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~~DRINKING My Story~~

~~of Alcohol Addiction 1~~

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MY D1 COLLEGE

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Addiction: Tomorrow Is

Going To Be Better

Brandon Novak's Story

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Addiction Story: Allan

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~~Started The Day With~~

~~Vodka MY D1 STORY!~~

~~Racing NFL players, A~~

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Year Sober From

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Adi Jaffe about his
book, \"The Abstinence
Myth\" Sober Football
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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

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Emirates, it was fitting that a statue of him was erected outside to celebrate his extraordinary career.

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BESTSELLER. 'A

searingly honest account

of the Arsenal legend's

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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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celebrate his
extraordinary career.

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54: 50.5 - 52: 90 - 98:
3/4 yrs: 54 - 56: 52 -
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56 - 58: 53.5 - 55: 104 -
110: 5/6 yrs: 58 - 61: 55
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'Addicted', Tony Adams

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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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social media Scotland

'rinsing' Double

Wimbledon champ was

desperate to let loose

after Steve Clarke's side

clinched a place at Euro

2020 ...

Andy Murray reveals

reason for sober

celebrations and his ...

AN INSPIRING woman

has turned her life

around from being

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hooked on heroin and crack cocaine with a staggering make-over.

Demi-Nicole Dunlop was addicted to the Class A drugs for two years. The 27-y

Ex-heroin addict mum-of-two, 27, shares stunning before ...

DEAR DEIDRE: MY husband is only nice to me and our children

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when he's been
drinking. When he's
sober, he never smiles
or pays attention to us.
He drinks most days and
becomes more and more
...

THE BRILLIANT
SUNDAY TIMES
BESTSELLER. Being
Addicted was only half
the story, now comes

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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

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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

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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

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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

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take things on, one day at a time.

Football My Story My Life

The stunning new autobiography from Tony Adams, author of the critically acclaimed bestseller *Addicted*.

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he was an alcoholic.

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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

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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.

First published in 1998 and now available as an ebook. It has not been possible to include the illustrations in this edition. **ADDICTED** by

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Tony Adams is the story of the inspirational Arsenal captain and England international and the story of a fight a battle against alcoholism.

THE SUNDAY TIMES
BESTSELLER

'Wrighty's characteristic honesty means his book is far more engrossing than most bland football

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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

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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

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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

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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.

An anecdote-driven narrative of the classic footballer's "DOs and DO NOTs" from the ever-popular Arsenal legend and football

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pundit Paul Merson, aka
[The Merse].

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

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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

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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

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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

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football fans
everywhere, whatever
their allegiance.

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

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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,

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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

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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.

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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

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TalkSport and Sky

Sports. He enjoys a
short back and sides.

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

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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.

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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

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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.

Mesut Ozil is a midfield magician, casting an elegant spell over opponents and conjuring passes through gaps lesser mortals can't even

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see. After an eventful sojourn among the Galacticos of Real Madrid he has savoured silverware at Arsenal, while in 2014 he lifted the World Cup with Germany. But his life and career have been a test of resilience.

Growing up in Germany's Turkish community, he faced prejudice from those

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who claimed his dual identity would prevent him giving his all for the national team. Later came questions over a different type of commitment, the kind levelled against those, like Mesut Ozil, who excel in football's finer arts rather than relying simply on running and ruggedness. He has proved concerns on both

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these issues lack substance. In *Gunning for Greatness*, Mesut Ozil reveals the inside stories of his relationships with Jose Mourinho and Arsene Wenger, his quest to help the under-fire Frenchman restore Arsenal's pre-eminence - and how he silenced the sceptics by conquering the world.

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Paul McGrath is
Story My Life

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

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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

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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

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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

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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

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sports book ever
written.
Story My Life

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