

The Battle [EPUB] by Paul O'connell

Details:

Author: *Paul O'connell*

Format: 432 pages

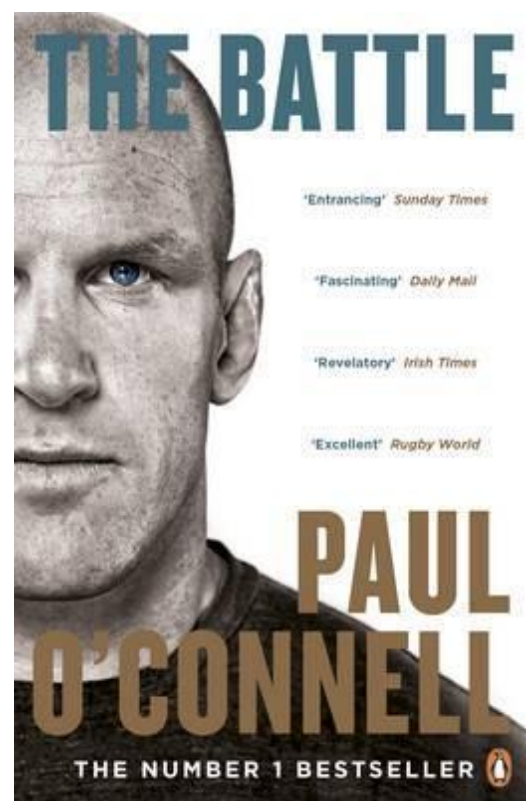
Dimensions: 129 x 198mm

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Publisher: *Penguin Books Ltd*

Release location: *London, United Kingdom*

Language: *English*



Overview:

The revelatory autobiography of a rugby colossus: Paul O'Connell. WINNER OF THE CROSS SPORTS BOOK AWARDS RUGBY BOOK OF THE YEAR 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. 'The years of O'Connell and O'Driscoll were as close to a golden age as ever Ireland will get and O'Connell's book tells you how it all happened ... It should be mandatory for every Irish squad member to read O'Connell's book to better understand what it takes to make a team' David Walsh, Sunday Times 'O'Connell has emptied the tank here. ... What has come out ... is a psychological profile that is almost shocking at times in what it reveals about the bloody single-mindedness of the competitive gene' 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'Excellent ... [an] eye-opening account of the never-ending battles he fought' Rugby World'Revelatory ... Unflinchingly charts his personal evolution ... He is not at all easy on himself' Keith Duggan, Irish Times

Additional Information:

About Paul O'connell

Paul O'Connell was born in Limerick in 1979. He was selected for three British and Irish Lions tours, including as captain in 2009. He won three Six Nations championships with Ireland, including two as captain, in 2014 and 2015; and he won two Heineken Cups with Munster.

Review quote

The years of O'Connell and O'Driscoll were as close to a golden age as ever Ireland will get and O'Connell's book tells you how it all happened ... It should be mandatory for every Irish squad member to read O'Connell's book to better understand what it takes to make a team -- David Walsh * Sunday Times * 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 * Excellent ... [an] eye-opening account of the never-ending battles he fought * Rugby World * Fascinating ... the recollections of life with the British and Irish touring team leap out as highlights * Daily Mail * A fascinating insight into what has driven him and how his approach to the game changed over time. The inner tensions of possibly the most intense competitor of his generation are laid bare in The Battle. -- Shane Horgan * Sunday Times * Revelatory ... Unflinchingly charts his personal evolution ... He is not at all easy on himself -- Keith Duggan * Irish Times * It is pure O'Connell ... Players and coaches from all sports will have the pencil out, finding nuggets -- Kieran Shannon * Irish Examiner * Absorbing and compelling ... The O'Connell who dominates this book is the one who becomes fixated on the mentality of champions -- Diarmaid Ferriter * Irish Times * O'Connell has

emptied the tank here. ... What has come out ... is a psychological profile that is almost shocking at times in what it reveals about the bloody single-mindedness of the competitive gene * Irish Independent * A fantastic book -- Sean O'Rourke * RTE Radio One * He is a standard-bearer for the country and someone whose principles, moral compass, ideals and heroic virtue make us wish our children would aspire to be someone like him -- Neil Francis * Sunday Independent * An exceptional book ... tremendously honest -- Matt Cooper * Today FM * Engaging, honest and insightful. Terrific -- Ryle Nugent Honest, fair and devoid of self-pity ... reflects on his life without a shred of hypocrisy or recrimination -- Paul Rees * Observer * A stunning achievement * Irish Mail on Sunday * p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 15.0px Calibri; -webkit-text-stroke: #000000} span.s1 {font-kerning: none} Provides many revealing insights into the mind of a born winner * Sunday Business Post * Brilliant, bruising -- Donal Ryan * Sunday Independent *