

Addictive Football

Randy Grimes

Fitba Daft James Meikle,2008-03 Fitba (football, soccer) is truly the world's game. It evokes the deepest emotions in the millions who play and watch it in almost every corner and culture around our globe. So where does this passion come from? Some of it is certainly inherent in genes, especially in respect of playing ability. However millions who have never played at any serious level are amongst the most fanatical of all. Like most addictions it is something formed by steady consumption over a prolonged period. Alcohol, nicotine and cocaine have much more obvious routes to our bloodstream but I firmly believe that soccer can get there too. It can ultimately provide such an overwhelming sensation of joy that the brain craves repetition of that euphoria, even if it may have to wait thirty years or more between very brief highs. Here's a true life story which provides a detailed insight into the environment and twists of fate which contrive to addict one Scottish boy and sustain that addiction even when he moves to America. They have soccer in America? Oh yeah, more than you can imagine.

Hooked Paul Merson,2021-09-16 Shortlisted for the 2022 Sports Book Awards 'brave ... visceral ... a brilliant, brilliant read ... I would recommend this book to everyone.' Nihal Arthanayake, BBC Radio 5 Live 'so honest ... everybody should read Hooked to understand what anybody in this situation has been through.' Susanna Reid, Good Morning Britain 'a fantastic book ... a remarkable read.' Richard Madeley, Good Morning Britain 'Brave, poignant and very moving. This book will change lives.' Jamie Redknapp 'A courageous, emotional and vitally important book.' Jeff Stelling Paul Merson's wonderfully moving and brutally honest memoir of battling addiction for three decades. For twenty-one years Paul Merson played professional football. He won two First Division titles with Arsenal and was one of the finest players of his generation. But for thirty years Paul Merson has also been an addict. Alcohol, drugs, gambling: a desperately unenviable cocktail of addictions and depression which has plagued his entire adult life and driven him to the verge of suicide. 'I've come to realise that I'm powerless over alcohol ... I'm an alcoholic. My drinking and gambling have left a lot of wreckage.' Until recently the drinking and gambling were still raging. 'I wanted to kill myself. I couldn't go on anymore. I just couldn't see a way out.' Then something clicked. 'One day, I was walking home from the pub late on a Sunday evening, and I thought to myself: I've had enough of feeling like this, every day of my life. I rang up Alcoholics Anonymous the next day, and since then I haven't had a drink.' Hooked is Merson's wonderfully moving and brutally honest memoir of battling addiction, searingly charting his journey over three decades. It is absolutely unflinching in detailing his emotional and psychological troughs and in raking over the painful embers of an adult life blighted by such debilitating issues. Hooked will kick-start a crucial national conversation about addiction, depression and the damage they wreak. 'Addiction is the loneliest of places. You're a slave to insecurity and ego. But it has to be you that wants things to change. Never be afraid to talk: the more you talk about the addictions the more it takes the power out of them. You're never alone.'

Addicted to Black & Gold Chris Gallutia,2000-06-08 This book bleeds passion and commitment. The author has taken the time to recount his feelings on his club as the year unfolded. The book contains pithy remarks, trenchant observations, and fresh, insightful view of the burgeoning American soccer scene through the eyes of one fan. He covers his club in an honest open manner, remaining forever objective albeit dedicated to his team. At the same time, he assesses the sport, the league, and opposing clubs in the same forthright manner.

