

Froch: My Autobiography

In February 2015, Tim Locks headed to Kurdistan to fight ISIS. After watching images of the Yazidi people being slaughtered, he couldn't sit back and do nothing. Having worked as a prison officer and a bouncer, he knew how to handle himself - and had a huge protective streak. He sold his house to raise money, put himself through arms training and bought his equipment on eBay. In this gripping book he reveals what it is like to fight alongside the Kurds as well as British and American ex-military. He has cleared the enemy from occupied villages, come under mortar and small-arms fire, and witnessed the horrific atrocities committed by ISIS. He also describes how WiFi on the front line allows today's soldiers to communicate, how they always find time for selfies, even when under attack, and how the Kurds are so used to this way of life they stop mid-firefight to have a cup of chai and play Candy Crush while manning the mortars. As cultures clash, and the bullets start flying, Tim shares his adventures with honesty and black humour. Everyone is familiar with the gypsy race but few outside their close-knit and ancient community really know what being a gypsy is about -how they live and how they think. This is the story of a gypsy man, Jimmy Stockin, born into a world where fighting is first nature. Whilst football maybe the chosen sport for most British males, bare-knuckle fighting is a passion among gypsies both as participants and spectators. Jimmy was born into fighting family. His father and grand-father before him 'trod the cobbles' and young Jimmy was being put up against other boys on gypsy camps from the age of five. He took on bare knuckle challenges from wherever they came. Before long Jimmy was widely recognised as the champion of the bare-knuckle fighters. On the Cobbles is a rare insight into a community under threat - a community that treasures tradition - and a man who had little choice in becoming a fighter but was nevertheless determined to be the best. Shocking and sad, humourous and brutal, this story opens the door to a different world. The world of a gypsy warrior.

On 24 November 2012, four-time World Champion boxer Ricky Hatton dropped to his knees, felled by a sickening punch to the body in his first comeback fight in almost three years. Gasping for breath, down and out, it was then that something extraordinary happened: 20,000 fans began to sing his name. Ricky Hatton: War and Peace is the story of one of British boxing's true icons. From a Manchester council estate to the bright lights of Las Vegas, Ricky Hatton experienced incredible highs in his career, including one of the greatest ever wins by a British boxer, over the IBF Light Welterweight champion Kostya Tszyu. But heavy defeats to two legends of the ring, Floyd Mayweather and Manny Pacquiao, brought him quickly down to earth to face a new set of battles against depression, drink and drugs. Written with his trademark honesty and wit, this is the inspiring story of a charismatic, funny, straight-talking fighter who boxing fans have always taken to their hearts; a man who has survived a lifetime of wars both in and out of the ring, and who only now is finding something close to peace.

A self-confessed coward, Johnny Nelson hoped his opponents wouldn't turn up. He twice froze when given the chance to take the world title. Glenn McCrory declared: 'He's scared. I don't think he'll ever do it now' and even Johnny's mother mocked him. But by the time of his recent retirement, Johnny Nelson had been undefeated world cruiserweight champion for seven years. Now Johnny relates his moving, funny, frank and inspirational story: an amazing odyssey from chump to champ. Legendary trainer Brendan Ingle, who produced a string of champions

including Naseem Hamed, described Nelson as 'the biggest success story from our gym.' He might have added that the skinny kid from the wrong side of Sheffield was also the least likely to succeed. Nelson had a stubborn streak. Determined not to let early failures stop him, he went into exile, taking fights all over the world to learn his craft. Finally, nine years after being booed from the ring, he earned the respect of everyone. Along the way he encountered the dark side of boxing: the drugs, the gangsters and the gamblers who wanted him to fix fights. He fell out with his best mates Herol Graham and Naseem Hamed and for the first time reveals exactly why they no longer talk. He tells the terrifying story of a plot to kidnap him. Johnny Nelson's story will appeal beyond fight fans as a straightforward, honest account of overcoming personal fears and terrible setbacks to become the best in the world.

