

Made For Rugby The Autobiography

'A terrific book. No one put their body on the line quite like Sam Warburton.' Brian O'Driscoll 'It was an absolute privilege to play against Sam. An inspiring leader with an equally inspiring story to tell.' Jonny Wilkinson Sam Warburton OBE was not only a titan of Welsh rugby, but an icon of the game. Having represented his country as a player and team captain at all junior levels, he propelled himself to international attention in 2011 when named as the youngest ever captain of Wales for the Rugby World Cup. Despite his tender age, Sam's immense displays for club and country were recognised still further in April 2013, when, at just 24, he was named the Lions' captain for the extraordinary 2013 tour to Australia. Four years later, after a year 'in the wilderness', Sam was named Lions' captain yet again for the historic tour to New Zealand, thereby becoming the first ever Lions Captain never to lose a series in the professional era. Intelligent, calm, thoughtful - in many ways seemingly the exact opposite of the smash and crash of modern rugby - Warburton's edge never came with his size, but with his depth of thought, his reading of movement, and his understanding that, to be a uniquely successful leader, one needs to set goals that far exceed the ambitions of even the most ferocious of opponents. In leading other men, and in pitting himself against the world's best, Warburton was forced repeatedly to push himself to the very edge of his physiological and mental limits, the 21 significant injuries over that period a painful testament to his sacrifice. Open Side is therefore not simply a chronology of events or a celebration of statistics. Written in a compelling but soul searching style, this is an astoundingly personal book exploring the nature of leadership, the value of self-control, the precision of mindset and of course the future of the game. It is also a deeply personal meditation on the sacrifice of body, the torment of injury and the pain of retirement, a decision Sam was forced to make in July 2018, at just 29 years old. Never before has a rugby autobiography given such intimate access not only to the realities of the dressing room and the heroes and villains of the modern game, but to the unique mindset required to make someone a genuinely great leader of men.

As hard-hitting, pacy, and entertaining an autobiography as you would expect from a giant of Ulster and Ireland rugby. "When I came into the Ulster team," Stephen Ferris says with typical candor, "we were crap." It was, however, preferable to his day job of paving driveways, and that day in 2005 saw the start of an incredible journey for Ferris, Ulster, and Ireland rugby. A Celtic League title in his very first senior season with Ulster. A Grand Slam in 2009, followed by a sensational Lions breakthrough. A starring role in Ireland's greatest World Cup win, over Australia in 2011, when Ferris famously picked up Will Genia and carried him 10 yards. And leading Ulster from nowhere to the Heineken Cup final. Stephen Ferris had an incredible rugby career, tragically ended by ankle injuries so severe they will never properly heal. He is an inspiration to the population of Ulster, an emblem of the sport that serves as such a positive expression of its

culture and identity, and earned the respect and admiration of fans across Ireland for his strength, pace, skill, and courage. Fearless, funny, and full of an incredible array of stories from behind the scenes of Ulster, Ireland, and the Lions, this is the must-have rugby book of the year.

Ronan O'Gara is quite simply one of the greatest sportsmen Ireland has ever produced. A brilliant kicker both from the hand and at penalty goals, a sublime orchestrator of play from the out-half position he has made his own, and a cool head in the pressure-cooker of club and international rugby, the list of the Cork man's achievements goes on and on. The leading points scorer in Irish rugby history, and one of the top ten in the world. The leading points scorer in the history of the Heineken Cup. The first ever points and try scorer at the home of Gaelic sports, Croke Park. In his candid, illuminating autobiography, O'Gara tells the story of those many on-field successes, culminating in the glorious year of 2006, when his tactical prowess and will to win first helped guide Ireland to the Triple Crown in the Six Nations championship, then Munster to a memorable Heineken Cup victory over Biarritz at the Millennium Stadium in Cardiff. O'Gara kicked a perfect five out of five in the 23-19 win that glorious May day, as Munster lifted the coveted trophy for the first time, sparking wild celebrations heard all the way back in Limerick and Cork. Yet in any sporting career, there have been the setbacks as well, most notably Ireland's disappointing performance in the Rugby World Cup in France last year. O'Gara reveals what really went on in a divided dressing-room as a series of flat performances sent the Irish crashing out, while he personally had to deal with a series of front-page allegations about his private life. ROG has never been shy about the fact that he's fond of a drink and a bet, and he confronts his critics head on in this book. Ronan O'Gara: The Autobiography is the unforgettable story of a rugby player at the top of his game, of a life lived to the full, and of a passionate and proud representative of the people of Cork and Ireland.

