gets down to the nitty gritty of the really important stuff in football, such as: Why he,

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Tim, is technically a rubbish football fan; Women's true place in football; How 'Save Chip' became the biggest football cause in the country; Why it's a bad

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*idea to hammer Razor
Ruddock; And why
footballers are in fact
underpaid. Packed with
amusing anecdotes,
bustling with great
football stories and full*

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*of strong opinions,
Lovejoy on Football is the
must-have football book of
2007.*

*Raised in Queens, New
York, Johnny Ramone
founded one of the most*

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influential rock bands of all time, but he never strayed from his blue-collar roots and attitude. He was truly imbued with the angry-young-man spirit that would characterize

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his persona both on and off stage. Through it all, Johnny kept the band focused and moving forward, ultimately securing their place in music history by inventing

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*punk rock. The Ramones
were inducted into the
Rock and Roll Hall of Fame
in 2002—two years later,
Johnny died of cancer,
having outlived two other
founding members.*

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Revealing, inspiring, and told on his own terms, this highly designed memoir also features Johnny's assessment of the Ramones' albums; a number of eccentric Top Ten

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lists; rare historical artifacts; and scores of personal and professional photos, many of which have never before been published. Praise for Commando: "Amazing book .

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. . dense and throbbing with character—enough to bring this departed New York icon barking back to life.” —New York Daily News "Johnny's delightful, sadly posthumous

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*autobiography, Commando,
is just like its author—as
punk as it gets.” —Wall
Street Journal “Ramone
memoir reveals charming,
grumpy punk icon.”
—Reuters “There's no grand*

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*confessional to end
Commando, just a nod of
gratitude toward family,
friends, and fans. Its
characteristic
succinctness rings
genuine.” –Austin*

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Chronicle

David Batty

*One Man's Passion for The
Most Important Subject in
the World*

My Escape

Strictly Ann

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The Robbie Savage

Autobiography

Up Front

**Shortlisted for the British
Sports Book Awards 2018**

**“What’s your dream, son?” A
six year-old boy, head bowed,**

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mumbles the eternal answer: “Be a footballer....” Steadman Scott, football’s most unlikely talent scout, smiles indulgently, and takes him in from the street. He knows the odds. Only 180 of the 1.5

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million boys who play organised youth football in England will become a Premier League pro. That's a success rate of 0.012 per cent. How and why do the favoured few make it? What separates the

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**good from the great? Who
should they trust - the coach,
the agent or their parents?
Michael Calvin provides the
answers on a journey from non-
league grounds to hermetically
sealed Premier League**

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**palaces, via gang-controlled
sink estates and the England
team's inner sanctum. He
interviews decision makers,
behavioural specialists,
football agents and leading
coaches. He shares the hopes**

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and fears of players and their parents. He exposes bullying and a black economy in which children are commodities, but remains true to the dream. Explores the ups and downs of the life of singer-actress

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**Vanessa Williams and how her
mother helped her weather
the most trying
times--experiences that
Vanessa could have avoided
had she just heeded her
mother's sage and caring**

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advice.

**This book gives you a no
nonsense guide to writing your
autobiography and offers
guidance on how to format
your life story so you can
publish it as a paperback and**

Read Online No Nonsense: The Autobiography

e-book.

**From a pint and a pie to ice
baths and deep tissue
massages, from Cornish Colts
to World Cup final captain, and
from qualified cattle
inseminator to owner of a**

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sports fashion label, Phil Vickery, a.k.a. “Raging Bull,” has pretty much seen and done it all in life and in rugby, straddling the amateur and professional eras like a bovine colossus. This is the iconic

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tight-head prop's own incredible story, the tale of a true legend of rugby union; a tough, no-nonsense player who is as fearless and uncompromising on the pitch as he is a great raconteur off

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**of it. His career spans
amateurism and
professionalism, starting in
the Cornish countryside and
traveling to two World Cup
finals and two Lions tours.
Vickery is a hugely passionate**

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player. He sports a tattoo which announces “I'll fight you to the death” and has overcome serious injuries (including eight operations) in a career of stunning highs and devastating lows. He plays his

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**sport in the best traditions of
rugby and he is a storyteller
par excellence. Raging Bull will
transport readers to the
England front row in Six
Nations clashes at
Twickenham, to the changing**