*The Complete Musashi: The Book of Five Rings and Other Works
Got Fight?*

Legend

War and Peace

King of the Gypsies

I Am Duran

Micky Vann is one of the world's top boxing referees. He has been involved in more than 350 championship fights, over 100 of which were world title fights. Outspoken and brutally honest, his hard-hitting views have often found him at the centre of controversy. The biggest night of his career - the 'Battle of Britain' world heavyweight clash between Frank Bruno and Lennox Lewis - saw him on the mat for a four-letter outburst broadcast across the world. Vann is the son of showman Hal Denver and the grandson of The Silver King, who included the Elephant Man in his sideshows. In Give Me A Ring, he pulls no punches as he reveals the truth about his unusual childhood, spent between a Dickensian foster home and the circus; the bribe he was accused of taking from Don King; and the sleazy side of the fight game. Give Me A Ring covers Vann's professional career in all it's glory, from his time as a journeyman pro fighter to the fame he has found as a star-grade referee. In this frank and often hilarious autobiography, Vann candidly comments on personalities such as Lennox Lewis, Prince Naseem Hamed, Nigel Benn, Don King, Barry McGuigan and Frank Bruno. He gives his views on the game's rackets and its future. Give Me A Ring is a compelling read, sure to be a revelation to the boxing world and its followers

In this unflinching autobiography, boxing legend Leonard faces his single greatest competitor: himself. With honesty, humor, and inspiring perspective, Leonard comes to terms with triumph, struggle, strength, courage, and resilience.

Driven from his home, a Rebel finds a place among the Cheyenne Joel Ryan returns from the Civil War with grey hair and a weary heart, but he finds no rest in Kentucky. Turned away by a brother who still blames Joel for abandoning the family to fight for the Confederate cause, Joel rides west, searching for peace in the untamed wilderness of Montana. Instead, against all odds, he finds love. When he sees the gang of thugs tormenting the young Cheyenne beauty, Joel risks his life to save her. Her name is Mourning Dove, and he has only known her

for a few hours when he begins to fall in love. Joel believes he has finally found a chance for happiness, but when tragedy strikes his budding family, he realizes he will never be at peace until he can quiet the rage that fills his heart. To save himself, Joel trades love for revenge, and rides west once more.

A Social History of Sheffield Boxing combines urban ethnography and anthropology, sociological theory and place and life histories to explore the global phenomenon of boxing. Raising many issues pertinent to the social sciences, such as contestations around state regulation of violence, commerce and broadcasting, pedagogy and elite sport and how sport is delivered and narrated to the masses, the book studies the history of boxing in Sheffield and the sport's impact on the cultural, political and economic development of the city since the 18th century. Interweaving urban anthropology with sports studies and historical research the text expertly examines a variety of published sources, ranging from academic papers to biographies and from newspaper reports to case studies and contemporary interviews. In Volume II, Bell and Armstrong examine the revival of Sheffield boxing after the decline of the 1950s and 1960s outlined in Volume I. Instigated by two men from outside the city—Brendan Ingle and Herol Graham—this renaissance became known as the 'Ingle style,' which between 1995 and 2014 produced four world champions: Naseem Hamed, Johnny Nelson, Junior Witter and Kell Brook. These successes inspired others and raised Sheffield's profile as a boxing city, which in the 1990s and 2000s produced two more world champions in Paul 'Silky' Jones and Clinton Woods. In this second volume, Bell and Armstrong track the resurgence of boxing to the present day and consider how the game and its players have changed over time.

The Authorised David Haye Story

Fighting ISIS

Andy Robertson

On The Cobbles

My Autobiography

The Autobiography of Star Referee Mickey Vann

Seventeen-year-old Blake used to be a star runner. Now he's a has-been. On a school trip, he has the opportunity to secure the answer to his prayers - a specially created serum that will restore him to physical supremacy. But does he steal it or not? Before he - and the reader - knows, Blake is transported into another dimension where evolution has run wild and where he is perceived as a hero by the beautiful, enigmatic mermaid creature, Chimera. He escapes and returns to his own world - our world - to face the consequences of his alleged theft. Can he prove his innocence? Not without returning to that strange new world and the even stranger but alluring Chimera ... LEGEND is a gripping and thought-provoking thriller about the blurring of physical and emotional boundaries in the quest for the truth.

An epic and moving journey, from the backstreets of London and Limerick to the summit of the world's most unforgiving sport. In 2005, at the age of

twenty, Andy Lee left Ireland to make it in the harsh world of professional boxing. Leaving home for the dust and faded glamour of Detroit, over the next ten years, under the guidance of the legendary Emanuel Steward, he set about honing his craft, winning fight after fight and slowly climbing the professional ranks. Then, in 2012, his star ascendant, Lee suffered two devastating blows in quick succession: defeat in his first World Championship bout and the sudden loss of Steward, his guide and confidant. Bereft, his career in jeopardy, the path to redemption would test every hard-won lesson of the previous decade ... *Fighter* is a lyrical and philosophical memoir about resilience, bravery and the wisdom to be found at the limits of human experience.