Off Center Randy Grimes,2022-02-08 Randy Grimes quickly learned one important truth as the Tampa Bay Buccaneers' top draft pick: play through pain, or get cut. This is just part of being a pro athlete, he told himself. Growing up in Tyler, Texas, Grimes's life was very much on center. A childhood spent in church on Sundays and on the gridiron all week turned into a football scholarship to Baylor, marriage to his college sweetheart, and a coveted NFL roster spot. When the Bucs' starting center began piling up brutal hits, he determined to do anything to stay in the game. If the pills prescribed by the team doctors could help, Grimes would take them. All in a day's work, he told himself. Even before Grimes left the NFL, his life began slipping off center. Eventually, he lost almost everything he owned, the respect of his children, and very nearly his life, before tumbling out of the car and crawling on hands and knees into a treatment center-literally-into a life-changing miracle. Off Center is Randy Grimes's riveting story of having it all, playing the sport he loved, losing almost everything, and ultimately finding redemption and hope. Witness the addiction trap that binds millions and claims thousands of lives each year-and the steps Grimes took to reclaim his life and guide others. Today Grimes and his wife, Lydia, stage drug and alcohol interventions for professional athletes, celebrities, business leaders, and everyday Americans to find recovery from addiction. Recovery has become his playbook. His treatment center colleagues are his team. And those with addiction are his community. Above all, Grimes wants people to know: Even when the world seems to be yours, there is room to fall. And even when that world seems to slip away, there is hope.

Sports John R. Gerdy,2010-10-12 John R. Gerdy knows sports inside-out. He has been an All-American basketball player whose college jersey was retired. He was briefly a professional player. Later he served as an associate commissioner in the NCAA's Southeastern Conference and as a legislative and ethical advisor to the NCAA and the Knight Commission. Currently he teaches courses on sports administration. Now, in *Sports: The All-American Addiction*, he brings his insights and observations together in a radical, critical evaluation of the impact of sports on American life. This book argues that our society's huge investment in organized sports is unjustified. Ardent boosters say that sports embody the "American Way," developing winners by teaching lessons in sportsmanship, teamwork, and discipline. In fact, Gerdy writes, modern sports are eroding American life and undermining traditional American values essential to the well-being of the nation and its people. Like a drug, this obsession allows Americans to escape problems and ignore issues. Gerdy asks tough questions. Have sports lost their relevance? Is it just mindless entertainment? Is our enormous investment in sports as educational tools appropriate for a nation that needs graduates to compete in the information-based, global economy of the twenty-first century? Do organized sports continue to promote positive ideals? Or, do sports, in the age of television, corporate sky boxes, and sneaker deals, represent something far different? Boldly making his case, Gerdy detects five causes for alarm. A violent, win-at-all-cost mentality exists. A greater number of spectators are idly watching the few elite athletes. An athletic culture that is anti-intellectual systematically creates "dumb jocks." While bridges, inner-cities, and schools are crumbling, tremendous sums of tax dollars vanish to wealthy owners, millionaire players, and to college athletic programs. Studies show that sports are no more effective in promoting equality than any other American institution. Can organized sports be restructured? The author concludes with a series of daring suggestions for change.

Busted Bronco Joe O'Brien,2011-07-15 *Busted Bronco: From Addiction to Redemption* is the gripping story of the rise and fall of All-American football star Joe O'Brien, written by O'Brien and Bob Evancho. The charismatic and talented O'Brien watched his NFL hopes dashed by his involvement in drugs, his promising coaching career ending in a dramatic arrest that made headlines. After two years in federal prison, O'Brien turned his life around. This is the story of O'Brien's awakening -- a story of redemption and renewal.

Sober Tony Adams,2017-06-01 THE BRILLIANT SUNDAY TIMES BESTSELLER. 'A searingly honest account of the Arsenal legend's quest to recover from alcoholism. Unflinchingly brave.' Sunday Mirror Being Addicted was only half the story, now comes the stunning new autobiography from Tony Adams, now appearing on *Strictly Come Dancing*. Tony Adams was a charismatic figure on the football field, a true leader for Arsenal and England. He won league titles in three separate decades, and after the Gunners moved to their new stadium at the Emirates, it was fitting that a statue of him was erected outside to celebrate his extraordinary career. But, for much of that time, he was also drinking heavily and eventually admitted in his book *Addicted* that he was an alcoholic. Now, in that book's stunning successor *Sober*, Adams reveals what happened next. He discusses the impact that Arsene Wenger had when he arrived at Arsenal in 1996, and how the manager's new methods helped extend his career and brought new success to the club. Always a great thinker on the game, Adams moved into coaching and management on retirement, playing a key role in Portsmouth's famous FA Cup triumph in 2008, and taking on new challenges in the Netherlands, Azerbaijan, China and now Spain to broaden his perspective. He movingly explains the struggles he's faced to stay sober for twenty years and why he set up Sporting Chance, the charity which provides treatment and support for sports stars suffering from addictions. He assesses why Arsenal have struggled to repeat the title-winning formula of his own time there. *Sober* is a truly inspirational memoir from someone who has battled with his demons, but has continued to take things on, one day at a

time.

