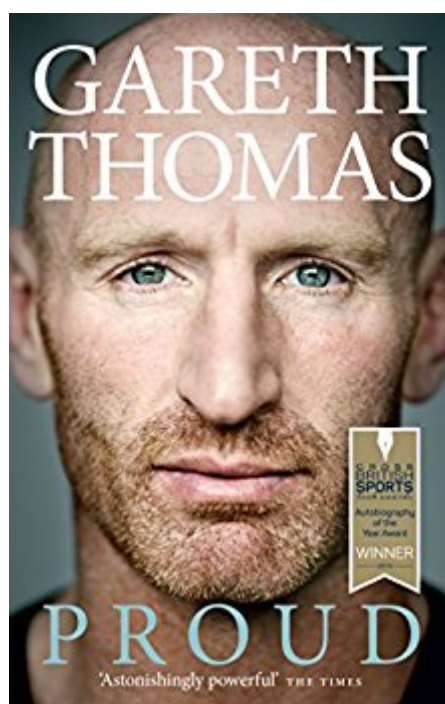


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# Proud: My Autobiography



## Synopsis

**\*\*WINNER British Sports Book Awards SPORTS BOOK OF THE YEAR\*\*\*\*Shortlisted for the William Hill Sports Book of the Year Award\*\***Gareth Thomas had it all. He was a national hero, a sporting icon. He was a leader of men, captain of Wales and the British Lions. To him, rugby was an expression of cultural identity, a sacred code. It was no mere ball game. It gave him everything, except the freedom to be himself. This is the story of a man with a secret that was slowly killing him. Something that might devastate not only his own life but the lives of his wife, family, friends and teammates. The only place where he could find any refuge from the pain and guilt of the lie he was living was on the pitch, playing the sport he loved. But all his success didn't make the strain of hiding who he really was go away. His fear that telling the truth about his sexuality would lose him everything he loved almost sent him over the edge. The deceit ended when Gareth became the world's most prominent athlete to come out as a gay man. His gesture has strengthened strangers, and given him a fresh perspective. Gareth's inspiring and moving story transcends the world of sport to tell a universal truth about feeling like an outsider, and facing up to who you really are.

## Book Information

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## Customer Reviews

A good read. Even if you don't follow rugby the story will touch you and the strength of character to finally be who he really is and live his own life the way he wants to and to no longer have to hid or deceive family friends and team mates

Alfie is my hero: he bravely describes his journey from a typical player to a leader of men to an international champion. Then he reveals the secret that has gnawed at his insides for years and has led to the collapse of his marriageâ "he is gay. He reveals the years of inner torment he suffered knowing that he was leading a double life. The narrative is precise, without being maudlin. We follow Gareth through it all to his becoming an out and proud man, loved by family and team members. A story to remember and to inspire.

It has been said of rugby: "If there is no blood on the line, it is not rugby league." Gareth Thomas was 6'3" of fiercely competitive muscle and sinew, utterly confident in his ability to play the aggressive full-contact sport (played with little or no padding). As a captain, he led by example and backbreaking hard work. He was a national hero, becoming the first Welshman to win 100 caps in rugby union play. On the rugby pitch, he was the master of his destiny. But off the field, Gareth Thomas was almost brought to suicide by trying to keep his sexuality a secret. He feared rejection from everything he had known, but knew that unless he came out, he would eventually die. His autobiography is honest and raw in all aspects of his life and is particularly devastating regarding his love for his wife Jemma, their 3 heartbreaking miscarriages, and the eventual realization that although he loved her with 99% of his being, it was not enough for either of them. I listened to the audiobook, beautifully and soulfully narrated by the Welsh actor Matthew Gravelle.

Here is a story of a macho guy supressing his real identity in sports for so long, yet his close friends seemed to know it. It is inspirational for anyone who is gay but has not come out yet. Well written. Gareth had established himself as a blood and guts guy in rugby early on but there were still some slurs. Nfl football still isn't ready for this.

Don't like Rugby but found most of the book a good read. It started well and finished well just found

it long winded in the middle. Its better read in stages rather than all at once.

I enjoyed the book and thought it was written very well. very heart felt, honest, happy. and sad I think it is definitely worth a read

One of the best autobios I have ever read.

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