Love him or loathe him, Chris Eubank is one of life's more eccentric personalities who has transcended the world of boxing and established himself as a media celebrity and role model to millions of fans the world over. His story is both gripping and extraordinary.

When it comes to sports and entertainment, the glitz and the glamour of celebrity life, most of us only aspire to gain something small such as an autograph. Few of us ever have the chance to sit down with stars and discuss their lives, or rub shoulders with those closest to them. Being up close and personal with UFC, boxing and entertainment stars is just part of Fiaz Rafiq's daily routine. He's worked closely with some of the most revered champions and pioneers of UFC. In this gripping memoir he shares riveting behind-the-scenes stories of the top MMA and boxing champions and legends - from Randy Couture, Royce Gracie, Brock Lesnar, Daniel Cormier and Conor McGregor to Muhammad Ali and Bruce Lee (to many the Godfather of MMA) - their gritty beginnings and their most triumphant moments. The result is the culmination of over two decades of work, gaining the trust and confidence of the greatest fighters and personalities in MMA and combat sports. *To the Top* is a fascinating odyssey that uncovers the hidden history of the most brutal combat sport on the planet.

Bunce's Big Fat Short History of British Boxing

The Definitive Translations of the Complete Writings of Miyamoto Musashi--Japan's Greatest Samurai

Leonard, Hagler, Hearns, Duran and the Last Great Era of Boxing

The Cobra

Morning Star

Moore's: *The Fighter's Fighter* is the life story of one of Britain's most-loved boxers. Not always an angelic teen, Jamie Moore was sucked into the slipstream of the thrill which came with car theft. At 15, his luck ran out after a helicopter police chase. Boxing turned out to be his saviour. He went on to become British, Irish, Commonwealth and European light-middleweight champion. Known as 'Britain's most exciting fighter' he engaged in epic battles, and was one half of

boxing's Fight of the Year three times in five years. Four shoulder operations and three brain scans prompted him to quit in 2010. He was snapped up by Sky Sports and began his own stable of champions. Life was good. That life was almost permanently taken away from him in August 2014, after being shot at five times in Marbella. Despite a bullet lodged in his hip and constant pain in his leg, Moore does not dwell on his brush with death. His serene acceptance of life is inspirational as he remains a husband, proud father, former champion, trainer - and occasional actor. Book jacket.

When Carl Froch defeated George Groves in their Wembley Stadium re-match in front of 80,000 fans, it went down as the biggest fight in British boxing history, cementing Carl's place as our greatest boxer - a pure warrior who has never accepted the easy way. Carl grew up a tough kid on a Nottingham estate, where boxing helped to keep him out of trouble. His incredible natural ability soon led to a world amateur medal before he turned pro and embarked on a long journey with his mentor and corner man Rob McCracken. Carl's career has always been defined by taking on the odds with blisteringly tough fights. He was never scared to fight in someone else's backyard and always faced the hardest opponents to prove himself - Jean Pascal, Arthur Abraham, Andre Ward, Lucien Bute and his incredible last round knock-out of Jermain Taylor. But of course he will always be remembered for his showdowns with the great Dane Mikkel Kessler and then George Groves, avenging his initial points defeat by Kessler and finishing Groves for a second time with one of the greatest punches in British boxing history. Froch was first a local and now a national hero and here he tells the story of how he fought his way through sheer guts and determination to the summit of the boxing world. PREVIOUSLY PUBLISHED AS THE COBRA - NOW FULLY REVISED AND UPDATED

Boxing is Steve Bunce's game. He has filed thousands and thousands of fight reports from ringside. He has written millions and millions of words for national newspapers previewing boxing, profiling boxers and proselytising on the business. He has been the voice of British boxing on the airwaves, both radio and television, with an army of loyal fans. And now it's time to put those many years of experience into penning his history of the sport of kings on these isles. It's Bunce's Big Fat Short History of British Boxing. Starting in 1970, the beginning of modern boxing in Britain, Bunce takes us from Joe Bugner beating Henry Cooper to an explosion then in the sport's exposure to the wider British public, with 22 million watching Barry McGuigan win his world title on the BBC. All boxing royalty is here - Frank Bruno taking on Mike Tyson in Las Vegas; Benn, Watson, Eubank and Naseem; Ricky Hatton, Lennox Lewis and Calzaghe; Froch and Haye - through to a modern day situation where with fighters as diverse as Tyson Fury and Anthony Joshua, we have more world champions than ever before. And besides the fighters, there are the fixers, the managers, the trainers, the duckers and divers... Bunce's Big Fat Short History of British Boxing will have every high and impossible low, tragic deaths and fairy tales. It is a record of British boxing, British boxing people and fifty years of glory, heartache and drama.

