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His autobiography was first published in 2014 and since then his life has suffered massive upheavals with the death of his wife Rebecca, who he refers to in this book as his rock. #2Sides' was put together by Ferdinand recording his thoughts and having the text written up by a David Winner. So we can blame him for the poor edit.

#2Sides: My Autobiography by Rio Ferdinand

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Candid, outspoken and supremely honest, this is his story: from the early days as a schoolboy trying to impress the local kids on the muddy pitches of Peckham, through to picking up the Champions League trophy on a rainy summer ' s night in Moscow, #2Sides is the tell-all account of a unique life in the game.

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Full of outstanding stories and forthright opinions, #2Sides sees Rio reflect on his unique rise to the top of the game: - Cutting his teeth in the West Ham youth teams and becoming captain of Leeds United at the age of 22 - His record-breaking transfer to Manchester United that made him one of the most revered centre-backs in world football - On life under Sir Alex Ferguson and how winning became a habit - Why David Moyes failed as Manchester United manager - On Cristiano Ronaldo, Lionel ...

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Rio Ferdinand - #2sides - My Autobiography An autobiography from the former England and Manchester United defender Rio Ferdinand which looks back at his long and successful playing career most of which has been spent at Old Trafford, but also his earlier years at West Ham United and Leeds United. Published in 2014. Size: 162mm x242mm - 271 pages.

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Get this from a library! 2sides : Rio Ferdinand : my autobiography. [Rio Ferdinand] -- '2sides' is set against the backdrop of this year's World Cup in Brazil where Rio will be presenting and commentating. With over 400 first team appearances and countless trophies to his name, the ...

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Former Manchester United and England defender tells the story of his journey from a Peckham council estate to footballing legend.

Rio Ferdinand - '#2sides: My Autobiography'

Full Book Name: #2Sides: My Autobiography; Author Name: Rio Ferdinand; Book Genre: Autobiography, Biography, Football, Nonfiction, Soccer, Sports; ISBN # B00NKQSF2G; Edition Language: English; Date of Publication: 2014-10-2; PDF / EPUB File Name: 2Sides__My_Autobiography_-_Rio_Ferdinand.pdf,

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Ferdinand published his second volume of autobiography #2Sides in 2014, following his career from beginning to his year at Queens Park Rangers. Although Ferdinand has never voted before in a general election, he backed a Remain vote in the 2016 United Kingdom European Union membership referendum. Controversies

Rio Ferdinand - Wikipedia

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In #2Sides Rio Ferdinand talks candidly about David Moyes' first season with Manchester United and the comparisons in management style with long-standing boss Sir Alex Ferguson. He talks about the highs and lows at the Premier League club, his opinion on the John Terry racism row, thoughts on players through the years including Cristiano Ronaldo and Roy Keane, retiring from international soccer, plus plenty of celebrity stories and insight into the friends, family, players and managers that have influenced him most. Rio also discusses the training and discipline needed as well as advice for keeping a level head in a world where fame, money and celebrity are thrust upon you.

'2sides' is set against the backdrop of this year's World Cup in Brazil where Rio will be presenting and commentating. With over 400 first team appearances and countless trophies to his name, the Manchester United defender has witnessed first-hand many changes in the football industry. As well as his personal story, this book will offer an insight to the modern day player and the training and discipline needed.

Rio Ferdinand is one of the finest footballers of his generation - a born winner and one of the game's greatest stoppers. Full of outstanding stories and forthright opinions, #2Sides sees Rio reflect on his unique rise to the top of the game: - Cutting his teeth in the West Ham youth teams and becoming captain of Leeds United at the age of 22 - His record-breaking transfer to Manchester United that made him one of the most revered centre-backs in world football - On life under Sir Alex Ferguson and how winning became a habit - Why David Moyes failed as Manchester United manager - On Cristiano Ronaldo, Lionel Messi and why Paul Scholes is the greatest player ever to grace the Premier League With a Foreword by Harry Redknapp, #2Sides is a superb retrospective from one of the most outspoken voices of England's golden generation.

"Set against the backdrop of [the 2014] World Cup in Brazil where Rio will be presenting and commentating. With over 400 first team appearances and countless trophies to his name, the Manchester United defender has witnessed first-hand many changes in the football industry. As well as his personal story, this book will offer an insight to the modern day player and the training and discipline needed.

Second Yellow: More Adventures of our Footballing Heroes brings you more funny, fascinating and downright baffling tales gleaned by authors John Smith and Dan Treffer from their unflagging research of over 240 footballer autobiographies. Together, they have pored through the works of genuine legends, cult heroes and players they can only dimly recall from their 1983 Panini sticker albums to find stories and facts that will delight, shock and confuse - sometimes all at once. There's the chairman who owned a ventriloquist's dummy called Algernon. There's the Liverpool legend who set a team-mate's wife's hair on fire. There's the Arsenal star who confronted some innocent fans with a samurai sword. And there's the Ipswich hero who took on Sylvester Stallone in an arm-wrestling contest - possibly inspiring Stallone's half-forgotten epic Over The Top. This book covers all the bases of the typical footballer's life: love, violence, gambling, horrific injury, banter (it's mostly banter) and, apparently, pigeons.

