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phenomenal achievements, world points records, an impressive list of broken body parts, and a drop goal that will be remembered for ever. But the peculiar calmness with which he played the game masked a very different reality.

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Using extracts from diaries Jonny has been writing from the age of thirteen, this book is a deeply personal memoir with a unique insight on mental health. Jonny was recognized for his work as an influential activist changing the culture around mental health awareness, when he was awarded an MBE in 2017.

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A fascinating insight into the obsessive nature of elite athletes covering the magnanimity of success and the depths of despair owing to injury, below par performances and constant hounding by the media. Thank you for your honesty Jonny, and for laying your body on the line repeatedly.

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Jonny has opened his heart here and it's an incredible read. Tthe young days, the biggest games, the intense and incredible pressure of expectation, the pressure he put himself under and the way the media affects you as a brilliant sportsman at he top of your game.

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