Jimmy Bullard may not have had the perfect hair-do, his Granada Ghia may not have been the flashiest of cars, and he definitely didn't have a string of Page 3 girls trying to sell kiss and tell stories about him to the tabloids. But what he has in spades is a genuine love for The Beautiful Game that few of his peers can match. One of the last graduates from football's old school, Jimmy actually worked in the real world - including as a painter and decorator - before turning pro. Maybe that's why he played football with a smile on his face, always says what's on his mind, and is no stranger to a spot of mischief. Having played under the likes of Barry Fry, Harry Redknapp and Phil Brown, appeared alongside names as diverse as Neil Ruddock and Paolo di Canio, and as long as Jan Vennegoor of Hesselink, Jimmy has racked up an amazing collection of tales and pranks both on and off the football front-line. Told with candour, Bend It Like Bullard is the extraordinary story of his journey from cable TV fitter to cult hero. It will make you smile, chuckle and, occasionally, ROFL.

The Ultimate Encyclopedia of Boxing

Four Kings

The Rainbow

Bend It Like Bullard

Memoirs of the Undefeated Bareknuckle Champion of Great Britain and Ireland

Everybody Has a Plan Until They Get Punched in the Face

From Salford to St Louis, former professional boxer Wayne Barker fought every man who ever challenged him. In this brutally honest account of his eventful life, Wayne recounts how his parents left him in the care of the travelling community, where he learned to fight and journeyed throughout Britain and Ireland to take on opponents for cash. After being charged with attempting to murder a child killer, Wayne fled to America, where he found work in the gymnasiums of New York sparring with the likes of world champion Wilfred Benítez. His ability in the ring was noticed by promoter Bobby Gleason, whose gym had been graced by legendary boxers such as Jake LaMotta. Gleason set up a fight in Caracas between Wayne and former super middleweight world champion Fulgencio Obelmejias ('Fully Obel'). Wayne's past eventually caught up with him and he was deported to Britain, where he served time in prison. He returned to the streets to earn a living from bare-knuckle fighting, before becoming a trainer and running a gym. Cancer claimed his life in 2012. What does it take to succeed? What is the mindset required to be the best? How do you stay at the top of your field? How do you come back from failure? Eddie Hearn knows what it takes. In his remarkable career, Hearn has worked alongside some of the biggest names in sports entertainment and has seen first-hand the grit and determination that it takes to succeed. Structured around the key skills that Eddie Hearn values the most, this book looks at his business, life, and the drive to succeed.

Covering subjects such as discipline, passion, preparation, motivation and failure, this book shows you what it takes to get the most in your life and career. In this insightful and revealing book, Eddie talks about the highs and lows of his career - from negotiating a billion dollar boxing deal to selling out Wembley for the Joshua Klitschko fight - and draws the valuable lessons that we can learn from the boxing's toughest performers.

The Sunday Times no.1 bestselling memoir from Harry Redknapp '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 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 70s 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, no-nonsense delivery, Harry brings us a story filled with passion and humour 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 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 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 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.

They called him "Manos de Piedra"—Hands of Stone—and he was one of the greatest boxers of all time. Now Roberto Durán tells his unbelievable story: from the streets of Panama to being crowned one of the "Four Kings," along with Hearns, Leonard, and Hagler, as he blazed a trail through the Golden Age of Boxing. Born into abject poverty, barely able to read or write, Durán quickly realized that his fists could both protect him on the streets and put food on the table. His reputation was established on the day when, for a bet, he knocked down a horse with a single punch. At the age of twenty-one, he claimed his first world title, against Ken Buchanan at Madison Square Garden. The legend of Manos de Piedra was born, but his most glorious moment was yet to come. In 1980, Durán delivered one of the greatest upsets in boxing history by defeating the previously unbeatable Sugar Ray Leonard. But greater fame brought greater distractions, and

Durán's endless partying took its toll before the two superstars faced each other again. Here, for the first time ever, Durán confronts the debacle of the rematch that entered sporting folklore, and the truth behind the moment he was heard to utter the infamous words "No más"—No more. Durán's explosive performances in the ring were matched only by the volatility of his life outside it. He lurched from living like royalty to bankruptcy and, after being written off as a boxing also-ran, made a bloody, legendary comeback that gave his career the ultimate ending, and finally brought redemption. He came from nothing, and changed the world. I Am Durán is the autobiography of one of boxing's most iconic legends.

