

## Nigel Benn Dark Destroyer The Autobiography Of Britains Most Destructive Fighter

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

*Name your top hundred anything and you'll get a hundred arguments. But no one will dispute the rights of legends like Muhammed Ali, Sugar Ray Robinson, Jack Dempsey, Marvin Hagler or Bob Fitzsimmons to be included in this fascinating book. Perhaps two-thirds of the boxers selected will earn their place in anybody's choice of the century's greats. It is the last third that cause the arguments. But such healthy debate is part of the excitement of boxing. In choosing his one hundred best boxers, Patrick Myler has cast aside any consideration of titles...the only criterion is that every man had the mark of greatness. The result is a fascinating evaluation of the very best of this century's boxers.*

*Hangin' Tough is a collection of essays and short stories that celebrate boxing. Jawed Akrim, a lifelong scholar and fan of the noble sport, answers an individual question with each essay or story. The question-and-answer format engages readers and encompass a variety of topics, such as: • Was there ever someone more intimidating than Mike Tyson? • Were people scared to fight Muhammad Ali? • Has a boxer ever been so nervous that they didn't leave the dressing room? • Who would win in a match between Sonny Liston and Rocky Balboa? • What was the most unrealistic thing that happened in the Rocky movies? Filled with colorful personalities such as boxers Muhammad Ali, Canelo Alvarez, Sonny Banks, Trevor Berbick, David Bey, Joe Louis, and many others, the book also highlights trainers and other sports figures with a connection to the ring. Prepare to be shocked, amazed, and even horrified as you take a walk on the wilder side of boxing history.*

*Charles Bronson, classified as the most dangerous prisoner in the UK penal system, reveals who's who in this A-Z guide of the underworld and beyond. It contains many characters with unusual names who influenced Bronson's life and leave little to the imagination: The Wizard, Semtex Man and Pie Man.*

*Doing It The Essex Way*

*Combat Sports: An Encyclopedia of Wrestling, Fighting, and Mixed Martial Arts*

*British Sport - a Bibliography to 2000*

*The Twist*

*Nigel Benn*

*Tales of a Cyber Journalist*

*The challenging life of the climbing taxman*

Travon Brown lives the life most 28-year-olds can only dream. He's charismatic, established in his career and popular with the ladies. At a bachelor party for his frat bro Travon meets Angel, a curvaceous dancer who appears to be a novice in the hardcore world of seduction. When the two talk about their lives, they realize that they have more in common than just physical attraction. They share an explosive moment that leaves them both wanting more. But when Travon gets into a scuffle with Angel's ex, he sets off a chain reaction that leads to an all-out war between two headstrong strip club owners. It isn't until later that Travon realizes the consequences of his one-night stand. Will the war between the others extinguish their chances, or will the heat of their affair be enough to rekindle the fire?

There's only one Essex - and due to the phenomenal popularity of the hit reality-show The Only Way is Essex, the county has transformed from somewhere to be scoffed at to somewhere to be celebrated. 100% Essex is a hilarious book that does just that! Crammed full of bling, banter, Essex birds and blokes, it champions the Essex way of life as shown on screen, seamlessly mixing tongue-in-cheek guides with anecdotes, jokes and quotes about Essex, as well as cheeky tricks and tips on how to act 100% Essex. Includes unmissable chapters on: Love life - chat-up lines, first date etiquette, how to marry well in Essex; Looking good - the 'art' of fake tanning, beauty cheats, top-dressing; You might find in an Essex girl's Louis Vuitton; How to speak in Essex - 'babe', 'shu' uuuup', 'well jell' . . . and many more! This is the must-have handbook for all fans of the show and aspiring Essex girls and boys alike.

WHAT NOT TO DO WHEN VENTURING TO THE POLES (especially when you're the first British woman to try it) \* Decide to take up the challenge in a haze of alcohol one night on New Year's Eve \* Crash the BBC global email system with your fundraising requests \* Do no training whatsoever prior to departure, except the odd aerobics class \* Put a pack of Marlboro Lights into your sled \* Fail to put on the requisite 3 stone to help stave off cold and hunger \* Forget to buy any gloves so stop off at Snow and Rock on High Street to buy a pair on the way to the airport \* Ignore finger going black with frostbite to avoid making a fuss \* Get so drunk in the plane to the North Pole that Canada refuses you entry as an undesirable alien \* Forget to eat or sleep for three days before setting off Catharine Hartley did all these things and still made it to both poles. TO THE POLES WITHOUT A BEARD tells her hilarious and incredible story.

