

My Life And Rugby The Autobiography

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.

The story of a rugby league legend. A gentleman off the field and a brute on it, John Sattler was one of the most feared players of his era. He was equally renowned for his toughness and courage: famously, he played 77 minutes of the 1970 Grand Final with a shattered jaw, leading the Rabbitohs to victory over Manly. Here for the first time he tells his story in his own words and in his own style: honest, uncompromising and direct. It's the story of a boy from the bush who led the Pride of the League back to its rightful place at the top of the Sydney premiership. Along the way, Sattler toured with the Kangaroos, played in four winning Grand Finals and survived a near-fatal car crash. While he later built a new life for himself as a proud Queenslander, Sattler will always remain a South Sydney legend and an icon of the game. 'The story of one of the game's greatest heroes'—Russell Crowe 'If you say South Sydney, you automatically think of Johnny Sattler. He was the iconic, archetypal Rabbitoh warrior.'—Ray Martin

SHORTLISTED FOR THE TELEGRAPH RUGBY BOOK OF THE YEAR The truth about being a rugby player from the horsey's mouth. This book is not just about how a psychiatrist called Humphrey helped me get back on my horse and clippity-clop all the way to the World Cup semi-final in Japan. It's the story of how a fat kid who had to live up to the nickname Psycho grew up to play and party for over a decade with rugby's greatest pros and live weird and

wonderful moments both in and out of the scrum. That's why I'm letting you read my diary on my weirdest days. You never know what you're going to get with me. From being locked in a police cell to singing Adele on Jonathan Ross (I'll let you decide which is worse), being kissed by a murderer on the number 51 bus to drug tests where clipboard-wielding men hover inches away from my naked genitalia, melting opponents in rucks, winning tackles, and generally losing blood, sweat and ears in the name of the great sport of rugby. This is how (not) to be a rugby player.

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

Legacy

The Beautiful Chaos of Fiji's Olympic Dream: WINNER OF THE TELEGRAPH SPORTS BOOK OF THE YEAR 2019

My Name '5 DODDIE

One Chance

Belonging: The Autobiography

What a Flanker

As player, manager, and pundit, Donal Lenihan has seen it all in the world of rugby - and done much of it too. A victorious captain of Munster Junior and Senior Schools, he went on to skipper the Ireland team at the inaugural Rugby World Cup in New Zealand in 1987 and was a fixture in the second row for over a decade, winning two Triple Crowns and three Five Nations championships. Selected for three British & Irish Lions tours, he was famous for skippering the unbeaten

side nicknamed 'Donal's Doughnuts', before taking charge of both Ireland and the Lions as manager. From such a stellar position at the heart of the rugby world, Donal Lenihan has a wealth of stories to tell from both on and off the pitch, from raucous antics on tour to the sometimes difficult fellowship of players in a time of Troubles. He delves deeply into Cork and Munster culture and the influence on his career of his family. And as a much-respected analyst, Donal is also not short on voicing his opinion on the rights and wrongs of the modern game, and how the transition from the amateur to the professional era has affected the heart and soul of rugby. Full of wit, insight and emotional sincerity, this is a rugby book for the ages by a sporting great.

SHORTLISTED FOR INTERNATIONAL AUTOBIOGRAPHY OF THE YEAR AT THE 2020 TELEGRAPH SPORTS BOOK AWARDS. As Kieran Read calls time on his distinguished New Zealand career at the end of the Rugby World Cup, this is the open and honest life story of one of rugby's greatest players, a legendary All Black and a two-time World Cup winner. Kieran Read first played for the All Blacks as a 23-year-old in 2008 and since then has amassed more than a century of Test appearances in the famous jersey. Now, after a stellar provincial, club and international career - including back-to-back World Cup victories - the New Zealand captain writes openly and honestly about his time in the game. Read takes to these pages with his trademark determination, lifting the lid on the unique pressures of succeeding as captain the most celebrated All Black of all time (Richie McCaw). He outlines the decisions that molded his career and uncovers the skills of the coaches who shaped him, while offering readers an inside account of how the world's greatest team functions and thrives. Read unpacks the emotional toll of injury and the ignominy of defeat, neatly illustrating the intense experience of representing a rugby-obsessed nation while delivering a masterclass in how to manage the many demands on the mind and on the body. Forthright and frank, Read's well-respected views on the game and its future are a must-read for rugby fans, and his take on the myriad personalities and the peccadilloes of his team-mates, coaches and opponents will be sure to surprise and delight. From the playing fields of Papakura to the summit of the sport, Read has faced every challenge head on. His life story if no exception.

