

## Sober Football My Story My Life

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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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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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AN INSPIRING woman has turned her life around from being 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...

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DEAR DEIDRE: MY husband is only nice to me and our children 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 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 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 Sporting Chance, the charity which provides treatment and support for sports stars suffering from addictions. He

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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.

**NEW YORK TIMES BESTSELLER** • “An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself.”—Glennon Doyle, #1 New York Times bestselling author of *Untamed* “You don’t know how much you need this book, or maybe you do. Either way, it will save your life.”—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol’s ubiquity—in fact, the only thing ever questioned is why someone doesn’t drink. It is a qualifier for belonging and if you don’t imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What’s more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don’t need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

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.

Kevin Keegan is one of the greatest players in English football history. Throughout his career as a player and manager he was famed for his style on the pitch and the passion for the game, which he shared with his fans. In *My Life in Football*, Keegan tells the story of his life, from the streets of Doncaster to signing for Liverpool under Bill Shankly where he won three First Division titles, two UEFA Cups, a

European Cup, and the FA Cup before moving to Hamburg where he won the Bundesliga twice as well as the Ballon d'Or twice. After retiring, Keegan enjoyed a legendary five-year spell as manager at Newcastle United during which the club was promoted to the Premier League and then finished runners up in the top flight, not once but twice. In *My Life in Football*, Keegan tells the full story of the glorious highs, but also the pain of managing England and his unhappy return to Newcastle for a short-lived second tenure. Brilliant, funny, passionate, deeply moving, and incredibly honest, *My Life in Football* is the full story of an incredible journey from miner's son to being crowned "King Kev" by his adoring fans.

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.

'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.

"Comprehensive, rational and personal. It supplies much of what is missing in traditional approaches to alcoholic rehabilitation. I believe that this book can save lives." Leo Galland, M.D. Open this book and you will embark on a groundbreaking seven-week journey that will change your life. You will learn how to break your addiction to alcohol and end your cravings--and do it under your own power. Here, step-by-step, is a proven, seven-week program developed by Dr. Joan Matthews Larson at the innovative Health Recovery Center in Minneapolis, that subdues your body's addictive chemistry and puts you on the path to full recovery.

The basic text for Alcoholics Anonymous.

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