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rooms on British Lions tours, and to the bars of many an amateur rugby club. It will remind fans what rugby is really all about—the fun and camaraderie, the passion and commitment, as the former

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**herdsman turned England and
Lions star takes you to the
heart and soul of the sport he
loves.**

Game Changer

I Came As a Shadow

The Unknown Story of

Read Online No Nonsense: The Autobiography

**Football's True Talent Spotters
Not That Kind of Girl: A Young
Woman Tells You What She's
"Learned"**

Living on the Volcano
The long-awaited

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***autobiography from
Georgetown University's
legendary coach, whose life
on and off the basketball court
throws America's unresolved
struggle with racial justice into
sharp relief John Thompson***

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was never just a basketball coach and I Came As a Shadow is categorically not just a basketball autobiography. After three decades at the center of race and sports in America, the first

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***Black head coach to win an
NCAA championship is ready
to make the private public.
Chockful of stories and
moving beyond mere stats
(and what stats! three Final
Fours, four times national***

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coach of the year, seven Big East championships, 97 percent graduation rate), Thompson's book drives us through his childhood under Jim Crow segregation to our current moment of racial

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reckoning. We experience riding shotgun with Celtics icon Red Auerbach, and coaching NBA Hall of Famers like Patrick Ewing and Allen Iverson. How did he inspire the phrase “Hoya Paranoia”?

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***You'll see. And thawing his
historically glacial stare,
Thompson brings us into his
negotiation with a DC drug
kingpin in his players' orbit in
the 1980s, as well as behind
the scenes on the Nike board***

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today. Thompson's mother was a teacher who couldn't teach because she was Black. His father could not read or write, so the only way he could identify different cements at the factory where he worked

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***was to taste them. Their son
grew up to be a man with his
own life-sized statue in a
building that bears his family's
name on a campus once kept
afloat by the selling of 272
enslaved people. This is a***

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***great American story, and
John Thompson's experience
sheds light on many of the
issues roiling our nation. In
these pages, he proves
himself to be the elder
statesman college basketball***

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***and the country need to hear
from now. I Came As A
Shadow is not a swan song,
but a bullhorn blast from one
of America's most prominent
sons.***

Bond English No Nonsense for

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5-6 years has been designed by Bond to provide a thorough grounding in core English skills for children in Key Stage 1. Matched to the National Curriculum, No Nonsense books can be used to

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***reinforce school learning, help
children to get ahead in class
and boost performance in
SATs, 11+ and Common
Entrance assessment.***

***Chris Boardman is the 2017
winner of the Cross Sports***

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Cycling Book of the Year for his autobiography Triumphs and Turbulence. 'The true inspiration was that Olympic gold won by Chris Boardman in Barcelona... I was so in awe of Chris Boardman' Sir

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Bradley Wiggins You may know him as the much-loved co-presenter of ITV's Tour de France coverage or enjoyed his BBC Olympic coverage, but beyond the easy charm Chris Boardman is one of our

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***greatest, most inspiring
cyclists. Boardman's lone
achievements in the 80s and
90s – Olympic track gold, the
world hour record, repeatedly
claiming the yellow jersey in
the Tour de France – were the***

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spark that started the modern era for British cycling. His endeavours both on and off the bike have made him the founding father of current golden generation – without him there would simply be no

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Hoy, Wiggins or Cavendish. It is a story full of intrigue: from Olympic success, to the famous duels with Graeme Obree and the insanity of the Tour de France. Chris became a legend for his combination

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of physical ability and technical preparation, almost single-handedly taking British cycling from wool shirts and cloth caps into the era of marginal gains. Indeed, after his career on the bike ended, a

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***new chapter began as the
backroom genius behind GB
cycling. As head of the R&D
team known as The Secret
Squirrel Club, Chris has been
responsible for the technical
innovations that made the***

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***difference in 2012 and
developed Boardman Bikes,
which has become the
country's bestselling premium
bike range.
Some footballers become one-
club heroes having spent their***

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entire careers playing in front of the same set of fans. Not Paul Walsh. The exciting, pacy, tricky striker moved from club to club during his 17-year career and became a hit at them all, endearing

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himself to supporters with his energetic, all-action displays and ability to get goals. Having hung up his boots in 1996, Walsh then carved a second career in the game as a high-profile pundit on Sky Sports'

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Soccer Saturday. Here, he shares with readers his many memories of a life spent in the game.