From the myth of William Webb Ellis to the glory of the 2003 World Cup win, this book explores the social history of rugby union in England. Ever since Tom Brown's Schooldays the sport has seen itself as the guardian of traditional English middle-class values. In this fascinating new history, leading rugby historian Tony Collins demonstrates how

these values have shaped the English game, from the public schools to mass spectator sport, from strict amateurism to global professionalism. Based on unprecedented access to the official archives of the Rugby Football Union, and drawing on an impressive array of sources from club minutes to personal memoirs and contemporary literature, the book explores in vivid detail the key events, personalities and players that have made English rugby. From an era of rapid growth at the end of the nineteenth century, through the terrible losses suffered during the First World War and the subsequent 'rush to rugby' in the public and grammar schools, and into the periods of disorientation and commercialisation in the 1960s through to the present day, the story of English rugby union is also the story of the making of modern England. Like all the very best writers on sport, Tony Collins uses sport as a prism through which to better understand both culture and society. A ground-breaking work of both social history and sport history, A Social History of English Rugby Union tells a fascinating story of sporting endeavour, masculine identity, imperial ideology, social consciousness and the nature of Englishness.

This is the first book to introduce key themes in the study of women's rugby from multi-disciplinary perspectives, including history, sociology, gender studies, sport development and sport science. Featuring contributions from leading researchers and former international players from across Canada, England, France, New Zealand and the USA, the book opens with a global history of women's rugby, locating the game in the wider context of the development of women's sport and exploring important social issues such as race, gender and violence. The book then looks at training and performance analysis at pitch level, helping the reader get a sense of the game from the ground up, before focusing on women's rugby through the eyes of others (such as rugby coaches), women's experiences of rugby's culture and promotional culture. This is fascinating reading for anybody with an interest in women's sport, rugby, sport and social issues, sport development, or sport history.

A Life in Rugby

Women in Rugby

Life on the Edge of Professional Rugby

Leadership

You Can't Stop the Sun from Shining

The Rugby World Cup

When the going gets tough, the tough start changing. Difficult times call for different solutions. In his global bestseller, *Legacy*, James Kerr goes deep into the heart of the world's most successful team, the New Zealand All Blacks, to help understand what it takes to bounce back from adversity and still reach the top. It is a book about leading a team or an organisation - b

more importantly, about leading a life. The kind of life that you want to lead. In today's volatile, uncertain, complex and ambiguous environment, personal leadership has never been more relevant and Legacy goes to the heart of how great leaders - and we are all leaders - 'reboot and reframe their future. It is a truly life-defining read that addresses the big questions - values, vision, mindset and purpose - that, when answered, build the foundation for resilience, excellence and sustained success. This book will change your life. Champions do extra. They sweep the sheds, follow the spearhead, and keep a blue head. They are good ancestors and plant trees they'll never see.

Contemporary sports coaching studies have moved beyond simple biophysical approaches to more complex understandings of coaching as a set of social relationships and processes. This is the first book to examine what that means in the context of one major international sport, rugby union. Drawing on cutting-edge empirical research in the five most powerful rugby-playing nations, as well as developments in pedagogical and social theory, the book argues for an holistic approach to coaching, coach development and player and team performance, helping to close the gap between coaching theory and applied practice. With player-centered approaches to coaching, such as Game Sense and Teaching Games for Understanding, at the heart of the book, it covers key contemporary topics in coach education such as: Long term coach development Experience and culture in coaching practice Positive coaching for youth rugby Improving decision-making ability Collaborative action research in rugby coaching Informed by work with elite-level rugby coaches, and examining coaching practice in both the full and sevens versions of the game, this book encourages the reader to think critically about their own coaching practice and to consider innovative new approaches to player and coach development. It is essential reading for all students of sports coaching with an interest in rugby and for any coach, manager or administrator looking to develop better programmes in coach education.

As a Premiership, World Cup and Grand Slam winner, no one better embodies the charisma and the colour of English rugby's greatest era than Lawrence Dallaglio. He has some story to tell, not just of the formidable exploits on the field, but an extraordinary life off it. His only sister Francesca, was the youngest to perish in the Marchioness disaster and her death at 19 remains the great sadness of his life. In addition to this and his much-talked about England exploits, he also led his club Wasps to the summit of European rugby, winning two Heineken Cups and three consecutive English Premiership titles. Full of drama, controversy and great sadness, Lawrence Dallaglio's story the last of the great World Cup heroes is the one every rugby fan has been waiting to read.

Irish rugby as you've never seen it before -- from the man who got the job every rugby lover would love to have. 'Rala has a gift for making people feel at ease and special at the same time' Paul O'Connell Patrick 'Rala' O'Reilly has been bagman for the Irish rugby team for over twenty years. In that time he's witnessed many highs and lows. But for him rugby has always been about the people, the places and the experiences. Here, with his own inimitable wit and humour, he shares with us his unique memories of his time spent at the very centre of Irish and Lions rugby. From his early days with Terenure RFC to touring with the Lions in 2009 and 2013, to pre-match traditions, pranks, iPod playlists and his love affair with Inishbofin, he tells the behind-the-scenes story of team spirit and friendship. With anecdotes from Keith Wood, Brian O'Driscoll, Donncha O'Callaghan, Jamie Heaslip, Peter Clohessy, Paul O'Connell and others, Rala: A Life in Rugby gives us an insight into the world of rugby - as never seen before. 'He's a great, a role model ... but, most importantly, he's a great friend' Jamie Heaslip 'Even when I stopped being captain, I'd find my bags in my room when I arrived at the hotel, and my laundry hanging on the back of my door. He didn't have to do that, but then there's so much that he didn't have to do, but he still did' Brian O'Driscoll

