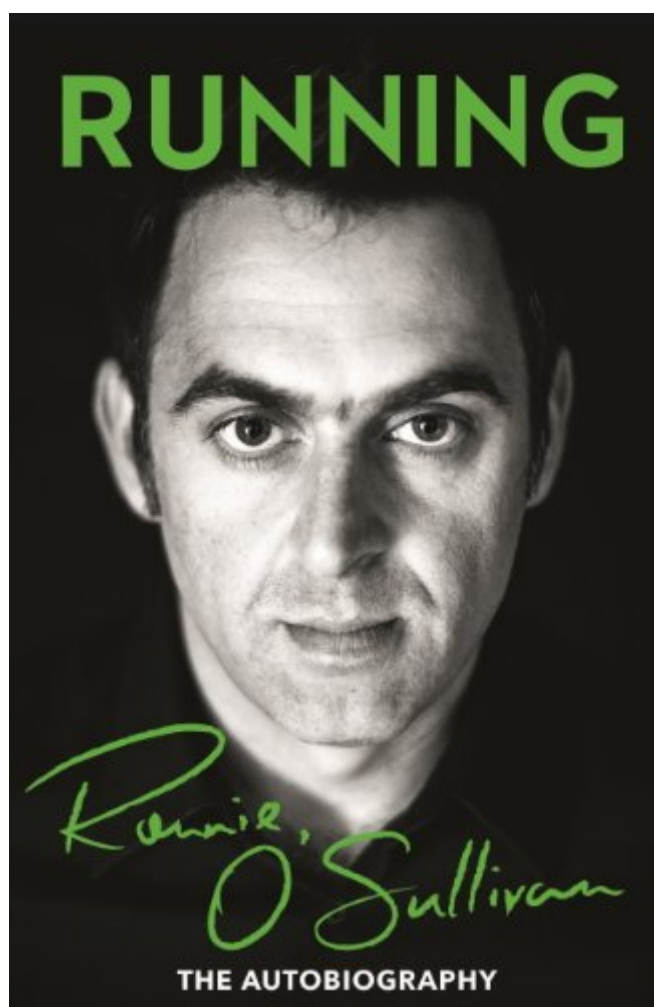


The book was found

# Running: The Autobiography



## Synopsis

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.

## Book Information

File Size: 4814 KB

Print Length: 282 pages

Publisher: Orion (October 10, 2013)

Publication Date: October 10, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00E5D5SG4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #407,257 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #81

inÂ Books > Sports & Outdoors > Individual Sports > Billiards & Pool #239 inÂ Kindle Store > Kindle eBooks > Humor & Entertainment > Puzzles & Games > Board Games #269 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

## Customer Reviews

This book talks about his running, which I didn't know he started as early as he did, but for the most part, but this book seems to be him wanting to clear the air regarding all the tabloid trash that has been talked about him the last several years. "Ronnie did this, Ronnie did that." So Ronnie writes this book to say "Well this is what really happened here, and here's what I was thinking there." It's

interesting enough to fill in some gaps if you're the type who reads the papers. I am a Ronnie "fan", but I suppose the term should be "Talent appreciator". I didn't really gain any insights to greatness or glean any secret recipe to what makes a genius rise above. Darn. I am at the point in life now where I am no longer interested in what my "heroes" do in their own time or in their own heads. If I like watching Ronnie, I'll watch him, if I like so and so's music, I'll listen to it. Beyond that, it's none of my business and just slows my life down trying to follow someone's life instead of living my own.

Interesting read for anyone following British Snooker. Ronnie O'Sullivan has been the bad boy of British Snooker for over 20 years. He has made more century breaks (100 points without a miss) in competition than any other player living or dead and holds the record for maximum breaks (perfect games of 147 points) in competition at 13. Ronnie is a complicated, intelligent and often troubled individual but yet comes across very likable. His second greatest love in life, other than his two adorable children, is running and the book is often more about his running addiction than snooker but snooker fans won't get a short shrift as he has plenty of detailed information about the inside story of professional snooker. I found the book a very enjoyable quick read, having been a snooker and Ronnie fan for several years. There is a wealth of high quality videos of Ronnie playing on YouTube including all his maximums, especially his fastest ever maximum of 5 minutes 20 seconds in 1997 when he was 21. A record that will likely never be matched or beaten. Ronnie doesn't leave anything out, the drugs, the temper tantrums, the depression are all here.

Great read. I am a huge fan of Ronnie O'Sullivan so it's no surprise I like this book, however it is worth reading even if you know nothing about Ronnie O'Sullivan. To read how one man can overcome many obstacles to become what some people call the most naturally gifted snooker player of all time is truly remarkable. Thanks for writing this book Mr. O'Sullivan.

Commentators are always saying that Ronnie O'Sullivan is the only snooker player who can be called a "genius" at the game. This book explains how and why he's so good, not from analyzing snooker play but from hearing about Ronnie himself - his background, his parents, running races as a positive addiction, his personality, and his transformation from self-doubting player with flashes of genius into a man who understands the "chimp" (the emotional side of his mind) and uses rational thought to change the way he reacts to situations. There are gem chapters throughout, such as the one about his self-imposed exile doing volunteer work on a farm. It's really a story of the importance of three Ronnies and their relationships - the snooker genius, his dad, and his son.

Sounds very honest and natural, like a long chat over a drink. I love how he discusses his uncertainties and psychological challenges. My Chimp sounds a lot like his, so getting to hear how he handles it is great.

Not a massive snooker fan but this was a good read. Lots of talk about his running obsession so I can imagine that May put off people who want to read more about snooker. Overall I enjoyed the book & would recommend it.

This is a lovely book. R. O'Sullivan is giving the reader a glimpse to the behind the scenes of his career. He writes about his personal life, his family, his addictions and of course about his Snooker and his development as a professional Snooker player in the last twenty years. If you are a Snooker fan, this book is certainly going to fascinate you.

Interesting, written in a little chaos, jumping from one subject to another, some repetition (this same fact said 2-3 times in different moment, chapters), but generally chapters have a close form. Good reading, last chapter, the best, all Ronnie Thoughts during final in 2013. I'm looking forward for similar Barry's reminiscence from the final.

[Download to continue reading...](#)

Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul (Tibetan Buddhism, Mindful Running) Running: Distance Running: Improve Your Long Distance Running Step By Step RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog) Running: The Autobiography Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans For Beginners (How to Run, Jogging, Marathon Training) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Running for Health and Happiness: The Beginner's Guide to Faster, Pain-Free Running Running with the Whole Body: A 30-Day Program to Running Faster with Less Effort RUNNING: STRETCHING: Pre and Post Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Clapton: The Autobiography Autobiography of a Face Yeager: An Autobiography Autobiography of an Androgyne (Subterranean Lives) The Autobiography of Emperor Haile Sellassie I: King of Kings of All Ethiopia and Lord of All Lords (My Life and Ethiopia's

Progress) (My Life and ... (My Life and Ethiopia's Progress (Paperback)) The Autobiography of Ashley Bowen (1728-1813) Autobiography of a Slave Autobiografia de un esclavo (English and Spanish Edition) Fidel Castro: My Life: A Spoken Autobiography The Complete Works of Mark Twain: The Novels, short stories, essays and satires, travel writing, non-fiction, the complete letters, the complete speeches, and the autobiography of Mark Twain The Autobiography of James T. Kirk Benjamin Franklin: Autobiography

[Dmca](#)