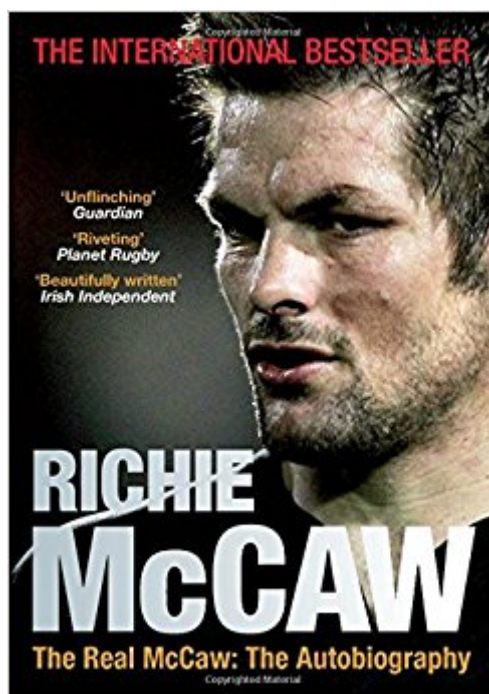


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# The Real McCaw: The Autobiography



## Synopsis

Richie McCaw, Rugby World Cup winning captain and the New Zealand All Black's most capped player of all time, is unquestionably the greatest player of his generation. He is arguably the most talented player of all time. In his bestselling autobiography, McCaw talks with brutal honesty about the roots of his family life that defined his character and how it gave him the strength to emerge from the lowest moment in his career to lift the Webb Ellis Cup, and become the most successful captain world rugby has ever seen. As he prepares to become the first captain to successfully defend the World Cup, McCaw has set the standard of what a professional rugby player should be. Hugely popular and respected, his sheer presence means that he is a natural leader both on and off the pitch and his story is not just a brutal account of life on the front line, but an exhilarating portrait of modern rugby.

## Book Information

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## Customer Reviews

Richie McCaw, New Zealand's All Blacks rugby captain was described by Heyneke Meyer, the coach of South Africa, one of the All Black's greatest rivals, as "probably the best player who ever played rugby" In most pictures, McCaw's gaze is cheerful but the cover of his autobiography shows the intensity and the hardness he brings to the game. In *The Real McCaw, The Autobiography*, the first chapter tells of his foundation and the beginning of Richie McCaw's determination to be a great all black. Goal setting and visualization became a major part of his life. He figured out the preparation he needed to succeed and followed through. His preparation, even today, includes writing instructions to himself in a notebook. They begin with the words "Start again" and end with

the letters G.A.B. a reminder that, ever since he was a boy, he aspired to be a Great All Black. McCaw was in charge of a side that hadn't been beaten for 15 months. In that time he also ended the losses of one World Cup after another for New Zealand when, in October 2011, he captained the All Blacks to victory. The fact that he played the last three matches with broken bones in his foot provided Paul Ackford (Sunday Telegraph) with the back cover blurb "Better on one leg during the World Cup than most players on two." The chapters leading up to, and including, the World Cup gave an inside look at a brutal contact sport and the mind of the rugby captain leading the All Blacks. Subsequent chapters touch on his love of gliding, flying in general, the love for his family and the heartache after the earthquake in Christchurch, his home. If you're looking for an expose of his love life you won't get it in this book.

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