Fringes

Sevens Heaven

Lessons From My Life in Rugby

Life After Rugby

The path to Rugby World Cup glory

The Hurt

Sonny Bill Williams (SBW) is a once in a hundred-year athlete with immense sporting talent in Rugby League, Rugby Union and Boxing. Sonny Bill has built an incredible career and sporting reputation across the globe. His athleticism has taken him from inner-city Auckland, where he grew up, to the highest sporting moments in Twickenham, Eden Park and Sydney's Olympic Stadium. But there is so much more to Sonny Bill Williams' life and journey than his on-field and in-the-ring triumphs. Sonny Bill's love of family, his faith, his skill and performance throughout his unparalleled sporting career, his ability to unite a team under pressure, his grace in owning his mistakes, the challenges of leaving home as a young man and dealing with a negative culture and the temptations that followed, and his courage in speaking out for the vulnerable and calling out injustice are all aspects of an inspiring life story. Sonny Bill Williams was the first Muslim to play for the All Blacks. Driven by a fierce moral compass, Sonny Bill Williams thoughtfully and authentically uses his standing and platform as both a UNICEF Ambassador and an elite sportsperson to speak out on political issues that confront the world today and to benefit those struggling in life. He is a dedicated family man, devoted to his faith, committed to his teammates, respectful of his fans and aware that the path he has taken can inspire and empower others. Working with Alan Duff, award-winning author of Once Were Warriors, this will be the must-read autobiography of the year., ,

THE SUNDAY TIMES BESTSELLER 'Hilarious, and straight talking but also articulate and insightful - I am just hugely fond of this guy' -Eddie Jones 'James Haskell: what a flanker, what a book' -Rugby World
Just before the start of the 2002 Wales v Scotland match in Cardiff, the stadium announcer asked people to stand and acknowledge Bill McLaren's great contribution to the sport. The whole ground rose, leaving McLaren choking back the tears. Then came a voice in his ear: 'Cue, Bill...' Coping with his emotions on that day was obviously not straightforward, even for a commentator of Bill McLaren's experience, used to being caught up in some of the most dramatic moments rugby has ever seen. But Bill also talks frankly about the greatest tragedy of his life: the death of his younger daughter from cancer at 46, the three years of agony and the trauma of her final day. Bill wanted to stay at her bedside but she insisted he go and carry out a commentating duty in Edinburgh on the Saturday afternoon. He did so, rushed back to the hospital, but she had died that afternoon while he was on air. McLaren, himself, had almost died of TB in his youth and he tells of the days and nights when he hid under the sheets in bed at the Scottish hospital where he was kept for 19 months, 'crying myself to sleep each night as they took away my friends who had died that day. I was certain I would be next'. He has excellent memories of his war years and delves deep to recall some harrowing times as a forward observation spotter when he came within inches of being killed by a

German sniper. Later, he also remembers leading his men one day into a small northern Italian town where they discovered 1500 corpses piled up in the square. 'That was the day I became a man, rather quickly,' he says. He was 21. As well reliving the highlights of his illustrious career as a commentator, Bill talks of the game today and his regrets that rugby went professional. He is a fierce critic of what this has led to and fears for the future health and safety of rugby players because he regards the modern game as dangerously physical. His story amounts to a history of the game itself and reaffirms McLaren's status as something of a global treasure. The phenomenal International Number One Bestseller With exclusive interviews with Richie McCaw, Steve Hansen, Beauden Barrett and Dan Carter, The Jersey is the first definitive story behind the greatest sports team on the planet. 'Extremely well written. Compelling, accurate, insightful and brilliant in the way it captures the New Zealand way. - John Hart, former All Blacks coach. With a better winning record than any other sports team in history, they stand head and shoulders above their nearest rugby rivals, and go to the 2019 World Cup as back-to-back World Champions. How did a country of just 4.8 million people conquer the world? Peter Bills, who has reported on international rugby for more than 40 years, was given exclusive access to all the key figures in New Zealand rugby as he set out to understand the secrets behind the All Blacks success. From Steve Hansen to Beauden Barrett, Richie McCaw to the late Sir Colin Meads, Peter Bills talked at length with over 90 people, both in New Zealand and around the world, with intimate knowledge of what makes the All Blacks tick. This is a story of the first settlers, and the 'Originals' who forged the All Blacks legacy, right through to modern times. It draws heavily on the contributions made by all New Zealanders: players, coaches, officials, supporters and those who have worn the most recognized jersey in the world. Intrinsically, The Jersey goes to the heart of the All Blacks success. It is also an epic story of not just a rugby team but a nation, whose identities are inextricably linked. Additionally, it debates a question, terrifying for any of their opponents. Could the All Blacks get even better?