Passion and Addiction in Sports and Exercise Attila Szabo,Zsolt Demetrovics,2022-06-07 Passion and Addiction in Sports and Exercise is about the bright and dark aspects of sports and exercise behavior and revolves around two closely related yet distinct concepts. Passion is a joyful and healthy reflection of one's enjoyment and dedication to an adopted sport or exercise. At the same time, exercise addiction is an obligatory and must-be-done training regimen. This book is the first to attempt to explain the significant differences between passion and addiction in sports and exercise, as well as the relationship between the two. This book presents an overview of three dimensions of passion and offers a new frame to contextualize exercise addiction. The work also addresses the misinterpretation of certain aspects of training (e.g., intensity, frequency, and commitment) often related to the risk of exercise addiction. After introducing the health benefits of exercise, the book looks at the passion for sports and exercise training and the transition into maladaptive practice. Then it presents definitions and theoretical models for exercise addiction. It then examines exercise addiction cases while also illustrating how excessive or high exercise volumes could be beneficial instead of problematic. The last chapter offers a new approach for a better understanding of exercise addiction. Passion and Addiction in Sports and Exercise is helpful for students, researchers, and clinicians interested in sport and exercise psychology, athletic training, behavioral addictions, and physical education. As well as being valuable reading for all regular exercisers and physically active individuals, including athletes competing at various levels in different sport disciplines.

Saved Peter Shilton,Steph Shilton,2021-09-16 After a trophy-laden and record-setting club and international career, England's greatest ever goalkeeper, Peter Shilton, could rightly look forward to an equally successful post-playing career. But a gambling habit forged in his playing days soon spiralled into a gambling addiction: a silent, self-destructive and ruinous obsession that destroyed relationships, his mental health and very nearly himself. With the love and support of his wife Steph, he was able to face up to his addiction, find hope for the future and overcome his 45-year secret and turn his life around. Peter and Steph - who has over 20 years' experience working in the NHS - now campaign to raise awareness of this, and other destructive addictions, helping both addicts and their partners weather the long and arduous journey back to recovery. Their charity 'Gambling with Lives' works with both the government and FA to tackle the tragic rate of suicide associated with gambling addiction, and campaigns to bring in stricter advertising controls. Steph and Peter bravely tell both sides of their journey with a direct honesty and an empathy born of real-life experience, offering advice and hope to not only to those effected by gambling, but sufferers of other chronic addictions. They also shine a light on football's obsession with gambling, taking millions of pounds from the gambling sites and bookies who sponsor the game, while neglecting to support both the players and fans who fall prey to addiction. This is the ultimately uplifting story of how he was saved - by Steph's love and support, and his own strength and determination.

Fantasy Football For Dummies Martin Signore,2011-02-25 Packed with expert advice and timely tips The fun and easy way to guide your American football team to glory in fantasy football Fantasy football can be an addictive hobby. But if you've never played American football before, how do you start? Have no fear! This friendly guide explains the game to you from start to finish -- from scouting and drafting your players to building your coaching skills to planning your strategy. And who knows, perhaps even to tasting victory in your league championship! Understand the basics of the game Pick the league right for you Assemble your dream team in the draft Develop your in-season management skills Know which quick fixes work and what common mistakes to avoid