Robbo: Now You're Gonna Believe Us: My Story

Scrap Merchants, 1970-2020

My Autobiography - Winner of the Telegraph Sports Book of the Year

Fighter

Jimmy Stockin: The Life Of A Bare Knuckled Gypsy Warrior

Workouts from Boxing's Greatest Champs

**** TELEGRAPH SPORTS BOOK OF THE YEAR ** DOUBLE WINNER: BEST AUTOBIOGRAPHY & BEST OVERALL SPORTS BOOK OF 2020 INCLUDES A NEW CHAPTER ON WILDER VS FURY 2**

'Incredible stories... you don't have to be a boxing fan to enjoy it' SCOTT MILLS, BBC RADIO 1 'One of sport's most heart-warming stories' SUNDAY TIMES, SPORTS BOOK OF THE YEAR 'A must-read for any boxing fan.' WORLD BOXING NEWS 'If you know someone who is a fan of the People's Champion then they'll love this.' TALKSPORT XMAS GIFT GUIDE The extraordinary story of the rise and fall and rise again of Tyson Fury... THE GYPSY KING. A Manchester lad from Irish Traveller stock, born three months premature and weighing just a pound at birth, Tyson (named after his father's boxing hero) grew up to become one of the most unlikely heavyweight champions in history. This 'dream come true' soon turned to nightmare, however, as alcohol and cocaine abuse took hold and Tyson was stripped of his titles. What followed was the darkest moment of his life - detailed in this book for the first time - in which he came within seconds of ending everything. THE PEOPLE'S CHAMPION. Like all the greatest stories, though, there is redemption and Tyson defies all the odds and literally drags himself to his feet. 10 million people around the globe watched Fury fight Wilder in the biggest fight of the boxing calendar. Speaking candidly about his struggles with mental health,

this is Tyson Fury as you have never seen him before. A BRITISH ICON. _____ Behind the Mask is an unflinching autobiography from the greatest boxer of our time and a man who has demonstrated strength of a very different kind by conquering his demons.

_____ 'It's a great book, if I could read, I'd buy it' BILLY JOE SAUNDERS, WBO World Super-Middleweight Champion 'I didn't believe boxers could be role models, but Tyson Fury has changed my mind... This 30-year-old Mancunian has made us all think twice about the possibilities of redemption.' SIMON KELNER, INDEPENDENT 'Tyson Fury has become Britain's most unlikely inspirational figure... the sight of a broken Fury caught a mood with the public. Never was the epithet "People's Champion" more apt' RON LEWIS, THE TIMES 'Tyson Fury is an amazing real-life champion' SYLVESTER STALLONE, star of Rocky 'You may not have any interest in boxing at all and you will find this story about Tyson's life fascinating' BBC RADIO 5 LIVE 'An unusual, heartening story, nicely told. There is much to amaze and admire' SUNDAY TIMES

Fed by media fascination with super heavyweights like George Foreman, the perception of boxers as oversized guys with oversized muscles is simply wrong. For every weight class, strength must be carefully balanced with the ideal physique. In truth, boxer training produces a body perfectly balanced for strength, shape, speed, and stamina. The author traveled the world talking to top boxers about how they train for peak performance. Their workouts will help reshape the reader's body, and the short bios and quotes from legendary favorites will inspire readers to take their workout to the next level. This one-of-a-kind approach to the world of boxing offers readers proven tips on balancing their own physique. Want to build more strength? Follow the workout of heavyweights like Ali. Need to slim down but don't want to lose muscle? Try the program of middleweight Fernando Vargas. Want to go all out for the ultimate physical fitness? Then try to keep up with the training of pound-for-pound legend Roy Jones Jr.

Irresistible to the punters, champion jockey Frankie Dettori is a charismatic personality with an easy charm and immaculate dress sense that make him an instant favourite on the track and a household name off it. His autobiography has been fully updated to include Frankie's record-breaking

racing exploits in 2004.