An Holistic Approach

Loose Head

Glory, Glory

My Autobiography

The Sunday Times Sports Book of the Year

Rala

Professional athletes' careers and livelihoods depend on results, so when they train they make sure they get the most from their training sessions. Experienced trainer Nick Grantham introduces you to performance based conditioning, explaining why athletic-based strength and conditioning training programmes are superior to all other training methods. Providing you with detailed information in a highly accessible manner, the book ensures you can elevate your training programmes to a new level. Revealing the training S&C strategies and principles used by elite athletes, this book will show that, regardless of your current fitness and exercise experience, anyone can train like an athlete. Providing a strong scientific rationale for an athletic approach to training so you can develop a better understanding of physical preparation, The Strength and Conditioning Bible gives you the key elements of an integrated performance-conditioning programme. An essential resource, this book contains a 16-week, 4

stage plan that balances total-body strength, endurance, mobility, balance, coordination and athleticism. You will be able develop a customisable and realistic fitness programme and with the knowledge gleaned from the book, you will develop and enjoy productive and pain-free workouts for years to come.

'He's a great coach. He lives and breathes the game. There's nothing he doesn't know' Brian O'Driscoll 'The best coach Irish rugby - arguably Irish sport - has ever had' Malachy Clerkin, Irish Times In the autumn of 2010, a little-known New Zealander called Joe Schmidt took over as head coach at Leinster. He had never been in charge of a professional team. After Leinster lost three of their first four games, a prominent Irish rugby pundit speculated that Schmidt had 'lost the dressing room'. Nine years on, Joe Schmidt has stepped down as Ireland coach having achieved success on a scale never before seen in Irish rugby. Two Heineken Cups in three seasons with Leinster. Three Six Nations championships in six seasons with Ireland, including the Grand Slam in 2018. And a host of firsts: the first Irish victory in South Africa; the first Irish defeat of the All Blacks, and then a second; and Ireland's first number 1 world ranking. Along the way, Schmidt became a byword for precision and focus in coaching, remarkable attention to detail and the highest of standards. But who is Joe Schmidt? In Ordinary Joe, Schmidt tells the story of his life and influences: the experiences and management ideas that made him the coach, and the man, that he is today. And his diaries of the 2018 Grand Slam and the 2019 Rugby World Cup provide a brilliantly intimate insight into the stresses and joys of coaching a national team in victory and defeat. From the small towns in New Zealand's North Island where he played barefoot rugby and jostled around the dinner table with seven siblings, to the training grounds and video rooms where he consistently kept his teams a step ahead of the opposition, Ordinary Joe reveals an ordinary man who has helped his teams to achieve extraordinary things. 'Rugby obsessives and amateur coaches will revel in the insight that Schmidt offers into his training methods, tactics and preparation ... Full of insight, emotion and considered analysis' Irish Daily Mail 'An insight into the fascinating personality of the man who has been the single most influential figure in Irish rugby over the last decade' Irish Times 'He is clearly more than an ordinary coach, the winning of two Heinekens, beating New Zealand twice, the 2018 Grand Slam and reaching no.1 in the World Rankings are positive brushstrokes, marking Irish rugby for ever ... A rocky read about exceptional deeds, told in extraordinary fashion' Irish Daily Star 'Undoubtedly the greatest coach in Irish rugby history' Daily Telegraph

Josh Lewsey is a household name in English rugby. He has been a Rugby World Cup winner, part of the prestigious British Lions squad and a crucial member of the Wasps team, one of the most successful UK premiership rugby sides of the last 10 years. Not content with just being a rugby player, his life off the pitch has been equally impressive. He is a graduate in both Law and Physiology, a former Army Officer and an avid adventurer. This fascinating and humorous autobiography follows the highs and the lows that inevitably come from being at the top of a professional sport. His refreshingly honest approach means that he offers real insight into the personalities and attitudes that make up the rugby world, as well as the lessons that he has learnt along the way to reach the pinnacle of his game.

"I take deep pleasure in these poems, wishing to park in front of them--sexy and larger than life as they are--with my feet up and a big bowl of popcorn." In a collection peppered with odes to films and stars, an elegy for Whitney Houston, and more than a few surprises, Eileen G'Sell gives us more than a little 'history, hilarity, the strewn blooms of rhyme.' Settle in, my friends. You are in for a treat." --D.A. Powell