In the world of rugby, the All Blacks have an unsurpassed legacy of success. We are the best of the best. Legends in Black comprises frank, no-holds-barred interviews with New Zealand rugby greats, each sharing their thoughts on every aspect of what it means to be an All Black: first selection, the haka, international and provincial rugby, professionalism, team culture, camaraderie, technical advances, coaching and leadership. A one-of-a-kind account of New Zealand rugby, Legends in Black draws on unprecedented access to some of the biggest names in the game - revealing the secrets to why we win. 'The winning ethos was so fundamental to the culture and had been ingrained for years, and it just keeps going. The wonderful thing about the All Blacks is the tradition of its history, the belief by players in what happened before. Winning was something that was an absolute focus.' -John Hart 'Leadership is within the team. I had a role as a fixer, if there was trouble going on - not a dirty role, but as the one able to talk to the opposition and tell them, 'I wouldn't do that again, if I were you.'" -Colin Meads 'Winning becomes a habit, because success is fantastic, but when you take

those platitudes you've also got to learn how to lose, lose well and graciously, and learn from your losses.' -Wayne 'Buck' Shelford 'It was about working out who you played the game for . . . it's not the name of the team or the colour of the jersey, but the people around you.' -Andy Haden Also available as an eBook

He is Johnathan Thurston. JT, one of the greats, simply the best. His status as one of the greats of rugby league cannot be questioned - an Australian international, Queensland State of Origin and Indigenous All Stars representative. In 2015, he became the first ever four-time Dally M Medallist for the NRL season's best player, and later that year, the first ever three-time winner of the Golden Boot Award for the world's best player. When the final siren sounded on 1 September 2018 at Cbus Stadium on the Gold Coast, arguably rugby league's greatest career ended, JT walking off the field to be farewelled a legend. Fans cheered. Teammates hugged. Officials shook his hand. His family and friends shed a tear. Then came the speeches. For his adoring fans, it was the end of an era - for JT it was a moment that had been 30 years in the making. A moment that once seemed improbable. This is a story that began in a Brisbane backyard. With a boy, a ball and a big, big dream. They all said he was too skinny, too slow, and too wild to succeed. Most would have quit. This is the story of how Johnathan Thurston transformed himself into a world champion - how he went from a kid with dreadlocks to a State of Origin star and Dally M Medal winner in just three years - and went on to become rugby league's greatest player. In his autobiography, JT recounts the complete and remarkable story of his life. Of setbacks and scandals. Of agony and pain. Of love and hate. Of victories and losses. And of Clive Churchill Medals, Dally M Medals, State of Origin shields and of fairy tale premierships - and of a girl called Samantha and how love conquered all.

The bestselling autobiography of the greatest rugby player of our time: Brian O'Driscoll. Since 1999, when he made his international debut, there has been no greater player in world rugby than Brian O'Driscoll. In 2010 Rugby World magazine named him its world player of the decade - and since then the legend has only grown. Now, at the end of his amazing career - which culminated in fairy-tale fashion with Ireland's victory in the 2014 Six Nations championship - he tells his own story. Honest, gritty and thoughtful, Brian O'Driscoll's Autobiography is not just an essential sports book. It is an essential book about family, friends, hard work, courage and imagination. 'Honest, charming and revealing - a thoroughly good read' Rugby World 'A thoroughly enjoyable read ... After reading The Test I warmed even more to O'Driscoll as a player and a man. He stood for a new ethos in Irish sport that refused to accept mediocrity or glorious failure' Fergal Keane, Irish Times 'O'Driscoll's honesty ... takes the reader to a place they simply have not been before' Vincent Hogan, Irish Independent 'A must-read insight into the life and mind of Ireland's greatest rugby player' Irish Mail on Sunday 'There are fascinating insights into the lengths he was willing to go to perform at the highest level' Sunday Business Post

A concise biography of Jonah Lomu, the international icon who changed rugby. Jonah Lomu, A Giant Among Men profiles New Zealand's greatest sportsman, and one of the finest players in the history of rugby. His combination of pace and power was unprecedented, enthralled fans from around the world. Lomu burst onto the international scene in 1994, joining the All Blacks as their youngest-ever member. With a string of exceptional performances he came to dominate the Rugby World Cup the following year. His ebullient personality, frightening athleticism and passionate pride in wearing the shirt captured the public imagination, and made Lomu the game's first truly global superstar. His tragic death in November 2015, aged just 40, left the rugby community in shock. This biography pays tribute to a life cut short, but one marked by such achievement and impact that it will never be forgotten.

