

One Chance: My Life And Rugby - Josh Lewsey

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Josh Lewsey is a household name in English rugby. He has been a Rugby World Cup winner, part of the prestigious British Lions squad and a crucial member of the Wasps team, one of the most successful UK premiership rugby sides of the last 10 years. Not content with just being a rugby player, his life off the pitch has been equally impressive. He is a graduate in both Law and Physiology, a former Army Officer and an avid adventurer. This fascinating and humorous autobiography follows the highs and the lows that inevitably come from being at the top of a professional sport. His refreshingly honest approach means that he offers real insight into the personalities and attitudes that make up the rugby world, as well as the lessons that he has learnt along the way to reach the pinnacle of his game. Author: Lewsey, Josh
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