IT WAS past three o'clock in the morning when Joe Calzaghe experienced the sweetest validation of his professional life. Victory over Jeff Lacy, a 28-year-old American compared to a young Mike Tyson because of his power and "take-no-prisoners attitude", left no one in doubt about the world super middleweight champion's talent. For years, Calzaghe's virtuosity remained a legend of the Welsh valleys. His defeat in 1997 of Chris Eubank brought him to prominence, winning for him the World Boxing Organisation (WBO) super middleweight title. But despite a record number of defences of the belt, his career lacked a defining contest. A long line of challengers and ex-titleholders were disposed of but the biggest names in American boxing avoided the ultimate showdown he craved. Hand injuries further obscured the true level of his aptitude for an art he began to learn from his father, Enzo, at the age of eight when - inspired by Sugar Ray Leonard - a rolled-up carpet in the family home in Newbridge became a makeshift heavy bag. This is the story of Calzaghe's extraordinary life, from his humble beginnings in his hometown of Newbridge, to his ascent to personal greatness, becoming the first super middleweight boxer to win the prized belt awarded by The Ring, the bible of boxing, in the division's near 20-year history. One of Britain's foremost sporting champions, a warrior and working-class hero, this is the story of the triumphs and trials that made Calzaghe a legend.

No Ordinary Joe

Moorey - The Fighter's Fighter

Surviving the Fight of My Life

Froch

12 Things Boxing Teaches You about Life

Best Bloopers from TalkSport

Roberto Duran, Marvelous Marvin Hagler, Sugar Ray Leonard, and Thomas "Hit Man" Hearns all formed the pantheon of boxing greats during the late 1970s and early 1980s—before the pay-per-view model, when prize fights were telecast on network television and still captured the nation's attention. Championship bouts during this era were replete with revenge and fury, often pitting one of these storied fighters against another. From training camps to locker rooms, author George Kimball was there to cover every body shot, uppercut, and TKO. Inside stories full of drama, sacrifice, fear, and pain make up this treasury of boxing tales brought to life by one of the sport's greatest writers.

Every Friday afternoon at 3.30, the whole office at talkSPORT Towers stops

to listen to the station's most popular feature, Clips of the Week, presented by Paul Hawksbee and Andy Jacobs. For all the professionalism of the presenters, there are always those moments when things don't quite go right, and words get jumbled up, or a guest on a phone-in says something so extraordinary you have to stop and think: did he really just say that? For 13 years now, the hosts of the afternoon show have been running this feature, in the process collecting almost 4000 hilarious clips. In this book we get to read the very best of the best; they include Alan Brazil's occasional on-air lapses, as when he introduced racing reporter Rupert Bell: 'Here's talkSPORT's Rupert Bear...'. There's also the unbeatable moment when a Scottish caller was campaigning for Hearts' goalkeeper Antti Niemi to play for Scotland. The presenter replied that he was ineligible as he was Finnish, only to be told: 'He's no' finish, he only 28!'

*Former boxing legend Muhammad Ali, one of the best-known and best-loved celebrities and an international good-will ambassador, offers inspiration and hope as he describes the spiritual philosophy that sustains him. "During my boxing career, you did not see the real Muhammad Ali. You just saw a little boxing. You saw only a part of me. After I retired from boxing my true work began. I have embarked on a journey of love." So Muhammad Ali begins this spiritual memoir, his description of the values that have shaped and sustained him and that continue to guide his life. In *The Soul of a Butterfly* the great champion takes readers on a spiritual journey through the seasons of life, from childhood to the present, and shares the beliefs that have served him well. After fighting some of the fiercest bouts in boxing history against Joe Frazier and George Foreman, today Muhammad Ali faces his most powerful foe—outside the boxing ring. Like many people, he battles an illness that limits his physical abilities, but as he says, "I have gained more than I have lost....I have never had a more powerful voice than I have now." Ali reflects on his faith in God and the strength it gave him during his greatest challenge, when he lost the prime years of his boxing career because he would not compromise his beliefs. He describes how his study of true Islam has helped him accept the changes in his life and has brought him to a greater awareness of life's true purpose. As a United Nations "Messenger of Peace," he has traveled widely, and he describes his 2002 mission to Afghanistan to heighten public awareness of that country's desperate situation, as well as his more recent meeting with the Dalai Lama. Ali's reflections on topics ranging from moral courage to belief in God to respect for those who differ from us will inspire and enlighten all who read them. Written with the assistance of his daughter Hana, *The Soul of a Butterfly* is a compassionate and heartfelt book that will provide comfort for our troubled times.*