'If we were guaranteed success in everything we tried then life would be pretty boring.' Mainstream news reports about climbing are dominated by action from the world's highest mountains, more often than not focusing on tragedy and controversy. Far removed from this high-altitude circus, a group of visionary and specialist mountaineers are seeking out eye-catching objectives in the most remote corners of the greater ranges and attempting first ascents in lightweight style. Mick Fowler is the master of this remote Himalayan expedition. He has been at the forefront of this pioneering approach to alpinism for over thirty years, balancing his family life, a full-time job at the time, and his annual trips to the greater ranges in order to attempt mountains that may never have been seen before by Westerners, let alone climbed by them. In No Easy Way, a volume of climbing memoirs following Vertical Pleasure and On Thin Ice, Fowler recounts a series of expeditions to stunning mountains in China, India, Nepal and Tibet. Alongside partners including Paul Ramsden, Dave Turnbull, Andy Cave and Victor Saunders, he attempts striking, technically challenging unclimbed lines on Shiva, Gave D

and Mugu Chuli – with a number of ascents winning prestigious Piolets d'Or, the Oscars of the mountaineering world. Written with his customary dry wit and understated charm, he manages challenges away – the art of securing a permit for Tibet – and at home – his duties as Alpine Club president – all the while pursuing his passion for exploration and mountaineering.

My Life and Rugby

Eubank, Benn, Watson and the golden era of British boxing

Knockouts, Snookers, Bullseyes, Tight Lines and Sweet Deals

The Glamour of Violence

Power Quiz '17

Chris Eubank: The Autobiography

**The Memory Man** – a sobriquet earned for his uncanny ability to recall virtually any sporting trivia – not only gives us his entertaining and forensic insight into which sporting moments he believes can be justifiably described as in a Different Class, but sports fans will also be thrilled to finally discover who Jimmy Magee really thinks is the best of the best – or the most over-rated for that matter – in soccer, GAA, rugby, boxing, golf, athletics and many other sports. The maestro of memories has anecdotes about the hundreds of iconic sport heroes he has had the privilege of meeting during his travels. The pages of Different Class are bursting with legendary figures: Muhammad Ali, Pelé, Eddie Merckx, Maradona and Matt Busby. Fans of Irish sport won't be disappointed either, with Jimmy Magee casting a critical eye over the likes of George Best, Katie Taylor, Jack Charlton, Seán Kelly, Brian O'Driscoll, Rory McIlroy, Stephen Roche, Roy Keane, Sonia O'Sullivan, and virtually anyone who's been anybody in the GAA. With such a stellar cast, this book is definitely in a Different Class.

25th February 1995 The Dark Destroyer vs the G-Man Nigel Benn and Gerald McClellan Two men with a reputation to defend - a reputation for brutal, unforgiving combat both in the ring and outside it. Ostensibly, they were fighting for a world title and a lot of money, the stuff of professional boxing. But this fight was different. It was a rare collision of wills, and few present had seen anything like it. After ten of the most gruelling and vicious rounds that the sport of boxing has ever witnessed McClellan finally was defeated. He knelt in his corner on one knee in submission. And he never got up. This is the story of what brought these two men together on the night of 25th February 1995 and how that night changed them forever. It's a story too about those associated with the promotion of public fist-fighting, who bend morality to suit their needs. It's a story that attempts to unravel the glamour of violence. William Hill Sports Book of the Year Finalist.