Gareth Thomas had it all. He was a national hero, a sporting icon. He was a leader of men, captain of Wales and the British Lions. To him, rugby was an expression of cultural identity, a sacred code. It was no mere ball game. It gave him everything, except the freedom to be himself. This is the story of a man with a secret that was slowly killing him. Something that might devastate not only his own life but the lives of his wife, family, friends, and teammates. The only place where he could find any refuge from the pain and guilt of the lie he was living was on the pitch, playing the sport he loved. But all his success didn't make the strain of hiding who he really was go away. His fear that telling the truth about his sexuality would lose him everything he loved almost sent him over the edge. The deceit ended when Gareth became the world's most prominent athlete to come out as a gay man. His gesture has strengthened strangers, and given him a fresh perspective. Gareth's inspiring and moving story transcends the world of sport to tell a universal truth about feeling like an outsider, and facing up to who you really are.

History was made on November 22 2003 - England was crowned the World Champion. Everything was ready for rugby to explode in England, for the national team to kick-on, for the level of the domestic game to continue growing and for the sport to truly become prominent nationwide. It did not eventuate. England lost far too many matches and the Aviva Premiership does not match the French Top 14. The result for Rugby World Cup 2015 is a match schedule allocating more games to Wales than to the north of England. Understanding how this came about and also how and why Wales secured matches is an important part of the puzzle and carries substantial implications for future Rugby World Cups. Local and global issues including decision making, rival sports and nationalized players are all tackled in an analysis that seeks to offer realistic and viable solutions for the benefit of English and global rugby.

Ronan O'Gara is one of the greatest sportsmen Ireland has ever produced. A brilliant kicker both from the hand and at penalty goals, a sublime orchestrator of play from the out-half position he has made his own, and a cool head in the pressure-cooker of club and international rugby, the list of the Cork man's achievements goes on and on. The leading points scorer in Irish rugby history, the Six Nations and the Heineken Cup. The architect of two amazing Munster triumphs in Europe. The man whose last minute drop-goal sensationally won the Grand Slam in 2009, Ireland's first for 61 years. In his candid, illuminating autobiography, O'Gara tells the story of those many on-field

successes and, with brutal honesty, the darker days as well, most notably at the 2007 World Cup. He tells the inside story of Ireland's disappointments in France, and responds to the allegations about his personal life that made front-page news that autumn. Ronan O'Gara: My Autobiography is the unforgettable story of a rugby player at the top of his game, of a life lived to the full, and of a passionate and proud representative of the people of Cork and Ireland.

Jason Robinson began playing full-time rugby at the age of 16 with Wigan Warriors, the most successful club in Rugby League at the time. He made the transition to Rugby Union with Sale Sharks in 2000 and was fast tracked to the England squad. His speed, unpredictability and charisma have ensured that he is now widely acknowledged as one of the most exciting players in the world.

A local boy made good, Kirkstall-born John Holmes was Leeds Rugby League's longest serving player and he will forever be an icon at his beloved Headingley. This is the story of his illustrious career, as told by his brother and his nephew.

An authoritative resource offering concise profiles of more than ten thousand of the world's most important people features information on individuals from ancient times to the present day and representing a wide range of fields of endeavor, furnishing details on birth and death dates, full name, nationality, occupation, and accomplishments, as well as thousands of cross references and brief quotations.

