



## Running: The Autobiography (Paperback)

By Ronnie O Sullivan

Orion Publishing Co, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. World Snooker Champion Ronnie O Sullivan s frank and honest account of his astonishingly dramatic life.I used to rely on drugs and alcohol to keep me going, but now I ve got the healthiest addiction going - running.This book explains how running has helped me to fight my demons - my addictive personality, depression, my dad s murder conviction, the painful break-up with the mother of my children - and allowed me to win five World Snooker Championships.It is also about all of the great things in my life - my kids, snooker, my dad s release from prison, great mates who have helped me, and the psychiatrist Dr Steve Peters, who has taught me how not to run away when things get tough.Finally, it s about what it s like to get the buzz - from running, from snooker, from life. Because when it comes down to it, everyone needs something to drive them on.



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