**WINNER OF THE 1996 WILLIAM HILL SPORTS BOOK OF THE YEAR PRIZE.** In the early 1990s, Donald McRae set out to discover the truth about the intense and forbidding world of professional boxing. Travelling around the States and Britain, he was welcomed into the inner sanctums of some of the greatest fighters of the period - men such as Mike Tyson, Chris Eubank, Oscar de la Hoya, Frank Bruno, Evander Holyfield and Naseem Hamed among them. They opened up to him, revealing unforgettable personal stories from both inside and outside the ring, and explaining why it is that some are driven to compete in this most brutal of sports, risking their health and even their lives. The result is a classic account of boxing that remains as fresh and entertaining as when it was first published almost 20 years ago. McRae approaches his subjects with wit, compassion and insight, and the result was a book that was a deserved winner of the William Hill Sports Book of the Year prize.

From seedy gyms to ringside at Madison Square Garden, Ring Ramblings takes you deep into the heart of boxing. Experience the author's own adventures in the ring and listen in to chats with the greats. Fighters like Alexis Arguello, Gerry Cooney, "Sugar" Shane Mosley, Butterbean, and Fernando Vargas tell you what it's like in the ring; and people like HBO exec Lou DiBella and famed cutman Chuck Bodak give you the lowdown on life outside the ring. With profiles of current stars like Roy Jones Jr., Oscar De La Hoya, and Prince Naseem Hamed, as well as an expansive section on women's boxing, Ring Ramblings gets you as close as you can get to the ring without getting hit.

Boxed In

A Free Companion eBook To Dark Trade

Benn V Eubank

The Polar Adventures of a World Record-Breaking Woman

A Journey From Peckham To Las Vegas

The Dark Destroyer: My Autobiography

Benn, Eubank and British Boxing's Bitterest Rivalry

***During the early years of Atlantic City (AC) boxing, the fight game was bustling. An array of ring talent, from club fighters to champions, came to the shore to compete at thriving venues like the Northside's Waltz Dream Arena and Convention Hall on the boardwalk. Although ring action was plentiful, the biggest fights were still happening elsewhere, and boxing was just one of many entertainment options in AC. However, everything changed once gambling came to town. As casinos popped up along the boardwalk, Atlantic City fights got bigger and bigger. By the late 1970s, boxing was on the rise, and within a few years, business was booming.***

**Heavyweight champion Mike Tyson ushered in the city's peak era in the late 1980s, a time when more than just fight fans turned their attention to Atlantic City for some of the biggest sporting events ever. Although AC never again topped the impact of those days, boxing action at the shore remained vital for decades to come. Nigel Benn is one of the greatest boxers to have stepped into the ring. Known by his fans as The Dark Destroyer, his reputation has become legend. As a boxer, Nigel Benn is extraordinary. During his first 22 professional fights, he knocked out every single one of his opponents--half before the first round had even ended, ensuring his rapid ascent through the ranks. In his autobiography, Nigel recounts his stunning victories, including his famous fight with Chris Eubank. However, he also shares his life outside the ring, from his time in the army, women, and his family as well as giving an astonishing insight into the darker side of his sport. Benn candidly discusses the state of boxing today and its rising stars, such as Benn's own son, Conor, and the son of his infamous rival Chris Eubank, Chris Eubank Jr. With titles such as WBO Middleweight Champion and Commonwealth Middleweight Champion, Benn established himself as a man-to-watch, and in doing so has ensured his name will go down in boxing history.**

