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# Froch My Autobiography

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I Am Duran

A Life in Football: My Autobiography

Hats, Handwraps and Headaches

The Ultimate Encyclopedia of Boxing

Morning Star

Behind the Mask

Everybody Has a Plan Until They Get Punched in the Face

Serious

A Social History of Sheffield Boxing, Volume II

The Rainbow

Fighting ISIS

War and Peace

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

Fighter

Love and Fury

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

Straight Writes and Jabs

Night Train

The Greatest Boxing Stories Ever Told

Boxing

Bunce's Big Fat Short History of British Boxing

Clips of the Week

Froch

Greatest of All Time

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Froch

Damage  
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Last of the Line  
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## **RIGOBERTO MOSHE**

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I Am Duran Penguin

\*\* 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

[A Life in Football: My Autobiography](#)  
Miramax Books

#### 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.

*Hats, Handwraps and Headaches* Simon and Schuster

Boxing - Training, Skills and Techniques is essential reading for both recreational and competitive boxers, and all those who wish to take up amateur boxing, or participate in a boxing-based programme. It offers practical advice on the many crucial factors that need to be taken into account if the boxer is to maximize his, or her, performance and potential. Topics include: an overview of the history of boxing; the amateur code; boxing weights; recreational boxing; equipment and attire; a detailed consideration of both basic and advanced techniques; the role of the coach; fitness training; gym work; running; conditioning; speed and agility training; making the weight and nutrition; planning the season, and much more.

[The Ultimate Encyclopedia of Boxing](#)  
Weiser Books

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.

*Morning Star* Random House

Muhammad Ali is a force of nature. Over the past forty years, he's proven himself a one-of-a-kind boxing champion, a charismatic media darling, and a world-class personality. Here at last is a book spectacular enough to capture his legend. This beautifully produced, oversized hardcover is brimming with hundreds of rare and never-before-published photographs, many of which were printed with a unique, stunning silvertone effect. Based on exclusive interviews conducted with Ali at the height of his career, as well as meticulous research with the help of his family, friends, entourage, and opponents, *Muhammad Ali: The Glory Years* captures as never before the champ's dazzling talent and magnetic appeal, both in and out of the ring. The visual centerpiece to this astonishing collection is a complete photographic record of each and every professional Ali fight from 1960 to 1981. Also included is a foreword by former light

heavyweight champion of the world, Jose Torres, and an introduction by writer Victor Bockris. *Muhammad Ali: The Glory Years* is an indispensable collector's item for Ali's millions of fans, and an insightful biography that captures a pivotal slice of American pop culture. It is, without question, the handsomest book ever published on this national treasure.

**Behind the Mask** Random House

On a hot summer's night, in June 1985, in one of the most emotionally charged fights of all time, Barry McGuigan beat Eusebio Pedroza to become the featherweight champion of the world. An epic battle that lasted a full 15 rounds, it remains one of sport's greatest moments - watched by 27,000 spectators ringside and by a further 20 million on television around the world. Raised in the border town of Clones, Co. Monaghan, at the height of the troubles, Barry McGuigan united people across sectarian and religious divides during a difficult time in the country's political history. A Catholic, Barry married his Protestant childhood sweetheart, Sandra in 1981. An Irishman, he fought for the British title, wearing boxing shorts in the colours of the United Nation's Flag of

Peace - and in place of a national anthem his musician father, Pat McGuigan would often sing a heartfelt rendition of 'Danny Boy' before a fight. Engaging and intelligent, McGuigan is a renowned and revered figure in the boxing world and beyond. In this candid autobiography, The Clones Cyclone shares his stories of extraordinary professional triumph and devastating personal tragedy.

Everybody Has a Plan Until They Get Punched in the Face Hodder & Stoughton  
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.

Serious Gill & Macmillan Ltd  
John McEnroe enjoyed tremendous success at all levels of tennis, and he owns 77 career singles titles, including 7 Grand Slams. He joined the circuit in 1978 and it took him only three years to attain the No. 1 ranking. The 1980 Wimbledon final, between McEnroe and Bjorn Borg, is considered by many tennis experts to be the best match ever, a five-set thriller which McEnroe avenged the following year for his first Wimbledon title. In doubles, McEnroe is recognised as the best player of all time. He was ranked No. 1 for a record 257 weeks and captured a total of 74 titles, including 8 Grand Slams. Still an active player, McEnroe is now an outstanding tennis commentator and broadcaster for the BBC and other national networks. This autobiography, his first, covers an awesome tennis career, marriage to movie star Tatum O'Neal and where arguably the greatest tennis player

of all time goes from here. This is SERIOUS.

**A Social History of Sheffield Boxing, Volume II** Random House

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 Rainbow** Froch

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.