Made for RugbyThe AutobiographySidgwick & Jackson Limited

His truth. His story. In his words. There have been many comments made and books written about Siya Kolisi, captain of the Springboks, and the first black man to lead his country in over 128 years of South African rugby. But now, for the very first time, Siya Kolisi shares his story in an extraordinarily intimate memoir, charting his journey from being born into the impoverished Zwide township, to leading his proud nation to an astonishing victory at the Rugby World Cup in 2019. However, Rise is not simply a chronology of matches played and games won; it is an exploration of a man's race and his faith, a masterclass in attaining a positive mindset, and an inspirational reminder that it is possible to defy the odds, no matter how they are stacked against you. In 2020, partly in response to the pandemic, Siya and his wife, Rachel, launched The Kolisi Foundation, providing personal protective equipment to healthcare workers and delivering food parcels throughout South Africa. The title Rise is inspired by Siya's mother - Phakama - which translates to the book's name, as well as a celebration of his Xhosa heritage.

Billy Slater has been called the best fullback ever to have played the game by rugby league greats and fans alike. With a glittering collection of personal and club honours, including four grand final wins, five Dally M awards and two Clive Churchill Medals, he has delighted fans of the Melbourne Storm, Queensland State of Origin and the Australian Kangaroos for sixteen years. More than just a decorated player, however, Slater is a widely regarded and respected figure in the sport. A young country recruit with superb natural talent, he debuted for the Storm after only one pre-season in Melbourne and sent shockwaves through State of Origin in just his second season. But Slater capitalised on his talent with a fierce competitive drive and a relentless work ethic, which he learned from his parents and honed working in the racing industry before hitting the NRL stage. As well as many celebrated victories, Slater's career has seen him confront the Melbourne Storm salary cap scandal, heartbreaking losses and a

devastating shoulder injury that made him fear that he would never hold his children again, let alone compete in a brutal sport like rugby league. Through it all Slater has emerged not merely as a great of the game, but as an even more resilient character, an ambassador for his sport, and a devoted husband and father. Featuring contributions from rugby league legends like Cooper Cronk, Craig Bellamy, Darren Lockyer and Cameron Smith, and from the Slater family, this edition is updated to include Billy's final season in the NRL before farewelling the game.

Rugby.

In rugby, there are the Flash Harrys and the Glory Boys: the fly-halves who run, kick and dazzle; the scrum-halves who nip and dart; the wingers who step and glide. These are the players who get the crowd on their feet, who set stadiums abuzz. But they only get to do these things because other, less glorified figures do all of the donkey work. Adam Jones is one such figure. And for a decade he was one of the world's best. On many occasions when George North or Shane Williams were careering under the posts to score a try, and the crowd was engulfed in rapturous joy, Adam Jones would be hauling himself up from the turf, spitting blood and mud, and massaging his aching neck. He hadn't scored the try; but more often than not it was his graft and strength which had made it. This is the story of 'Bomb': the self-effacing manual labourer from the Swansea Valley who traded laying paving slabs for running out in some of the world's most imposing sporting citadels. He rose to the pinnacle of his sport, winning virtually everything there was to be won: Grand Slams, Six Nations Championships, Lions tours, Pro12 titles. In a nation of rugby heroes, Adam Jones has become a legend. Only six Welshmen can say they've won three Grand Slams. He is one of them: not just as a bit-part player, but as the beating heart of the most successful squad in Welsh rugby history. His was one of the first names on the team sheet. He was - literally and metaphorically - the cornerstone of this Welsh side. In his autobiography, Jones reveals exactly what goes on in the murky depths of the front row: the tricks, the techniques, the physical and psychological warfare; and the mental fortitude it takes to endure in one of the hardest positions, in one of the world's toughest contact sports. Jason Robinson began playing full-time rugby at the age of 16 with Wigan Warriors, the most successful club in Rugby League at the time. He made the transition to Rugby Union with Sale Sharks in 2000 and was fast-tracked to the England squad. His speed, unpredictability and charisma has ensured that he is now widely acknowledged as one of the most exciting players in the world. His extraordinary turnaround from hard-drinking, deeply troubled teenager to born again Christian and dedicated family man makes his story all the more intriguing. Fully updated with all the drama and excitement of the 2003 Rugby World Cup, in which Jason was a crucial and inspiring team member, this edition includes a player's account of England's triumphant victory in the final against Australia.