*A New York Times Bestseller, *Got Fight?* is an hysterical, entertaining, and in-your-face guide to fighting from the most enigmatic and unpredictable fighter in Mixed Martial Arts (MMA). Forrest Griffin is the light-heavyweight champion of the Ultimate Fighting Championship (UFC) and was the winner of the first season of Spike TV's *The Ultimate Fighter*; in *Got**

Fight?, he shows you how he did it. With Erich Krauss, Muay Thai fighter and co-author of "The Prodigy" B.J. Penn's Mixed Martial Arts: The Book of Knowledge.

My Story

Always Managing

II

The Second Half

Hard Road to Glory - How I Became Champion of the World

Pennsylvania German pioneers; a publication of the original lists of arrivals in the port of Philadelphia from 1727 to 1808

The world's most comprehensive single-volume illustrated work of boxing reference, covering all aspects of the sport since its rise from the days of illegal big-money challenge matches to the multi-million-dollar televised extravaganza it is today.

David 'The Hayemaker' Haye is the former WBA world heavyweight champion and the former undisputed (WBA, WBC and WBO) world cruiserweight champion. Haye is one of British boxing's most celebrated and successful ring champions of the modern era and has won twenty-three of twenty-five professional fights. He has twice been shortlisted for BBC Sports Personality of the Year and is now recognised as the face of British and world boxing. Haye was involved in the biggest heavyweight title clash for nearly a decade when he fought Wladimir Klitschko in July 2011, with the fight televised live in over 140 countries. Although Haye ultimately lost his belt, following a twelve-round points decision, his charismatic approach has reminded fight fans of a time when the heavyweight championship was the greatest prize in sport. This is the authorised story of how Haye reached this point, and details the ten-year rise of the boxer from a precocious World Amateur Champion. Crafted by close confidant Elliot Worsell, Making Haye offers behind-the-scenes, never-before-told insights into some of the most pivotal ring wars of David Haye's turbulent, and at times controversial, professional boxing career.

Miyamoto Musashi (1584-1645) is the most famous Samurai who ever lived. His magnum opus, the Go-Rin-Sho or Book of Five Rings is a classic that is still read by tens of thousands of people each year—Japanese and foreigners alike. Alex Bennett's groundbreaking new translation of The Book of Five Rings reveals the true meaning of this text for the first time. Like Sun Tzu's The Art of War, Musashi's book offers unique insights, not just for warriors, but for anyone wanting to apply the Zen Buddhist principle of awareness to achieve success in their endeavors. This book sheds new light on Japanese history and on the philosophical meaning of Bushido—the ancient "code of the Japanese warrior." Unlike other translations that are based on incomplete and inaccurate versions of Musashi's work, Bennett's is the first to be based on a careful reconstruction of the long-lost original manuscript. Capturing the subtle nuances of the original Japanese classic, the result is a far more accurate and meaningful English version of The Book of Five Rings text. Richly annotated and with an extensive introduction to Musashi's life, this version includes a collection of his other writings—translated into English for the first time. A respected scholar, as well as a skilled martial artist,

Bennett's understanding of Musashi's life and work is unparalleled. This book will be widely read by students of Japanese culture, history, military strategy, and martial arts. It sets a new standard against which all other translations will be measured.

FrochMy AutobiographyRandom House

Rise

12 Rounds to Success

Clips of the Week

Hats, Handwraps and Headaches

Relentless

Wayne Barker: Born to Fight

AN INSPIRING MEMOIR FOR ANYONE WHO'S BEEN KNOCKED DOWN AND CAME UP SWINGING As a young girl growing up in Newberg, Oregon, Paige Sletten was all energy and full of potential. A natural athlete, Paige excelled at dancing, made the cheerleading squad earlier than most, and even had aspirations of becoming a Disney child star. With a tight-knit family, Paige's life was on track for greatness. Then, one fateful fall night in high school, everything changed when Paige faced a life-threatening sexual assault. It was in the gym where she "pounded the life out of those ashen memories," becoming stronger with every punch, kick, and lunge. In this beautiful tale of survival, she writes: I inhale the power. I exhale the bullshit. One strike at a time. Fighting became Paige's safe haven; something to live for, and Rise is the inspiring story of how she ultimately transformed into a bone-breaking, head-smashing fighter known as Paige VanZant. It is the deeply moving story of a warrior who transformed her pain into power and has become one of the toughest women in the world; an inspiring journey of someone who was knocked down in the most devastating way and came up swinging.