The Autobiography of Johnny Ramone

Bad Behaviour, Ugly Truths

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Autobiography**

***and the Beautiful Game
Triumphs and Turbulence
The Secrets of Surviving as a
Football Manager
Martin Johnson
Autobiography
Bond: Maths: No Nonsense***

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***The Sunday Times
Bestseller and Number 1
Sport Book of 2016 'A tale
that's truly
inspirational' The Sun An
ordinary lad from
Sheffield, Jamie Vardy has***

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become known as an against-the-odds footballing hero the world over. Yet a few years ago, things couldn't have been any more different. Rejected as a teenager by his boyhood

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club, Jamie thought his chance was gone. But from playing pub football and earning £30 a week at Stocksbridge Park Steels, while still working in a factory, his off-the-cuff

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performances saw him rise. Jamie had a wild and turbulent youth, but football became his saving grace and, once he filled his boots with goals at FC Halifax Town and Fleetwood

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Town, he moved to Leicester City. After the miracle of surviving relegation, the team of unlikely outsiders bonded together to achieve the unthinkable: Jamie set the

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record as the first player to score in 11 consecutive Premier League matches and Leicester beat odds of 5000-1 to become champions. Jamie has now been nominated for the

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Ballon d'Or, firmly establishing himself as one of England's leading goal scoring footballers. Not forgetting his roots, however, he has set up the V9 Academy in a bid to

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*find the next big talent
from non-league football.
Defying all expectations,
this is the story of the
boy from nowhere who
reached the top in his own
unflinching, honest words.*

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***Sir Alex Ferguson's
compelling story is always
honest and revealing he
reflects on his managerial
career that embraced
unprecedented European
success for Aberdeen and***

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***26 triumphant seasons with
Manchester United. Sir
Alex Ferguson's best-
selling autobiography has
now been updated to offer
reflections on events at
Manchester United since***

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his retirement as well as his teachings at the Harvard Business School, a night at the Oscars and a boat tour round the Hebrides, where he passed unrecognised. The extra

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material adds fresh insights and detail on his final years as United's manager. Both the psychology of management and the detail of football strategy at the top level

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*can be complex matters but
no-one has explained them
in a more interesting and
accessible way for the
general reader than Sir
Alex does here. MY
AUTOBIOGRAPHY is*

Read Online No Nonsense: The Autobiography

*revealing, endlessly
entertaining and above all
inspirational.*

*Game Changer is the
riveting memoir of Shahid
Afridi, one of modern
cricket's most*

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*controversial and
accomplished
practitioners. In 1996, as
a teenager, Afridi shot to
fame after hammering the
fastest ODI century at the
time. One of the world's*

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*greatest all-rounders,
today, he holds the
distinction of having hit
the most number of sixes
in the history of ODI
cricket scooping the most
wickets in T20s and*

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winning the most player-of-the match awards in the same format. From his humble beginnings in the mountains of Pakistan's unruly northwest to the mean streets of Karachi

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*and the county parks of
southern England, Afridi
tells his life story just
the way he bats -
instinctively, candidly
and with no holds barred.
In a career as*

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unpredictable as his leg-break googlies and 'boom-boom' power hitting, Afridi has been many things - the lost kid focused on pulling his parents out of poverty,

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*the desperate captain
trying not to snitch on
his corrupt teammates, the
gallant Pashtun centurion
staring down a hostile
Indian crowd, and the bad
boy at the centre of a*

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ball-tampering scandal. In Game Changer, he sets the record straight once and for all. A must-read not only for his legion of fans across the world but also for those interested

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*in cricket and Pakistan's
future.*

*'Misguided, mishandled,
criticised and crucified –
and only because he's
different,' said Brian
Clough. 'The ultimate*

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perfectionist ... he comes nearer to faultlessness than anyone else,' said John Arlott. Captain of Yorkshire and England, yet discarded by both when still at his peak, Boycott

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was at the top for over twenty years. Here he tells his own story. He talks of his love-hate relationship with Yorkshire cricket, his many triumphs for England

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*and his key partnerships
with team-mates like
Denness, Brearley and
Botham. And he speaks for
the first time about why
he chose to opt out of
Test cricket for three*

