

My Life In Rugby

'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. 'One of the best captains I have ever worked with' James Haskell 'Forthright and striking ... 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 'Fascinating ... No one should underestimate his impact' Rugby World Jonny Wilkinson's impact on global sport has been extraordinary. Yet Jonny has faced a battle all his life to achieve success and, crucially, happiness. A crippling fear of failure, the targets he set himself and a string of injuries have caused Jonny to question his attitude to life. In this startling new book, writing with Steve Black, Jonny opens up for the very first time, revealing his darkest moments and explaining in a practical way the steps and techniques he has taken to ensure success in all aspects of his life. He still wants to be the best, but he now enjoys the journey. With never-before-told stories from his life and rugby career, this book will act as a powerful inspiration for anyone wanting to bring to the field of play - be it business, personal or sport - the very best they have to offer.

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.

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.

England Rugby Union's head coach gives the full insight into what it takes to be a great leader. In his almost 20 years in the sport, Will Greenwood has achieved just about everything a professional rugby player could ever aspire to, playing an integral role in the World Cup-winning campaign of 2003, and achieving great things with England beyond that at the Six Nations and on tour with the Lions. Never was a man more well placed to write on the sport. From the grass roots to elite professionalism, Greenwood has made his name as the face of intelligent and entertaining rugby writing and punditry. From hilarious character sketches of players to technical discussion of scrummaging and World Cup reminiscences, Greenwood delivers unrivalled writing on the game of rugby.

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.

Now updated—a practical guide to understanding rugby, North American—style Filled with illustrations and photographs of drills and shape-up exercises, *Rugby For Dummies* tackles North American rugby rules, levels of play, and how to coach junior players as well as adults. This revised edition includes the scoop on the fall 2007 rugby World Cup in France, expanded coverage of women's rugby, and updated information on North America's best players and teams.

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 perfect book for any parent to read with their kids. I absolutely loved it!' – Sam Warburton, Wales and the British & Irish Lions 'James Hook has nailed it. A book packed with positive messages – what young rugby fans have been waiting for' – Alan Pearey, Rugby World 'Jimmy Joseph is one to watch. Kick Off does what it says on the cover: kicks off a great new series about a young rugby player's life on and off the pitch. I can't wait to read more' – Tom Palmer, award-winning children's author 'A great read, brilliantly written. It teaches lessons about rugby, both on and off the field' – Leigh Halfpenny, Wales and the British & Irish Lions 'I read this with my rugby-mad son and we both enjoyed it immensely – it really is a book for all ages' – Shane Williams, Wales and the British & Irish Lions 'A great read. The perfect book to encourage kids to follow their rugby dreams' – Tommy Bowe, Ireland and the British & Irish Lions 'This book is a go-to every night before bed with my rugby-adoring sons. A great read for young and old' – Greig Laidlaw, Scotland and the British & Irish Lions 'Loved this book! It's so good, even I might have struggled to get into this school team!' – Mike Phillips, Wales and the British & Irish Lions 'Smashing stereotypes, this brilliant book is worth more than a bonus point. Moving and magnificent, as well as one of the most exciting and confidence-inspiring stories I've read. Guaranteed to be a grand slam series; essential reading for rugby fans whatever your age' – Scott Evans, The Reader Teacher and #PrimarySchoolBookClub Small, skinny, short-sighted . . . and dazzlingly talented. Jimmy Joseph loves rugby. All he dreams about is one day playing for his country in a World Cup, or winning a Test series for the Lions with a last-minute drop-goal. But when he kicks an up-and-under in the schoolyard and accidentally hits his new teacher, Mr Kane, on the head, he makes a powerful enemy. Jimmy and his best friends – Kitty, Manu and Matt – try to prove their worth on the rugby field, but to no avail. Mr Kane has it in for them – and life is already hard enough as they struggle to deal with the antics of team captain Mike Green, well known as the school bully. Can Jimmy and his friends overcome the tyranny of Mr Kane and help Mike see the error of his ways? Or will the combination of bullying, pressure and dirty tactics derail the friends' rugby careers before they have even begun? An epic new rugby series begins here!