**'Firefighters With Hearts' (Book Five). No cheating. No cliffhangers. Guaranteed HEA. One ripped and rugged alpha firefighter. One curvy girl with her sights set on love. When their worlds unexpectedly collide, our troubled heroes are destined for an emotional ride that will tug, squeeze and heal your heart. A must read for anyone who believes that true love will ALWAYS win... no matter what. Sometimes love is not enough. Sometimes we need more. And sometimes we get it... ?NOAH: When our eyes lock through the crowded bar, I'm hypnotised by the long dark hair that falls above her hourglass figure and my heart melts. With more than just lust dragging me towards this curvaceous goddess, I feel like I've known her all my life. Soaking in the majesty of Jade's emerald green eyes I suddenly realise it's almost time for me to leave... again. Making my excuses, I feel her gaze as I head home and curse my rotten luck... again. I desperately wish things could be different. I need this girl in my life. I just don't know if it's possible in my current situation. And I'm not sure it ever will be... JADE: Having not spoken to him in six months, I start to think that maybe I'm wrong about the way Noah looks at me. Always leaving parties early and never working nightshifts at the station, my boss seems to think the mysterious firefighter is hiding something. And then, soaking up some much-needed sun on Parfield beach, I hear his voice behind me. As I turn to face the giant of a man, I tingle as he gazes over my semi-naked, untouched body. Later that evening, wrapped in his powerful arms out in the calm ocean, Noah's expert, tender caress finally sets me free... But it turns out my boss is right. He is hiding something. Something huge. And neither of us can ignore the cloud of doubt it casts over our future together... \*\*\*\*\* Dear awesome reader, Welcome to book five in the Firefighters With Hearts series. He's a ripped and rugged firefighter with a huge heart. She's a cute girl with curves to die for. Despite the course of true love never running smoothly... our heroes will overcome all obstacles and spend the rest of their lives together. Buckle up for a twisting, turning & emotional romance with a guaranteed, no cheating, blissful HEA. This medium-length novella can be enjoyed as a standalone tale, but why stop there? Beginning with Caesar and all set in the idyllic, heavenly seaside town of Parfield, each of our heroes and heroines are all intimately connected. In Parfield... everyone knows everyone and true love will ALWAYS find a way. We're heading down to the beach. Join us.**

**From the streets of Peckham to the neon-lit strip of Las Vegas, Frank Maloney's life has been a roller-coaster ride that even he finds hard to believe at times. The Cockney-born son of Irish parents, who once harboured thoughts of becoming a priest, instead went on to manage Lennox Lewis for 12 years and help him become the undisputed heavyweight champion of the world. In No Baloney, Frank lifts the lid on the world of big-time boxing and its household names, and gives a remarkable account of his time with Lewis, revealing stories and offering opinions that can only come from a true insider. He also gives an insight into the way money, sex, drugs, politics, bribery and corruption have played their part in the sport. But Maloney's story is not just about boxing. It is also about one of life's characters, whose colourful story is told with a brand of humour and emotion that makes it compelling reading. Before settling on a career in boxing, he tried his hand at being a jockey, street trader, chef, pub landlord, cab driver and greengrocer. Along the way there have been girls, fights, a murder investigation and a broken marriage, but through it all there has also been a determination to succeed against the odds. Once dubbed a 'Mental Midget' and 'Pugilistic Pygmy' by Don King, Frank Maloney has gone on to have the last laugh over the flamboyant American promoter and over those who believed he would fail. For, above all, No Baloney is the story of a man who has been lucky enough to experience the kind of life he could not have imagined in his wildest dreams all those years ago in south-east London - and Maloney has made sure he's lived it to the full.**

**Power Quiz '19**

**No Middle Ground**

**Blood is only Red Sweat**

**Hangin' Tough**

**Volume 3: Biographical Studies of British Sportsmen, Women and Animals**

**The Hate Game**

## **No Baloney**

Fistic combat represents the greatest human drama in all of sport. Roman gladiators thrilled citizens and emperors alike when they entered the octagon to face an intense, life-threatening experience. Boxing, the sport of kings, also has its roots in the ancient civilizations of Greece and Rome. Banned in 500 A.D. by the Emperor Theodoric, it resurfaced twelve centuries later in England. John Milton praised it as a noble art for building character in young men, and sports writer A.J. Leibling dubbed it the Sweet Science. Many of its major protagonists - men such as Joe Louis, Rocky Marciano and Muhammad Ali - have become transcendent, near-mythic heroes. But boxing is not the only combat sport, and mixed martial arts, in all their ferocious beauty, represent the fastest growing sports genre in the world. Ultimate Fighting Championships (UFC) has joined boxing in paying seven figures to some of its champions, and draws millions in its pay-per-view events. This book details leading figures in boxing, sumo wrestling, kickboxing, Greco-Roman wrestling, and mixed martial arts (including organizations such as Ultimate Fighting, PRIDE, K-1, Total Combat, and SportFighting). Over 150 entries cover champions, contenders, and other famous combatants from all over the world, as well as legendary promoters, managers, trainers, and events. Also included in this encyclopedia are sidebars on controversies, highlights, brief bios, and other noteworthy events, along with a general timeline. .