How to Train Like an Athlete

The Autobiography

Lewis Moody: Mad Dog - An Englishman

The Science of Rugby

Lessons from My Life in Rugby

Ordinary Joe

Winner of the Daily Telegraph Rugby Book of the Year 2020 The Sunday Times bestselling rugby book of the year 2020 Brilliant, honest, combative – Eddie Jones is a true legend of world rugby and remains an enigmatic figure in the game. In My Life and Rugby he tells his story for the first time, including the full inside account of England's 2019 World Cup campaign. He describes his experience growing up in a tough working-class area of Sydney, where he first played rugby, and how he learnt from the extreme highs and lows of his own playing career – the numerous successes but also the painful disappointment of never playing for Australia. He tells how he then embarked on a coaching career that has seen him become one of the most experienced and decorated coaches in Rugby Union, spanning four World Cups and three finals. His successes have included masterminding England's spectacular victory over New Zealand in the 2019 World Cup and engineering the sport's most stunning upset when Japan beat South Africa in 2015. My Life and Rugby is the story of one of the most compelling and singular figures in rugby. Told with unflinching honesty, this is the ultimate book for all fans of the sport. Written with Donald McRae, twice winner of the William Hill Sports Book of the Year award and three-time Sports Feature Writer of the Year, My Life and Rugby is the story of one of the most compelling and singular figures in rugby. Told with unflinching honesty, this is the ultimate rugby book for all fans of the sport. A Best Book of the Year – Daily Mail, Sunday Times, The Times

'Rugby is great for the soul,' he writes, 'but terrible for the body.' Rugby hurts. It demands mental resilience and resistance to pain. It explores character, beyond a capacity to endure punishment. Dylan Hartley, one of England's most successful captains, tells a story of hard men and harsh truths. From the sixteen-year-old Kiwi who travelled alone to England, to the winner of ninety-seven international caps, he describes with brutal clarity the sport's increasing demand on players and the toll it takes on their mental health, as well as the untimely injury that shattered his dreams of leading England in the 2019 World Cup. The Hurt is rugby in the raw, a unique insight into the price of sporting obsession. 'Few have had more twists and turns in a pro rugby career' Robert Kitson, Guardian 'Anyone who cares about the game, in which he won 97 caps for England and played 250 times for Northampton, should read Hartley's book' Don McRae, Guardian

The Science of Rugby is the only book to examine the scientific principles underpinning the preparation of rugby players for high performance. Drawing on the very latest scientific evidence, and covering both codes (union and league), the book explores every aspect of preparation and performance that introduces best practice by leading coaches and sports science professionals from around the rugby world. The book covers key topics such as: Physical preparation and conditioning Strength and power training Monitoring match and training demands Match-day strategies for enhancing physical and technical performance Management of fatigue and recovery Training and playing in the heat Travel and jet lag Injury epidemiology Psychological preparation Performance analysis

Biomechanics Nutrition Talent identification and youth development The book also incorporates several case-studies to demonstrate how scientific principles have been applied in practice. No other book bridges the gap between theory and applied practice in rugby, from grass roots to elite international standard, and therefore this is essential reading for any student, researcher, sport scientist, coach, physiotherapist or clinician with an interest in the game.

Richie McCaw, Rugby World Cup winning captain and the New Zealand All Black's most capped player of all time, is unquestionably the greatest player of his generation. He is arguably the most talented player of all time. In his bestselling autobiography, McCaw talks with brutal honesty about the roots of his family life that defined his character and how it gave him the strength to emerge from the lowest moment in his career to lift the Webb Ellis Cup, and become the most successful captain world rugby has ever seen. As he prepares to become the first captain to successfully defend the World Cup, McCaw has set the standard of what a professional rugby player should be. Hugely popular and respected, his sheer presence means that he is a natural leader both on and off the pitch and his story is not just a brutal account of life on the front line, but an exhilarating portrait of modern rugby.

The Player and the Pixie

Jonny: My Autobiography

The Real McCaw

My Life and Rugby

Playing on the Periphery

Donal Lenihan

"In my late thirties, it gradually dawned on me that I had become Jason's regular hooker. It was an arrangement that worked well for a couple of reasons. He didn't need me to dress up in anything particularly risqué or to do anything too vulgar, other than cuddle in the middle of a field with him and fourteen other men on a Saturday afternoon." Steven Gauge's response to an impending midlife crisis didn't involve piercings, tattoos or a red sports car - instead, he decided to take up rugby. What he found on the pitch was a wonderful game, far removed from the professional televised glamour of international rugby, where ordinary blokes with ordinary jobs (and some extraordinary bellies) get together once in a while and have a great time rolling around in the mud. By the end of his first few seasons, Steven had cracked his nose and various other parts of his anatomy - but he had cracked the game too, and found a place in the club as Captain of the Fourths.

The first biography of the enigmatic coach who has completely transformed the England rugby team. After Eddie Jones began coaching England's rugby team, they won 22 of their next 23 matches. The side that limped out of the 2015 World Cup was thoroughly revitalised. But who was the unconventional figure responsible for this change of fortune? And, given recent setbacks, will Eddie be able to inspire England to bring their best to the 2019 World Cup? From his school days playing alongside the legendary Ella brothers to his masterminding of Japan's jaw-dropping World Cup victory over South Africa, Eddie Jones has always been a polarising figure, known for his punishing work ethic. Constantly controversial, never complacent, Jones has truly shaken up English rugby. Drawing on over a hundred interviews with former teammates, players, administrators, coaching colleagues and Jones himself, veteran rugby writer Mike Colman brings a rare level of insight

to his biography of this singular man.