28 Brandon Jack,2021-08-03 A brutally honest memoir that completely rethinks what it means to be a man. 'Like Andre Agassi's Open, this is a transformative book; it is going to change our way of seeing' Malcolm Knox 'Brandon Jack is a force for good' Michelle Andrews and Zara McDonald, hosts of the Shameless podcast Continually told he was born with footballing blood, Brandon Jack has spent his life uncertain of the relationship he holds with the games he's played. Now a writer and musician, he sits in his apartment and reflects upon the years spent pursuing what felt like an inevitability - the footballing life. This is a unique and darkly poetic fly-on-the-wall account of a world that is usually shown in bright lights. Filled with relentlessly driven diary entries, vivid details of life at the fringe, and memories of binge-drinking into oblivion as an escape during his playing days at the Sydney Swans, 28 is a portrayal of the sporting psyche in a way that has never been done before. But the true beauty of this book lies in the space outside football. Laid bare on these pages is a searingly honest deep dive into sport, addiction, art, sexuality, masculinity, love, family and identity. 'Searingly honest, unflinching' Peter FitzSimons 'Brandon Jack has talent and daring in abundance' Christos Tsiolkas

Hooked on Football Dermott Brereton,Ken Piesse,1990

Out of Bounds Roy Simmons,Damon DiMarco,2006-01-02 The second NFL player ever to come out as gay and the first ever to come out as HIV-positive, Roy Simmons was an up-and-coming star offensive lineman who quit football after just four years rather than be exposed as gay. Out of Bounds tells his compelling story-from his rape at age 10 to being plucked from his poor Southern background to join the NFL, from his first taste of pro football fame and sudden enormous wealth to his fast-paced, no holds barred nightlife of heavy drugs and countless sexual encounters with women and men. Simmons led a roller-coaster life that peaked in the late 1980s with his playing in the Superbowl. Ultimately, however, reckless living left him penniless, friendless, and on the brink of suicide. Finally in 1992, Simmons tapped the courage to come out as gay on national TV—then coming out as HIV-positive 10 years later—leading him to a healthy path of sobriety and self-acceptance.

Tales from the Blind Side Chris Dieterich Dieterich for Pet Haven,2013-04-21 The lights, the cameras, the cheers of the crowd-adrenaline rushes through my veins as they announce my name and I run out in front of 85,000 roaring fans. It's more addicting than any narcotic I've ever used. What a price to pay to play a damn game 16 times a year. The eleven short stories in Tales from the Blind Side are based on the experiences of former NFL Offensive Lineman Chris Dieterich, who played for the Detroit Lions from 1980 to 1986. Diagnosed with depression from the many concussions he received on the playing field, Dieterich used the writing process as therapy-a release from the dark and painful memories of his decision to give up both his physical and mental health to be in the limelight for seven years. Writing served as an outlet for Dieterich's physical and mental torture, the daily stress and strain of performing at a world-class level. From the grueling misery of summer training camp, to the injuries sustained on the field, and to never-ending post-career bouts of mental confusion, delusions, and addiction to painkillers and alcohol, Dieterich has expertly spun fantasy and hard-core reality into eleven short stories that explore the depths of living on the mental edge of madness. Readers will experience the agony and the ecstasy of the NFL as Dieterich offers a glimpse into the world of professional sports...and its often devastating aftereffects.

Football Addict Adrian Wicks,2014-05-23 Football Addict is a tale of one man's quest to attend over a hundred games at different grounds in one season. Written in diary form, the author travels far and wide - from Morecambe in the North to Merley in the South, Dartford in the East to Dartmouth in the West - and in the process paints a picture of what he finds at each venue. Laced with anecdotes, he comments on the people he meets whilst offering opinions on the game he has watched for over three decades. Forget the Premier League - this is all about grass-roots footy at its best.

Hero of the Underground Jason Peter,Tony O'Neill,2008-07-08 I wasn't afraid of death. How could I be? I lived under death's shadow every day. When you swallow eighty Vicodin, twenty sleeping pills, drink a bottle of vodka, and still survive, a certain sense of invulnerability stays with you. When you continually use drugs with the kind of reckless determination that I did, the limit to how much heroin or crack you can ingest is not defined in dollar amounts, but in the amounts your body can withstand without experiencing a seizure or respiratory failure. Yet at the end of every binge, every night of lining up six, seven, eight crack pipes and hitting them one after the other bam! bam! bam! every night of smoking and snorting bag after bag of heroin . . . after all of that, when you still wake up to see the same dirty sky over you as the night before, you start to think that instead of dying, maybe your punishment is to live---to be stuck in this purgatory of self-abuse and misery for an eternity. Sometimes you start to think that death would come as a blessed relief. Toward the end, I found myself contemplating death again. Only this time I wasn't going to leave it to chance. I was going to buy a gun, load the thing, place the barrel in my mouth, and blow my fucking brains out. I sat on my parents' sofa as I pondered this. All I needed was a gun. And then all-- of my problems-- would be solved.