If all sports are really about war, then rugby is a heart-thumping epic of bayonet charges and hand-to-hand fighting. In *Memoirs of a Rugby-Playing Man*, bestselling author Jay Atkinson describes his thirty-five year odyssey in the sport-from his rough and rowdy days at the University of Florida, through the intrigue of various foreign tours, club championships, and all star selections, up to his current stint with the freewheeling Vandals Rugby Club out of Los Angeles. Jay has played in more than 500 matches, for which he's suffered three broken ribs, a detached retina, a fractured cheekbone and orbital bone, four deadened teeth, and a dislocated ankle. Written in the style of Siegfried Sassoon's *Memoirs of a Fox-Hunting Man*, Atkinson's book explains why it was all worth it--the sum total of his violent adventures, and the valuable insights he has gained from them.

WINNER OF THE CROSS SPORTS BOOK AWARDS RUGBY BOOK OF THE YEAR The revelatory autobiography of a rugby colossus: Paul O'Connell. There has never been a rugby player quite like Paul O'Connell. He is synonymous with passion, heart and determination; but he is also the thinking man's rugby player, a legendary student of the game. As the heartbeat of Munster, British and Irish Lions captain in 2009, and captain of the first Ireland team to defend a Six Nations championship, O'Connell has emerged as perhaps the most beloved of the golden generation of Irish rugby players. In an autobiography as intense as its author, he tells the story of his remarkable career. 'O'Connell's book tells you how it all happened' David Walsh, Sunday Times 'O'Connell has emptied the tank here' Hilary A. White, Irish Independent

'The intense physicality of his rugby upbringing is an abiding theme . . . along with humour, the craic and an extensive knowledge of how teams work' Paul Hayward, Daily Telegraph 'I found The Battle entrancing' Stephen Jones, Sunday Times 'Revelatory . . . Unflinchingly charts his personal evolution' Keith Duggan, Irish Times

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.

"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.

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.

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 sports person 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.

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.

One of Ireland's greatest ever players lays out his forthright views on the game he loves and his career in rugby with club and country. Ronan O'Gara has been at the heart of Munster and Irish rugby for the past fifteen years. Now, as he comes to the end of a glittering playing career, it is time for him to reflect on those many successes and occasional failures with the straight-talking attitude that has become his trademark. Never one to shy away from the truth, the result is "Ronan O'Gara: Unguarded." Packed full of anecdotes and analysis of the teammates O'Gara has been proud to share the shirt with, and of the coaches he has played under -- often in controversial circumstances -- this is the definitive record of an era when Munster rose to triumph in Europe, and Ireland to win the Grand Slam, before crashing down to earth again. It is simply the must-have rugby book of the year.

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?

SHORTLISTED FOR THE TELEGRAPH RUGBY BOOK OF THE YEAR The truth about being a rugby player from the horse'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. "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

Updated edition featuring a brand new afterword '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

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

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.

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.

Catherine Spencer was the captain of the England women's rugby team for three years. She scored eighteen tries for England, won six of the eight Six Nations competitions she took part in, and captained her team to three championship titles, a European cup, two Nations Cup tournament victories and the World Cup final held on home soil in 2010, which thrust women's rugby into the limelight. All of this while holding down a full time job, because the women's team, unlike the men's, did not get paid for their sport. *Mud, Maul, Mascara* is an effort to reconcile alleged opposites, to show the woman behind the international sporting success. Painfully honest about the mental struggles Catherine faced during, and after, her career as an elite athlete, it is also warm, funny and inspirational – a book for anyone who has ever had a dream, or self-doubt, or a yearning for a really good, mud-proof mascara.