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.

USA TODAY BESTSELLER How can someone so smokin' hot be so bad in bed? I mean, Sean Cassidy is absolute rubbish. RUBBISH. He is the epitome of walking, talking false advertising and I want a refund! Plus he's an arsehole. So... what is wrong with me that I can't stop thinking about him? THE PIXIE Lucy Fitzpatrick doesn't like rugby. As the little sister of Ireland's most infamous rugby player, Lucy can't seem to escape the championship-sized shadow cast by her big brother, or her mother's frequent attempts to micromanage her future. Her rainbow hair is as free-spirited as her quest for inner peace, yet overbearing expectations keep bringing her down. And when she's down, her compulsive little problem lands her in seriously big trouble. THE PLAYER Sean Cassidy is a cold-hearted brute... or so he's been told. Frequently. By everyone. His blonde locks, baby blues, and rock hard bod make ladies all over the world over drool with desire. As the rugby world's second most infamous player, he should be basking in his success. But Sean has never been content settling for second place, and his frequent confrontations with Lucy's big brother leave him cold. And when he's cold, his compulsive little problem lands him in the lap of Lucy Fitzpatrick. THE PLAN Sean has a problem only Lucy can solve. Lucy has a problem only Sean can fix. The solution seems obvious: you scratch my back, and I'll bail you out of jail. But when their business arrangement unexpectedly leaves Sean scorching hot and Lucy on the precipice of inner peace, can they convince the world—and Lucy's big brother in particular—that this is the real deal? Either way, both the Player and the Pixie are about to teach each other some pretty monumental lessons about family, life, but most importantly, love. The Pixie and the Player is a full-length, romantic comedy novel, can be read as a standalone, and is the second book in the Rugby Series.

Ronan O'Gara

The Definitive Photographic History

The Jersey

Winning!

It's in the Blood

Eddie Jones

Updated edition of the #1 Amazon Bestseller LONGLISTED FOR THE WILLIAM HILL SPORTS BOOK OF THE YEAR PRIZE 2020 Sports books tend to detail extraordinary achievements, triumphs against the odds or commemorate

World Cup winning captains. This book does not do that. For many, playing professional sport is the Dream Job. Few manage it, very few make it to the top and for the rest, life is very different. This is their story. In *Fringes*, Ben Mercer invites you to witness life at the outer edges of professional rugby. This is a first hand account of what life is like as a journeyman professional athlete. You play, but to the wider public you don't exist. You earn but you don't drive a flash car. You sometimes pack out a stadium but sometimes, you play in a deserted park. This is the story for the majority of sports professionals. Only the minority taste the top, only one person gets to lift the cup or win the medal, only 15 get to play for England at any one time. For the rest, that's not the case. Ben Mercer is a former professional rugby player who after becoming disillusioned and uninspired plying his trade in the English Second Division, accepted an offer out of the blue to go to France and do something different - help an amateur team turn professional. This is a first hand account of what life is like in the lower reaches of professional sport - where your employment status is as precarious as your health and barely anyone will know your name. It's about how it feels to live year to year, with teammates constantly on the move. It's about how professionalism irreversibly changes the French club Stade Rouennais as they move up the divisions, about the tension between progress and identity in a rugby team. It's also about how it feels to actually be out there on the field, how it feels to occasionally do something extraordinary and how it feels when this is no longer enough for you to make the sacrifices that you need to make to keep playing. There's no ghostwriting, it's an unmitigated meditation on how it feels and what it means to play rugby for a living, to dedicate yourself to an uncompromising but occasionally beautiful game. If you've wanted to know what life is really like as a professional athlete, on the *Fringes*, away from the glitz and glamour of the international game then look no further.

SHORTLISTED FOR THE WILLIAM HILL SPORTS BOOK OF THE YEAR 2018 The uplifting, feel-good autobiography of Ben Ryan, the coach of the Olympic gold-medal winning Fijian rugby team It is late summer 2013. Ben Ryan, a red-haired, 40-something, spectacle-wearing Englishman, is given 20 minutes to decide whether he wants to coach Fiji's rugby sevens team, with the aim of taking them to the nation's first-ever Olympic medal. He has never been to Fiji. There has been no discussion of contracts or salary. But he knows that no one plays rugby like the men from these isolated Pacific islands, just as no one plays football like the kids from the Brazilian favelas, or no one runs as fast as the boys and girls from Jamaica's boondocks. He knows too that no other rugby nation has so little - no money and no resources, only basic equipment and a long, sad history of losing its most gifted players to richer, greedier nations. Ryan says yes. And with that simple word he sets in motion an extraordinary journey that will encompass witchdoctors and rugby-obsessed prime ministers, sun-smudged dawns and devastating cyclones, intense friendships and bitter rows, phone taps and wild nationwide parties. It will end in Rio with a

performance that not only wins Olympic gold but reaches fresh heights for rugby union and makes Ben and his 12 players living legends back home.

