

## 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 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.

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.

An anecdote-driven narrative of the classic footballer's 'D0s and DO NOTs' from the ever-popular Arsenal legend and football pundit Paul Merson, aka 'The Merse'.

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.

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.

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.

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

Nine out of ten people who quit drinking relapse at least once. Every Silver Lining Has a Cloud shows why its not just once without pithy slogans or trademarked solutions. From the author of What the Early Worm Gets, a startling book defining Alcoholism, heres a book explaining how and why relapse happens, how to hold it at bay and why every American should care. Sobriety is a state of illness and its symptoms, left untreated, lead directly to lapse. Addressing the Symptoms of Sobriety is essential. Why would any sober Alcoholic return to the misery? What are the Symptoms of Sobriety and how do Alcoholics and non-Alcoholics guard against them? What four overlooked stressors trip up recovery? Can you hit bottom sober? The narrative dashes along peaks of anger, joy, desperation, relief and hope interspersed with solid data on the disease and guidance for avoiding relapse traps. Its not enough to just stop drinking.

Arsène Wenger is leaving Arsenal at the end of the 2018 season. The Wenger Revolution is a celebration of his first twenty years with the club. In September 1996 a Frenchman, so little known in English football that fans asked "Arsène Who???", walked into Arsenal. In the subsequent twenty years as manager he transformed the club. A total renovation of the training, stadium, style, economics of the team and the attraction of a global audience has taken place under Wenger's instruction. This fascinating era is chronicled from the very beginning with distinctive photographs taken from inside the inner sanctum of the club by official Arsenal photographer Stuart MacFarlane, who has had privileged access for many years. Award winning journalist Amy Lawrence introduces each section to set the scene. This captivating collection of images is captioned with personal anecdotes from Arsène Wenger himself as he reminisces about the significant moments and people that have defined his time at the club over the last 20 years.