The Instant #1 Sunday Times Bestseller The inspirational memoir from rugby league legend Rob Burrow on his extraordinary career and his battle with motor neurone disease. 'A pocket rocket of a player and a giant of a character . . . He is one in a million and his story is truly inspirational' – Clare Balding 'I'm not giving in until my last breath' – Rob Burrow Rob Burrow is one of the greatest rugby league players of all time. And the most inspirational. As a boy, Rob was told he was too small to play the sport. Even when he made his debut for Leeds Rhinos, people wrote him off as a novelty. But Rob never stopped proving people wrong. During his time at Leeds, for whom he played almost 500 games, he won eight Super League Grand Finals, two Challenge Cups and three World Club Challenges. He also played for his country in two World Cups. In December 2019, Rob was diagnosed with motor neurone disease, a rare degenerative condition, and given a couple of years to live. He was only 37, not long retired and had three young children. When he went public with the devastating news, the outpouring of affection and support was extraordinary. When it became clear that Rob was going to fight it all the way, sympathy turned to awe. This is the story of a tiny kid who adored rugby league but never should have made it – and ended up in the Leeds hall of fame. It's the story of a man who resolved to turn a terrible predicament into something positive – when he could have thrown the towel in. It's about the power of love, between Rob and his childhood sweetheart Lindsey; and of friendship, between Rob and his faithful team mates. Far more than a sports memoir, *Too Many Reasons to Live* is a story of boundless courage and infinite kindness.

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

'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

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.

The extraordinary, life-affirming autobiography of DODDIE WEIR OBE Rugby legend and MND campaigner Doddie Weir has always lived life to the full. On the pitch, Doddie's irresistible talent took him to the heart of every team he graced, and brought him 61 caps for his national side. He won fans all over the world with his sportsmanship, humour and boundless energy – especially when on the charge 'like a mad giraffe'. Then, in June 2017, Doddie made the announcement that he had been

diagnosed with MND. With no cure and almost no treatment of any sort available, Doddie set out to do what he could to change that, tackling the issue head on with his trademark positivity and good humour. Since then, his MY NAME'S DODDIE Foundation has raised and pledged millions towards research into this dreadful condition and his tireless campaigning has transcended the world of sport. MY NAME'S DODDIE is a humbling, courageous and very funny celebration of a remarkable man. And with a brand new update, this is an absolute must-read – rugby fan or not. 'Lucid, brave, and full of the wit and character that makes him the legend he is' – RORY BREMNER

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

Budge Rogers: A Rugby Life is the long overdue biography of one of rugby's most iconic players, Derek Prior Budge Rogers. The story of the wing forward who lit up rugby grounds around the world in the 1960s and 1970s with dazzling and determined wing play, Rogers is a true rugby great. He captained Bedford RFC for five seasons, including the year they won the National Cup in his last game for the club. He spent nine years as England captain and toured overseas with the British Lions and Barbarians - with many a tale to be told from these trips, which are a real highlight of his story. Rogers's exemplary playing career was followed by years in management and administration at the highest level as both Chairman of England Selectors and President of the RFU. An OBE soon followed. A player who epitomized the best values in the amateur game, he also became a key figure in managing the difficult transition of rugby from its amateur status into the modern, professional game we know today. Budge Rogers: A Rugby Life gives a unique insight into the life of this electrifying wing forward and his time at the top of the sport.

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.

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.

From the Wallabies to England, this is the first biography of the inspiring, infuriating and enigmatic super coach, Eddie Jones. 'Conflict in any organization is important, because from conflict you get creativity. I had to find different ways to generate the right kind of conflict.' From his Sydney school days playing alongside the legendary Ella brothers, to his years as Wallabies' coach -- including the loss of the 2003 World Cup Final by the narrowest of margins -- to his masterminding of Japan's jaw-dropping victory over South Africa in the 2015 World Cup, to his revitalization of English rugby, Eddie Jones has always been a

polarizing figure, known for his intelligence, his punishing work ethic, and his verbal skills that can be inspiring and devastating in equal measure. Drawing on over a hundred interviews with former teammates, players and colleagues, veteran rugby writer Mike Colman brings a rare level of insight to this indomitable, driven man whose longevity and success across different teams and different hemispheres mark him as one of the world's coaching greats.

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.

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

'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 a 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 gent, 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

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