There has never been anyone quite like Doddie Weir. A giant of the game and a rugby icon, his unique story is charged with a passion for living life to the full. In a rugby career which had huge highs and shocking lows, Doddie faced some of the game's greatest players, from Jonny Wilkinson to Jonah Lomu, Brian O'Driscoll to Scott Quinnell and Martin Johnson to Joost van der Westhuizen, and set stadiums alight when "on the charge like a mad giraffe". Now, at the age of 48, Doddie faces an entirely different adversary: Motor Neurone Disease. But Doddie Weir has never been one to shy away from a challenge, on or off the pitch, and he has faced up to MND with undaunted positivity, using his boundless energy to raise funds for MND research and support. This book critically examines how rugby union has developed in recent years, in nations on the periphery of the sport. Focusing on people and places on the fringes, it examines contemporary issues and challenges within the global game. Such a collection is timely, as the sport's governing body seeks to expand influence and participation beyond the eight core nations, with the 2019 Rugby World Cup in Japan being the first time that that tournament has taken place outside of the core. Presenting case studies from Europe, Africa, North and South America, Asia and the Middle East, this collection offers an interdisciplinary account of a sport that is undergoing a period of significant change. Through examination of topics such as the development of rugby sevens and the growth of women's rugby, it considers what the future may hold for the sport. Rugby in Global Perspective is important reading for students of sport in society, the globalisation of sport, sports studies, sport development and associated fields. It is also a valuable resource for academic researchers working in rugby union or sport in the peripheral rugby nations, as well as those with an interest in cultural geography, sociology, development studies, events studies, event management and sport management.

Sonny Bill Williams

The Test

My Life in Rugby

Kieran Read - Straight 8: The Autobiography

The Dynamics of Modern Rugby

Hard Men of Rugby

What does it take to become one of the most successful coaches in the world? Eddie Jones is one of the most successful sports coaches of all time. From coaching three different nations to Rugby World Cup Finals and with a winning record with England of nearly 80%, Eddie Jones knows what it takes to lead and manage high performance teams. What can sport teach us about leadership? For the first time, Eddie Jones shows just what it takes to be a leader in a high performance and high pressure environment and how these lessons can be applied to every walk of life, from coaching the U9 rugby team to leading a multinational organization to simply doing

your job better. Have a voracious ambition to improve every day As he explains the High Performance Cycle of Success at the heart of his philosophy, Eddie Jones reveals the lessons he has learnt from Sir Alex Ferguson, Arsene Wenger, Pep Guardiola as well as from the founder of Uniqlo and Ron Adams from the NBA. He also gives a detailed analysis of his own performance as a coach as well as how he gets the best out of the players and coaches around him and what he saw in Tom Curry that no one else saw, which makes him think that he could be the next Richie McCaw. Always start with the end in mind Drawing on stories of nearly thirty years of coaching, including the 2003, 2007, 2015 and 2019 World Rugby campaigns, the full story of England's 2021 Six Nations campaign as well as why it takes humour, humility and relentless curiosity to lead an eclectic mix of superstars from Maro Itoje to James Haskell, George Smith to Kyle Sinckler, to create teams that are relentlessly hungry to win, Leadership is the ultimate rugby book about what it takes to be the best. Written with Donald McRae, two-time winner of the William Hill Sports Book of the Year Award, Leadership is the book for anyone who wants to learn how to build and lead a team to success.

Lewis 'Mad Dog' Moody has been a familiar face in English rugby for fifteen successful and, at times, painful years. The former Leicester and now Bath flanker has seen and done it all in a sport that has changed beyond recognition from his first forays into the sport to the huge spectacle that rugby, and especially test match rugby, has become. Known for his near-suicidal fashion of playing the game, Moody has achieved as much as anyone in the history of the sport, from league, cup and European honours with an iconic Leicester Tigers team alongside the likes of Martin Johnson and Neil Back, to a 2003 World Cup winners medal and an MBE when still a young man. A great deal of heartbreak would follow - pain, illness, self-doubt and dark days in the four years before the next World Cup campaign that saw Moody and England fall in the 2007 final but he re-emerged to finally captain his country to a third World Cup campaign in 2011. Mad Dog - An Englishman is the story, warts and all, of one of the most-loved and respected British sporting figures; a story that allows the reader into the inner sanctum of a top rugby star's life, from the early days of student and rugby dressing room mayhem, to the latter years of dedication to the cause, and utter professionalism against all odds. You may think some of Lewis Moody's adventures are well-known. You would be wrong. In this searingly honest autobiography the original 'Mad Dog' lays himself bare and, along the way, takes you on an incredible journey that will make you laugh, cry and understand what it takes to construct a career as successful as Lewis Moody's.