To his many fans around the world, Nigel Benn is the Dark Destroyer, a fighter of awesome and devastating power. His first 22 professional fights ended with him knocking out all of his opponents - half of them before the first round was over. Nigel Benn opens his heart in this revealing biography.

Meet the hardest men in Britain - minders, villains, gangsters, bodyguards, SAS hitmen, murderers and terrorists. In this awesome follow up to the hugely successful *Hard Bastards* and *Hard Bastards 2*, Kate Kray, who was married to Ronnie Kray, gets the answers to questions nobody else would dare to ask. We learn the truth about what drives some of these characters to live on the edge of the law and to go as far as they do to get what they want. For some, it is merely a matter of gaining respect or boosting their reputations, for others it is a case of striving for survival. Each of these elite characters is different, and each has a unique tale to tell, yet all of them have one thing in common - they inhabit a world that few of us would dare to venture into.

In *Allegories of the End of Capitalism*, Milo Sweedler examines how filmmakers from six different countries, across four continents, give narrative and audio-visual form to the frustration and anger that burst into public view in 2011, the ongoing class war between the super-rich and the rest of the world's population, and the insurrection that it yet to come. Films examined include *Melancholia*, *Cosmopolis*, *Suffragette*, *Django Unchained*, *Elysium* and *Snowpiercer*. "Allegories of the End of Capitalism ventures beyond the typical ambit of Hollywood Left productions to provide astute readings of six films from around the globe that agitate for revolution." - Kirk Boyle, co-editor of *The Great Recession in Fiction, Film, and Television*

Dark Destroyer

A Quiz Trainer

Barry Hearn: My Life

The Inside Story of Boxing's Most Bitter Rivalry

Inside the Ring with the Hundred Best Boxers

Day One Trader

No Easy Way

*Lost in Boxing* is a free companion ebook to Donald McRae's classic, award-winning *Dark Trade: Lost in Boxing*. The essays contained in this ebook were previously published on the *Hannibal Boxing* website, along with a new introduction by Carlos Acevedo, the author of *Sporting Blood: Tales From The Dark Side Of Boxing*. The essays in this work are: Introduction by Carlos Acevedo *Them Bones: The Night James Toney Won His First World Title*, Carlos Acevedo *The Edge of Derision: On Prince Naseem Hamed*, Oliver Goldstein *The Hotstepper: Oscar De La Hoya*, Nearing Stardom, Carlos Acevedo *Idyllic Masquerading: The Night Chris Eubank Beat Michael Watson*, Oliver Goldstein *The Savage Within: Mike Tyson on the Rise*, Carlos Acevedo *Vendetta: Oscar De La Hoya and Fernando Vargas Settle Their Blood Feud*, Carlos Acevedo *The Future Now: Roy Jones Breaks Through*, Oliver Goldstein *Earn It: Evander Holyfield and Michael Dokes Go to War*, Oliver Goldstein *Episodes in the American Berserk: Mike Tyson vs. Razor Ruddock I*, Oliver Goldstein *This Is the Future: James Toney Batters Vassiliy Jirov for His Third World Title*, Jimmy Tobin

Out now: the autobiography of the legendary sports promoter, Barry Hearn. THE SUNDAY TIMES BESTSELLER 'I am the largest sports promoter in the world. I promote 11 sports to a global audience of billions of people every day of my life' \_\_\_\_\_ A larger than life working class hero, Romford born and bred - always ready with the perfect soundbite - Barry Hearn was famously described as 'roguish but never a rogue'. Hearn is credited with turning snooker into one of the biggest sports in Britain. He essentially turned a sport in which competitors wear bowties into a massive, globally televised event. Away from the table, his promotions empire casts its net over a dozen sports - from professional boxing to darts, fishing to ten-pin bowling - and his career spans

four decades. He also previously owned Leyton Orient football club. Packed with hilarious anecdotes from the golden age of snooker, and behind-the-scenes insight into boxing negotiations and darts bust-ups, Hearn's book is a joy to read from start to finish.