Jonny Wilkinson's career has crossed three decades and four World Cups. He has accumulated phenomenal achievements, world points records, an impressive list of broken body parts, and a drop goal that will be remembered for ever. But the peculiar calmness with which he played the game masked a very different reality. In JONNY, he reveals the extraordinary psychology that he had to tame in order to be able to dominate his sport. For most of his life, he was driven by a quest for perfection and an obsession to be the best player in the world; here he shows how these two facets of his

competitive mind took such a hold of him that they sent him to the top of the world, then swept him up and dragged him down into a spiral of despair. Jonny's career has spanned the far reaches: amazing highs and iconic moments, then a fight against injury that culminated in a battle with depression. Here he tells of the physical toll he knew his body was taking from rugby, even from his youth; he tells of how he never wanted to be a kicking fly-half but learned to adapt his natural game to play the style that Clive Woodward believed necessary to win a World Cup, and how he nearly walked out on Martin Johnson's England team 13 years later.

Volume three of a bibliography documenting all that has been written in the English language on the history of sport and physical education in Britain. It lists all secondary source material including reference works, in a classified order to meet the needs of the sports historian.

The revealing autobiography of New Zealand rugby legend Jerome Kaino. As the Rugby World Cup approaches, All Black legend and World Cup champion Jerome Kaino reflects on what it takes to be the best. At just 21 years old Jerome Kaino was touted as the next big thing in world rugby. In his first year of professional rugby, he made spectacular debuts for Auckland, the Blues and the All Blacks. It was a dream beginning for this quiet Samoan kid from South Auckland. But just as quickly as it all began, his career took a sharp turn for the worse, his life spiralling out of control. With over 50 All Black caps, 100 matches for the Blues and a Rugby World Cup victory to his name, Jerome Kaino is one of New Zealand's true sporting heroes. Now for the very first time, Kaino lays bare his greatest triumphs and adversities, with rare insights ahead of perhaps his greatest test of all - winning back-to-back world cups for New Zealand.

Ku Swee Yong's Real Estate Riches, Building Your Real Estate Riches and Real Estate Realities have become a valuable resource for property investors in Singapore during the past few years. In his new book, he takes stock of the prolonged downturn and weak market conditions and offers useful defensive strategies in the face of supply gluts and weakening prices. The lead article warns of potential risks arising from an extremely high rate of home ownership in Singapore, followed by frank insights into various local property segments. The book also includes illuminating coverage on some regional markets which he recommends investors to look into. Backed by solid research and astute observations, Weathering A Property Market Downturn is a sobering read that portends a scenario where massive supply overhangs will drive prices markedly down. Addressing current issues faced by property investors through a collection of articles previously published in Today, The Business Times and The Edge, he offers qualified and invaluable observations on public and private properties, mixed developments, luxury estates and overseas properties

Martin Johnson is the towering second row forward who has come to set the standards of what a professional rugby player 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 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. Hugely popular and respected, Martin Johnson has written vivid autobiography and a remarkable portrait of modern rugby.

During a long and decorated career with the Melbourne Storm, Queensland and Australia, Billy Slater has forged a reputation as not merely one of rugby league's great fullbacks, but as one of the best players in the game's long history. Slater's story is that of a young country recruit with superb natural talent who rose quickly to the top level, playing with the Storm after just one pre-season in Melbourne and starring for Queensland during just his second season in the NRL. But inside the player who has scored so many audacious tries on the game's biggest stages is a fierce competitive drive and a relentless work ethic, one inherited from parents who worked tirelessly to provide for their two children. In his fourteen years in the NRL, Slater has been confronted by the Melbourne Storm salary cap scandal, career-threatening injuries, the disappointment of lost grand finals, a game-losing mistake with the Kangaroos and accusations about his allegedly rough style of play. Slater has emerged not merely as a great of the game, but as an even more resilient character, a respected spokesman for his sport, a devoted husband and father, and - in a moment of emotional vindication - a member of the Storm's defiant 2012 premiership team. Billy's story is told with contributions from Slater's family, as well as other rugby league legends like Cooper Cronk, Craig Bellamy, Darren Lockyer and Cameron Smith.

Chinese edition of *Invictus*. First term South Africa President Nelson Mandela's ingenious idea of enlisting the rugby team to win the 1995 World Cup in an effort to unite the apartheid-torn country. The movie stars Morgan Freeman and Matt Damon. In Traditional Chinese. Distributed by Tsai Fong Books, Inc.