### Seven Dials

WINNER AT THE TELEGRAPH SPORTS BOOK AWARDS 2021 HEALTH AND FITNESS \*The Sunday Times Number One Business Bestseller\* Pre-order now: the knockout book about success and mindset, by one of boxing's most respected and influential promoters. 'Relentless fizzes with Hearn's work ethic' - Financial Times \_\_\_\_\_ 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 relentless 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 boxing's toughest performers. \_\_\_\_\_ 'Arguably the world's most powerful boxing promoter' - Financial Times 'The most powerful man in British boxing' Business Insider 'Eddie Hearn has been at the forefront of boxing's resurgence' GQ 'The biggest promoter in boxing' Square Mile \_\_\_\_\_ The perfect book for when life deals a knockout blow, an invaluable guide about making the most from life, drawn from the hard-won lessons of one of the most successful boxing promoters in the world.

### *Fighting ISIS* Random House

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!'

#### *War and Peace Crowood*

Another in Hauser's annual collections of articles on boxing, bringing readers into the dressing room with elite champions in the moments before some of 2012's biggest fights, exploring the use of performance-enhancing drugs, and looking back in time at the incomparable Archie Moore.

*Hard Road to Glory - How I Became Champion of the World* Quercus Publishing  
THE INSTANT SUNDAY TIMES TOP TEN BESTSELLER 'Tony is a champion who knows the hardest battle is always with yourself. Everyone who reads this book

will find a change to make in their own life ' ANT MIDDLETON **\*\*THE PULL-NO-PUNCHES GUIDE TO LIFE\*\*** "When your job is to stand in front of a very big man who wants to knock you unconscious, you learn what's important in life. In the ring there's nowhere to hide. I was never the biggest or the strongest but I made the most of what I had - I had heart and I had grit and I always put time into the mental game. Now I want to take readers into the ring and help them understand that even though it's an extreme environment and somewhere they're unlikely to ever be, there's plenty they can learn there" Over 12 rounds (chapters), former world champion boxer Tony Bellew will take the reader inside the world of elite boxing to reveal what we can all learn about performance. From what the boxing gym can teach us all about being honest about our strengths and weaknesses to how to hit the canvas and get back up again, this is the closest thing to having a world champion boxer in your corner.

**Fighter** Random House

**\*\*THE SUNDAY TIMES BESTSELLER\*\***

Gypsy Queen to the Gypsy King, Tyson Fury's wife Paris reveals the magical highs

and epic lows of life with the Heavyweight Boxing World Champion, as she shares their life story and what keeps them strong through the good times - and the bad. Paris Fury is Tyson's rock, the wife he thanks for all his success. Both from Traveller families, she married him at 19 and is hands-on mother to their six children, as well as at his side through every fight. Always glamorous, strong, grounded, and her own woman. When Tyson's struggles with depression, OCD and alcohol have threatened to overwhelm them, she has held them together, and helped to see Tyson through to the greatest boxing victories. With all her warmth, humour and honesty, she tells her story - from her Traveller childhood, falling in love, making a home and a family, to coming through Tyson's darkest moments. She vividly describes the anguish of their worst times, and what it's like to be at the ringside. And she shows what it takes to balance the fame, the fans and all the sporting pressures alongside everyday family life.

Love and Fury Palgrave Macmillan

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 Hearn, 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.

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

"Anyone who loves boxing--even the sport's most die-hard supporters--must take a longer and more serious look at the issues that Tris Dixon writes about with such nuance and humanity in *Damage*...there's no better argument for more studies, discussion, and awareness than this book, a volume equal parts heartbreaking and inspiring with respect to the need for change."--Greg Bishop, Senior Writer, *Sports Illustrated* The secret history brain damage in boxing has never

been fully told—until now. From the story behind Muhammad Ali's deterioration, to first-hand accounts from the fighters themselves, including the beloved Micky Ward. In *Damage*, author Tris Dixon delivers a gripping history of "boxing's darkest secret"--CTE (Chronic Traumatic Encephalopathy), which was known previously as "Dementia Pugilistica" and "Punch Drunk Syndrome." This highly-anticipated book has already generated intense discussion on social media about the inner-conflict that comes with being a fan of the "sweet science, " and the difficulty involved in witnessing the devastating brain trauma suffered by the warriors who fight for the entertainment of millions. Unfortunately, the promoters, managers, and other non-participants who profit from the violence have long looked the other way. Will this book finally drive them to address the issue and help fighters get the help they deserve? [Straight Writes and Jabs](#) Lyons Press Boxing.

[Night Train](#) Constable

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

The Greatest Boxing Stories Ever Told  
Hodder Paperbacks

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.