Nigel Benn - Dark Destroyer The Autobiography of Britain's Most Destructive Fighter Kings Road Publishing

The blood-spattered world of bare-knuckle boxing is the ultimate test for the fist merchants of the modern era, and they come no more fearsome than the man they call The Beast. Mere mention of the name Dave Radford is enough to send shivers down the spines of even the most hardened bare-knuckle warriors. The Yorkshire lion heart roared into the UK knuckle pit after a terrible accident down a shaft spelled the end of what promised to be a glittering professional career with the gloves. Not to be deterred, The Beast simply whipped the gloves off and unleashed his own brand of hell on the unforgiving world of knuckle boxing. Here, in his own words, the man who shot to the stars then crashed back down to earth tells it like it is in a brutally-candid account of his rollercoaster journey back to the Elysian Fields of the noble art... 'To the lions, blood is nectar' Mark Kram.

Dark Trade

A Liffe Story

Warden Stories 5102

Legends

Boxing in Atlantic City

My Favourite Sporting Memories

Brain Dump

**Many love a good quiz and fantasize about winning Millionaire. But even if it's only the local pub quiz evening, don't we often wish that we could do better? This book aims to improve your ability by presenting typical quiz information in a concise and easy-to-learn format.**

**NIGEL BENN is a powerhouse among boxers. Known to his fans as the Dark Destroyer, all of his first 22 professional fights ended with him knocking out his opponents - half of them before the first round was over. In this book, Nigel Benn tells it like it is. From the grim days he spent in the army in Northern Ireland, to his notorious battle with Chris Eubank. From the women of his past - including the girl who took his virginity when he was just twelve years old and the numerous women he has romanced since - to the love and support he has now found with his wife Carlyne and his adored children. Nigel also reveals all about the murky world of boxing politics; how the tragic death of his elder brother led him to psychotherapy; how the hypnotist Paul McKenna got Nigel's life back on track. From fighter to family man, this book explores the contrasts that make up the figure of a mighty world champion. 'NO TRUE BOXING FAN SHOULD MISS THIS BOOK - UNPUTDOWNABLE.' THE SUN 'LETS THE READER HAVE IT WITH BOTH FISTS FROM THE OPENING BELL.' BOXING MONTHLY**

**Chris Eubank, with his jodhpurs and gold-topped cane, who lisped in his posh accent about his distaste for the business of 'pugilism', could not have appeared more different from Nigel Benn, 'The Dark Destroyer', the Essex boy who had battled with his demons to reach the top of the boxing world. Their boxing style was just as contrasting, and it was inevitable that they would have to settle their differences in the ring. Their first bout for the WBO world middleweight title, in Birmingham in November 1990, was a brutal affair, widely held to be one of the all-time great contests. Eubank emerged victorious over Benn, the people's champion, and immediately fans called for a rematch. But, for three years, the two men circled each other before coming together again in front of over 40,000 fans at Old Trafford and a global TV audience estimated at 500 million. Author Ben Dirs has interviewed the key protagonists to tell a story that gripped the nation and that still resonates today, 20 years on. It is a tale that reveals the best and the worst of boxing, while revealing the truth that lay behind the public facade.**

**Also works well as emergency loo roll. While you're not going anywhere, why not expand your mind with Brain Dump? Learn thousands of fascinating facts, stats and trivia. Guaranteed to boost your brain, this bumper compendium covers every subject from football to phobias, mountains to the Muppets and spiders to Shakespeare. It features hundreds of mind-blowing entries from Types of Cloud to the Longest Song Titles. And it's not just for the bathroom but the bedroom too! Struggling to sleep? Turn to the Fascinating Facts About Sheep and other gems to tire and train your brain. Zzzzzzzzzz..... Printed on soft absorbent paper for emergencies.**