Red Card Tony Kelly,2013-10-15 Tony Kelly was football crazy from the age of seven. At sixteen he was the youngest ever player in the first team at Bristol City and in his twenties he became a pro, playing for clubs such Stoke City and Cardiff City in the Football League, second and third divisions. But his blossoming soccer career was marred by a series of mishaps and misdeeds which drove him to disaster. Ruined by an addiction to gambling, he lost his job, his career, his partner and all his money. Now he has written his story – as Kelly puts it, to “invite the public, my family and my friends into my secret hell of racism, despair, depression, stardom, gambling addiction and ultimately self-destruction”. Red Card is a tragic yet uplifting story of a sportsman’s battle with his demons, on and off the pitch.

My Dirty Little Secrets - Steroids, Alcohol & God ,2009-01-01 On the 20th anniversary of his draft in 1989, former Green Bay Packer Mandarich reveals the reasons why he never achieved what was expected of him. His story is an inspiration for alcoholics and drug abusers, and offers hope for those trying to help themselves out of the nightmare of addiction.

Game Day Craig James,2009-08-11 The popular college football analyst weighs in on the craziness of college football and the 2008 season If television's college football analysts had a Hall of Fame, Craig James would definitely be in it. His opinion and insight on ABC and ESPN-not to mention occasional jabs of sharp humor and Texas charm-are as addictive as the games are. Game Day takes a complete inside look at the 2008 college football season-from James's behind-the-scenes Spring Tour when he met with players and coaches from twenty top programs to the bowl season. He makes the book timeless by using the season as a springboard to tell tons of great college football stories from his twenty years spent covering the sport . Captures twenty years of unforgettable college football wit and wisdom from his time as a player at SMU and for the New England Patriots through his time in the booth Includes details about most of the top twenty programs around the country Covers the game the way only James can (No one can capture the essence and spirit of a college football season better than Craig.-Doug Flutie) No matter what team you support or how well they did in 2008, if you love college football, Game Day is a book you just have to read.

Introduction to Addictive Behaviors Dennis L. Thombs,Cynthia J. Osborn,2019-04-05 Now revised and updated, this widely used text comprehensively reviews theories of addiction to give students and professionals a multidisciplinary foundation for clinical practice. It explores the causes and mechanisms of substance and behavioral addictions, as well as implications for helping people recover. Providing a science-based perspective, the text emphasizes the importance of using treatment and prevention strategies that are grounded in evidence. Thoroughly updated chapters address disease models; public health approaches; understanding and treating comorbidity; psychoanalytic, behavioral, cognitive, and family systems models; sociocultural approaches; behavioral addiction; and motivational models. Student-friendly features include end-of-chapter summaries and review questions. New to This Edition *Updated throughout with current research and clinical advances. *Discussions of cutting-edge topics: genetics of addiction, addiction stigma, and the opioid epidemic. *New and revised clinical vignettes and review questions.

This book delves into Addictive Football. Addictive Football is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Addictive Football, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Addictive Football
- Chapter 2: Essential Elements of Addictive Football
- Chapter 3: Addictive Football in Everyday Life
- Chapter 4: Addictive Football in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Addictive Football. The first chapter will explore what Addictive Football is, why Addictive Football is vital, and how to effectively learn about Addictive Football.
3. In chapter 2, the author will delve into the foundational concepts of Addictive Football. This chapter will elucidate the essential principles that must be understood to grasp Addictive Football in its entirety.
4. In chapter 3, this book will examine the practical applications of Addictive Football in daily life. This chapter will showcase real-world examples of how Addictive Football can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Addictive Football in specific contexts. The fourth chapter will explore how Addictive Football is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Addictive Football. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Addictive Football.

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