No. 1 bestselling memoir of Roy Keane, former captain of Manchester United and Ireland - co-written with Man Booker Prize-winner Roddy Doyle. Now updated with a new chapter, including Roy leaving Aston Villa and the Republic of Ireland's qualification for Euro 2016. In a stunning collaboration with Booker Prize-winning author Roddy Doyle, Roy Keane gives a brutally honest account of his last days as a player, the highs and lows of his managerial career, and his life as an outspoken ITV pundit. 'Roy Keane's book is a masterpiece . . . It may well be the finest, most incisive deconstruction of football management that the game has ever produced' Mail on Sunday 'A genuine pleasure . . . His thoughts on his players are humane, interesting, candid and never less than believable' The Times 'The best things are the small things: regretting joining Ipswich when he discovered the training kit was blue; refusing to sign Robbie Savage because his answerphone message was rubbish; being appalled that his side had listened to an Abba song before playing football' Evening Standard 'The book is brilliantly constructed, rattling along at breakneck speed . . . full of self-deprecation . . . a ruthless self-examination' Daily Telegraph

D. H. Lawrence's 1915 novel "The Rainbow" is the story of three generations of

the Brangwens family. While tame by today's standards, "The Rainbow", for its frank treatment of human sexuality, caused Lawrence to be prosecuted on an obscenity charge in England when it was first published. Through richly personal characterizations, "The Rainbow" deals profoundly with the very nature of human relations as it explores the sexuality of Ursula Brangwen and her mother, Anna Brangwen.

Hats, Handwraps and Headaches is the inspiring, surprising and sometimes shocking story of Irish boxing coach Paddy Fitzpatrick, a failed pro boxer who was almost a Foreign Legionary before finding fame as a trainer of world-class fighters. After struggling as a young adult with thoughts of suicide, Paddy's life was transformed by a chance meeting with Hall of Fame trainer Freddie Roach. Paddy moved to LA to learn his trade at Roach's Wild Card gym, working with the likes of world champions James Toney and Laila Ali, and spending time with Laila's legendary father Muhammad Ali. Back in England, Paddy used the things he had learnt to take George Groves to three world title fights, including the return super-fight with Carl Froch, which drew 80,000 fans to Wembley Stadium. Filled with astonishing anecdotes - like the time Paddy was almost shot by an irate boxer and a near-miss with a grizzly bear - Hats, Handwraps and Headaches is funny and poignant in equal measure, with riveting tales from both sides of the Atlantic.

The Big Fight

Give Me A Ring

The Extraordinary Story of a Bare-Knuckle Boxer

Making Haye

A Social History of Sheffield Boxing, Volume II

Chris Eubank: The Autobiography

Carl Froch grew up on a tough Nottingham housing estate. His dad took him to the local boxing gym at just nine years old, hoping boxing would keep him out of trouble. Carl's incredible natural ability soon became clear and he rapidly ascended the heights of professional boxing, becoming three-time Super Middleweight champion and Britain's most exciting boxer. In 29 professional fights has suffered defeat only twice. His greatest fights have already gone down in boxing history. In 2009 he was knocked down for the first time in his career by Jermain Taylor. Behind on everyone's scorecard but his own, until, with just 14 seconds of the fight to go, he came back in spectacular fashion with a stunning knock out. In 2012 he emphatically beat Lucian Bute to reclaim his belt in front of record audiences. The press described the fight as 'one of the best nights in British boxing'. The Cobra follows Britain's most respected boxer every step of the way as he prepares for, and fights, the most important bouts of his life. Honest, outspoken, and every inch the boy from Nottingham, Carl pulls no punches in his revealing story from inside the high-stakes world of boxing, from his first discovery of his talent to his ascent to World Champion. **Fully updated from the hardback; this edition includes two brand new chapters covering Carl's astonishing fifth-round destruction of previously unbeaten Lucian Bute, to

reclaim his IBF world super middleweight title**

The Soul of a Butterfly

Behind the Mask

The 50 Zen Principles of Hand-to-Face Combat

To The Top

Frankie: The Autobiography of Frankie Dettori

Reflections on Life's Journey