A scorching and deeply personal autobiography lifting the lid on the life and character of one of English rugby's most successful ever players Brian Moore, or "Pitbull" as he came to be known during nearly a decade at the heart of the England rugby team's pack, established himself as one of the game's original hard men at a time when rugby was still an amateur sport. Since his retirement, he has earned a reputation as an equally uncompromising commentator, never afraid to tell it as he sees it and lash out at the money men and professionals that have made rugby into such a different beast. Yet, for all his bullishness on and off the pitch, there also appears a more unconventional, complicated side to the man. A solicitor by trade, Moore's love of fine wine, career experience as a manicurist, and preference for reading Shakespeare in the dressing room before games, mark him out as anything but the stereotypical rugby player, and in *Beware of the Dog*, Moore lays open with astounding frankness the shocking events, both personal and professional, that have gone towards shaping him over the years. Presenting an unparalleled insight into the mind of one of British rugby's greatest players and characters, *Beware of the Dog* is a uniquely engaging and upfront sporting memoir.

This volume presents a many-faceted view of the great Oxford philosopher R. G. Collingwood. At its centre is his *Autobiography* of 1939, a cult classic for its compelling 'story of his thought'. That work is accompanied here by previously unpublished writings by Collingwood and eleven specially written essays on aspects of his life and work.

A controversial autobiography by one of rugby league's most famous players - Barrie McDermott

In 1995 rugby union finally became a professional sport following more than a century as an amateur game. This book offers a critical analysis of the sport in the professional era and assesses the relationship between the local and the global in contemporary rugby union.

'Extraordinary... great fun' Barry Egan, *Irish Sunday Independent* 'A wonderful story . . . vivid

and comprehensive.' Stephen Jones, Sunday Times "Throughout it all though there is a feeling of warmth for the sport and for others. Above all there is a sense of achievement... Best was never one of the glamour boys, but he deserves star billing.' Daily Telegraph Rory Best is widely-regarded as one of Ireland's greatest ever captains. Entrusted by Joe Schmidt to lead the side that looked on the wane following the 2015 World Cup, Best's inspirational leadership skills and abrasive qualities proved to be the foundation stones for the most successful period in Ireland's history. His first year in charge saw Ireland complete a hat-trick of victories against the southern hemisphere 'Big Three', including leading his side to a first ever victory over world champions New Zealand in Chicago, a feat that etched Best's place in Irish sporting folklore and ended the All Blacks' record-winning streak of 18 Test victories. Ireland's *annus mirabilis* under Best's captaincy would come in 2018 however, when he led the side to only their third Grand Slam title, culminating with a famous victory over England at Twickenham, and a record-breaking run of 12 successive Test victories. When he stepped down as Ireland captain at the age of 37 following the World Cup in Japan, his fourth tournament, history will no doubt also judge Best to be one of their greatest forwards. A hugely-popular figure across the game, Best finished his career as Ireland's most capped forward, behind only Brian O'Driscoll and Ronan O'Gara in the all-time records, and also made over 200 appearances for his province Ulster. Determined, dedicated, and dogmatic, Martyn Williams is the inspiring number seven lynchpin who has steered club and country to victory in inimitable style. In his action-packed autobiography, he writes about his love for the sport he has made his own. Starting out with hometown team Pontypridd, he made his Wales debut at just 20 and won the Welsh league title with Pontypridd the following year, repeating the feat in his first season after joining Cardiff, whom he went on to captain for three years. Twice a British Lion, his finest hour came as the award-winning role in Wales' Six Nations championship Grand Slam of 2005. But there is far more to Martyn than his seemingly smooth career path from valleys rugby to international stardom. He speaks candidly about the double personal tragedies of losing both his mother and brother to cancer and of the challenges of combining his sports commitments with being a husband and father to his two children. Full of surprises, he also reveals his passion for both American football and soccer. A diehard Liverpool fan, he was a talented center-half himself in his teenage years. He speaks about the controversial departure of Mike Ruddock as coach of the national team, the drinking culture in Welsh rugby in the early years of professionalism, the infamous Battle of Brive, and why he turned down the chance to captain Wales at the 2003 World Cup. He also gives his views on the influx of southern hemisphere coaches like Graham Henry and Steve Hansen, plus the lowdown on how he prepares and trains and what really goes on in the dressing room. With coverage of 2008 RBS Six Nations and revealing portraits of his teammates and opponents, this honest, witty, informative, and entertaining autobiography is a must for fans and any sports lover.

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