No player has been more synonymous with the glory years of Manchester United Football Club over the past two decades than right-back Gary Neville. An Old Trafford regular since he attended his first match at the age of six, captain of the brilliant 1992 FA Youth Cup-winning team that became known as 'Fergie's Fledglings', outspoken representative of MUFC, Neville is the ultimate one-club man. He has been at the heart of it all and, at the end of an amazing career, is now ready to tell it all. Authoritative, insightful, fearless and never less than 100% honest, no-one has better credentials for documenting the story of United under Sir Alex Ferguson. Neville reveals the behind-the-scenes secrets of his early days with the likes of Giggs, Scholes and his best mate David Beckham; what it was like to play with Cantona, Keane and Ronaldo; the Treble in 1999; and of course an entire career of playing for the greatest manager in the game. Then there are all his experiences with England, from being the youngest starter at Euro 96 when football came home, to the ups and downs of five major championships and seven managers - Venables, Hoddle, Wilkinson, Keegan, Eriksson, McClaren and Capello. There are opinions and analysis on Gazza, Rooney, WAGs and the true story of the FA and Rio Ferdinand. For twenty glorious years, Gary Neville has worn his heart on his sleeve. This is his story.

The Sunday Times no.1 bestselling memoir from Harry Redknapp ' From kicking a ball as a kid under the street lamps of Poplar and standing on Highbury's North Bank with my dad, to my first game at West Ham, I was born head over heels in love with football. It saved me, and 50 years on that hasn't changed one bit - I'd be lost without it... ' Harry is the manager who has seen it all - from a dismal 70s Portakabin at Oxford City and training pitches with trees in the middle to the unbeatable highs of the Premiership, lifting the FA Cup and taking on Real Madrid in the Champions League. With his much loved, no-nonsense delivery, Harry brings us a story filled with passion and humour that takes you right inside every drama of his career. Harry finally tells the full story of all the controversial ups and downs - the pain and heartache of his court case, the England job, his love for Bobby Moore, his adventures at Portsmouth with Milan Mandaric, the Southampton debacle, Tottenham and Daniel Levy, and not forgetting his years at West Ham or the challenges at his current club QPR. It ' s the epic journey of one of the great managers and, along the way, the story of the British game itself over the last five decades. In an era now dominated by foreign coaches Harry is the last of an old-fashioned breed of English football man - one who has managed to move with the times and always come out fighting.

In The Winning Mindset, Professor Damian Hughes, the acclaimed author of Liquid Thinking and How to Think Like Sir Alex Ferguson, draws on both his lifetime experience and academic background within sport, organization and change psychology to reveal the best ways to create a winning mindset in both personal and professional life. Having worked with some of the top teams in the UK, and watched some of the best coaches in the country at work, Hughes distils the five keys principles that separate the best coaches and teams from the rest: Simplicity; Tripwires; Emotions; Practical; Stories: STEPS. The role of a sports-team leader is fascinating, complex and tough. Fantasy football leagues may convince us that success is all about buying players and selecting a team. In reality, it is about creating winning environments - recruiting, developing and nurturing talent, effectively communicating a shared vision with a diverse collection of individuals, delivering on enormous expectations from a range of stakeholders, overcoming significant challenges, handling pressure and staying focused throughout: a set of challenges familiar to leaders in all sectors.

Sir Alex Ferguson's compelling story is always honest and revealing he reflects on his managerial career that embraced unprecedented European success for Aberdeen and 26 triumphant seasons with Manchester United. Sir Alex Ferguson's best-selling autobiography has now been updated to offer reflections on events at Manchester United since his retirement as well as his teachings at the Harvard Business School, a night at the Oscars and a boat tour round the Hebrides, where he passed unrecognised. The extra material adds fresh insights and detail on his final years as United's manager. Both the psychology of management and the detail of football strategy at the top level can be complex matters but no-one has explained them in a more interesting and accessible way for the general reader than Sir Alex does here. MY AUTOBIOGRAPHY is revealing, endlessly entertaining and above all inspirational.

From the winningest soccer coach ever, best known for 27 triumphant years with Manchester United, comes the book that decodes the key tools he used to deliver sustained success on and off the field. After an astonishing career-first in Scotland, and then over 27 years with Manchester United Football Club, Sir Alex Ferguson analyzes the pivotal leadership decisions of his 38 years as a manager and, with his friend and collaborator Sir Michael Moritz, draws out lessons that anyone can use in business and life to generate long-term transformational success. From hiring practices to firing decisions, from dealing with transition to teamwork, from mastering the boardroom to responding to failure and adversity, Leading is as inspiring as it is practical, and a go-to reference for any leader in business, sports, and life.

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