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years in the mid-1970s. Many felt that Boycott was the greatest batsman of his time, and that, despite his achievements, he was unfairly treated. Known by a new generation

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*as a pull-no-punches
commentator, this is the
story of one of our
greatest, and most
controversial, sporting
heroes.*

Christine Walkden's No-

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Nonsense Container

Gardening

Boycott

What You See Is What You

Get

You Have No Idea

The Nowhere Men

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Running For Their Lives

Raw, funny and down-to-earth, this book takes you behind the scenes of Liverpool and England's greatest triumphs and disasters in the company of an intelligent and controversial player. From the Hardcover edition.

Using containers or pots as a base for

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your gardening is so versatile - try making an eye-catching design feature by growing herbs in a zinc bucket, growing spring bulbs in a pretty olive oil can on your patio or growing a complete salad in some old tyres. Growing your own containers is both rewarding and fun. This book is

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packed with Christine's tips and techniques, from planting to deter pests to choosing the right container for the right crop, along with handy advice on feeding and watering, knowing when to harvest and treating common diseases. All the projects included are perfect for beginners and

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provide inspiration for the more experienced gardener; there are even ideas to turn little fingers green.

Mental is the brutally honest, tell-all autobiography of footballing wild-child, Jermaine Pennant. 'I've seen things no one else has seen in football.'

Jermaine Pennant is one of English

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football's most controversial figures. Love him or loathe him, there is no ignoring the story he has to tell. Raised by a mother who faked her own death to abandon her black baby, and a father who kept guns and Class A drugs in the house meant that life's options for a young Jermaine were

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limited. Yet he saw professional football as his way out, and took his chance, emerging to be one of England's most gifted young footballers. A true prodigy, Jermaine climbed to the pinnacle of his sport to compete for the highest honours with legends at Arsenal and Liverpool. The

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boy from one of England's toughest neighbourhoods was barely into his twenties and rich beyond his wildest dreams. But, for Jermaine, some of life's most important lessons were learned late. His outrageous lifestyle would spark a fall from the dizzying heights he had reached, ensuring he'd

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be remembered as much for being the 'mental job' with an ankle tag as for his heroic performance in a Champions League final. Jermaine Pennant has seen and done it all - the highs, the lows and everything in between. His autobiography is a gritty coming-of-age story, an expose into

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the excess-fuelled life of a super-rich Premier League footballer, and a cautionary tale of the dangers of plying young players with too much, too young. His turbulent climb through the battleground of the beautiful game holds a mirror up to the broken face of English football. Told with unblinking

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truth, his story is a no-holds-barred riot of determination and debauchery, excellence and excess.

THE CROSS SPORTS BOOK AWARDS AUTOBIOGRAPHY OF THE YEAR The Sunday Times bestseller is 'brilliant, gripping, beautifully written, real,' says Jonathan

Read Online No Nonsense: The Autobiography

Northcroft. So, you think you know Joey Barton. Think again. No Nonsense is a game-changing autobiography which will redefine the most fascinating figure in British football. It is the raw yet redemptive story of a man shaped by rejection and the consequences of his mistakes. He

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has represented England, and been a pivotal player for Manchester City, Newcastle United, Queens Park Rangers, Marseille, Burnley and Glasgow Rangers, but his career has featured recurring controversy. The low point of being sent to prison for assault in 2008 proved to be the

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catalyst for the re-evaluation of his life. No Nonsense reflects Barton 's character - it is candid, challenging, entertaining and intelligent. He does not spare himself, in revealing the formative influences of a tough upbringing in Liverpool, and gives a survivor 's insight into a game which, to

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use his phrase, 'eats people alive'. The book is emotionally driven, and explains how he has redirected his energies since the birth of his children. In addition to dealing with his past, he expands on his plans for the future. In this updated edition he speaks frankly about the gambling addiction that has

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left him facing a hefty ban. The millions who follow his commentaries on social media, and those who witnessed him on BBC 's Question Time, will be given another reason to pause, and look beyond the caricature. 'Compelling' Donald McRae, Guardian
'Brilliant' Matt Lawton, Daily Mail

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Ernest Borgnine

Betty Boothroyd

Bover

Keith Gillespie: How Not to be a

Football Millionaire