The modern game of rugby football has become gladiatorial, whereby muscular athletic players are involved in a form of collision chess with sophisticated defences smothering the offensive skills that were at one time a more dominant feature of the game. The contributors to this book consider the physical, mental and nutritional demands of the game in its

present form and how best to acquire these attributes in the most effective and efficient manner. The inevitable injuries that are associated with collision are considered in terms of prevention and the most effective forms of treatment. New concepts to improve exercise capacity, game preparation and recovery are discussed in conjunction with the modern coaching theories of the game. The possible changes to the rules are discussed by two outstanding International referees, and the future vision for World Rugby is outlined by the President of World Rugby. The Dynamics of Modern Rugby is both a unique and contemporary addition to the rugby literature and, as such, is essential reading for any student, researcher, coach, sports scientist, physiotherapist, nutritionist or clinician with an interest in rugby.

A visual history of rugby's greatest sporting event, this beautiful photographic book is a fascinating chronological exploration of the matches, teams, heroes and surrounding stories of the tournament. Each chapter covers a Rugby World Cup, starting with the inaugural competition in 1987 - in which New Zealand confirmed their status as the world's top rugby nation - to the historical 1995 Rugby World Cup in South Africa after the end of apartheid and the international sports boycott through England's fantastic win in 2003 breaking the southern hemisphere's dominance, up to the 2015 qualifiers. The book also looks ahead to Rugby World Cup 2019, with Japan as host city. Each photograph has been carefully selected to give a real glimpse into this great tournament. The ideal, collectable gift for any rugby fan, written by a rugby expert.

Rugby in Global Perspective

Confessions of an (un)professional rugby player

My Life

The Strength and Conditioning Bible

A Social History of English Rugby Union

Advances in Rugby Coaching

The gruesome stories of the hardest, most ruthless rugby players from around the world since World War I. As talented as they were fiery, many were just as lively off the pitch as on it. In our era of citing commissioners, super slow-motion replays and trial by social media, some of their actions are quite hard to believe!
Foreword by Nigel Owens.

England Rugby Union's head coach gives the full insight into what it takes to be a great leader.

'There is so much more to the man than single-minded determination.' Sunday Telegraph 'His first day in the job of England coach is superbly described, and thereafter he is forever going the extra yard to make his team great.' Sunday Times _____ Winning! tells a remarkable story - an unforgettable journey that began in September 1997 and took the English Rugby Team team from the lower ranks of international first-class rugby to the top as World Cup Champions. Sir Clive Woodward and his team mounted a campaign of vast change, great learning, team building and clear vision to achieve their aim. 'We would question

everything, change anything and leave no stone unturned,' he writes. WINNING! will talk about the team's journey of innovation and discovery and will reveal exactly how it happened, the fundamentals of their success and how these principles can be applied to any human endeavour. 'We changed the way we coached, the way we played and, of equal importance, how we operated off the field.' Bringing his business management skills to the game, Woodward simplified the entire approach to the structure of the team and created new management systems both on and off the pitch. In an anecdotal style, Clive Woodward entertains and informs while he describes the thrilling build-up to England's World Cup triumph in 2003.

'A true warrior. He demands excellence from himself and others around him. He has had success and disappointment, joy and sadness. People think they know him but unless you read this book you will never know the REAL Alun Wyn Jones.' Warren Gatland Match Day. Closing a hotel room door, down into the team room. Up into a hotel lobby full of supporters in red shirts, of cheers and applause and shouts of good luck. This is where the story of Alun Wyn Jones's journey begins, the story that every child who has dreamt of playing rugby for their country starts with. From the tightness in your stomach to the look on your team-mates' faces, the adrenaline starting to flow within. *Belonging* is the story about how the boy left Mumbles and returned as the most capped rugby player of all time. It is the story of what it takes to become a player who is seen by many as one of the greatest Welsh players there has ever been. What it takes to go from sitting, crossed legged on the hall floor at school, watching the 1997 Lions Tour of South Africa to being named the 2021 Lions Captain. But is it also about perthyn - belonging, playing for Wales, working your way through the age-grades and the club matches and regional sides. What it takes to earn the right to be there, and what it feels like to make the sacrifices along the way. Feeling the bond to the great players not long gone, and feeling the ties to the millions in front rooms and pubs across the hillsides and the valleys, coast to coast. Knowing that deep down you just want to belong, be a part of it, as everyone does. From the rain swept pitches of Swansea to making his test debut against Argentina in Patagonia in 2006, from touring with the Lions in 2009, 2013, 2017 and 2021 to losing a parent and building a family, *Belonging* is the autobiography of one of the most compelling figures in World rugby. Told with unflinching honesty, this is the ultimate story of what it takes and what it means to play for your country: what it means to belong.

The All Blacks: The Secrets Behind the World's Most Successful Team
Rugby Maverick

My Life as a Hooker

When a Middle-Aged Bloke Discovered Rugby