**1,200 Questions on Great Boxing History**

**One Chance**

**To the Poles Without a Beard**

**(Book 5 - Firefighters With Hearts)**

**Boxing Fan, Big-Fight Analyst, Tactician & Historian**

**African Concord**

**Different Class**

2014 marked the 25th anniversary of the first bout in the epic battle between Nigel Benn, Michael Watson and Chris Eubank to contest the WBO Middleweight Championship that would keep us entertained for five manic, magnificent and ultimately tragic years, marking the start of an epic saga in British Boxing. The fight took place a month after the Hillsborough disaster and was screened live on TV, in a slot now dominated by talent contests. It was a time when kids could stay up late to watch 12 rounds of madness. It was also the last Golden Era of British Boxing. While for us these greats of British boxing provided entertainment away from the hooliganism of football, for them it was much more personal. Rivalries exist in every sport, but their loathing was real and in the ring it nearly became deadly. But this is what the swaggering early-90's Britain tuned in for. These three fighters were Britain's alpha-ego. They made the country proud. No Middle Ground takes us back to the years when these boxers pounded the heavy bags and tells their story as well as that of Britain's love affair with the sport, and how these fight came to define them and us. In tracing the boxers' journeys to centre-stage Sanjeev Shetty reveals the story of the dark side of Thatcher's nation - the blood, the sweat, the dangerous hatred that fuelled these men, and the ultimate price they would pay for their moment in the sun.

Nigel Benn is a powerhouse among boxers. Known to his fans as the Dark Destroyer, his first 22 professional fights ended with him knocking out all his opponents—half of them before the first round was over. In this book, Nigel Benn tells it like it is. From the grim days he spent in the army in Northern Ireland, to his notorious battle with Chris Eubank. From the women of his past—including the girl who took his virginity when he was just 12 years-old and the numerous women he has romanced since—to the love and support he has now found with his wife Carlyne and his adored children. He also reveals the truth about the murky world of boxing politics, how the tragic death of his elder brother led him to psychotherapy, and how the hypnotist Paul McKenna got his life back on track. From fighter to family man, this book explores the contrasts that make up the figure of a mighty world champion.

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

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.

Become a Genius on the Loo

Ring Ramblings

The Autobiography of Britain's Most Destructive Fighter

Lost in Boxing

A Sporting Life

British Sport: Biographical studies of British sportsmen, sportswomen, and animals

100% Essex

“The catastrophic events of 2008 prove that the financial world has not learnt the lessons of my own tragic tale. But anyone who thinks that the world of derivatives is just about greedy bankers who put our pensions and savings at risk is wrong. Day One Trader is the gripping chronicle of the unknown working class heroes of the Liffe floor who shattered a glass ceiling of elitism in the City of London and helped build one of the few financial institutions that we can be proud of...” NICK LEESON Day One Trader is the exclusive story of John Sussex on his journey from son of a Basildon factory worker, leaving school at 16, to successful City financier and member of the Liffe board. Providing a unique insight to this competitive and often brutal industry, readers will discover the tactics used by dealers to survive the jungle of the pits in a story that chronicles the floor banter and characters that made Liffe a global derivatives powerhouse. Packed full of exclusive – until now unreported – stories, Day One Trader sheds new light on what motivated characters such as Nick Leeson, and provides insight to the Liffe floor star traders. Financial experts and novices alike will be gripped by Sussex's account of the highs and lows of a career that spanned almost three decades in the history of the financial markets.

Do you consider yourself to be the world's biggest boxing fan? Do you look forward to, and follow, every match? Are you clued up on the history of this age old sport from bare knuckle and unlicensed through to the top-flight professional game? Then test yourself with the challenging questions contained in The Ultimate Boxing Quiz Book and find out how much you really know. With sections covering all aspects of the boxing world, including famous male and female fighters, nicknames, title fights, nationalities, knock-outs, southpaws, champions, referees, managers and promoters, this book is as educational as it is entertaining. Get your adrenalin pumping as you try to recall all those memorable moments from the great boxing matches of yesteryear and find out if you are a light or heavyweight when it comes to a knowledge of boxing trivia. Whether you want to learn more about late greats or brush up on the modern game this quiz book is a must have for anyone with an interest in the boxing world.

Nigel Benn - Dark Destroyer

Noah: A Curvy Girl Small Town Romance

The Ultimate Boxing Quiz Book

War, Baby

A Century of Boxing Greats

Ultimate Hard Bastards - The Truth About the Toughest Men in the World