

# Screaming At The Sky - Tony Griffin

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- He's a champion sportsman at the highest level - a Clare 'All Star', playing one of the world's fastest, most challenging sports - hurling. - He's cycled 7,000 km across a continent in 51 days. - He's raised almost ?1 million for cancer charities. - He's Tony Griffin. Tony Griffin is a man of remarkable drive and determination, but during the course of four extraordinary, turbulent years, he was tested to the limit . . . Following his beloved father's death in 2005, Tony Griffin made the momentous decision to postpone his studies and devote himself to the sport he loved, hurling. Driven to succeed, before long he'd become the sport's first modern full-time player, and secured a coveted All Star award. But to the dismay of many, at the peak of his career Griffin took a year out of the game and set himself another, almost impossible challenge: he'd cycle across the second largest landmass on earth - Canada, and raise ?1 million for cancer charities in memory of his late father. This punishing 7,000km ride would prove to be more testing than he could ever have imagined. On his return to Ireland Griffin was plagued by serious injury and self-doubt. It was then that he knew he would have to dig deep if he was ever to fulfil his dreams and his potential. Beautifully written and intensely moving, Screaming at the Sky is a story of courage, of love and loss, and of battles won and lost both on and off the field. It is also the story of how one man faced his demons and finally found peace with himself and the world. 'An extremely inspirational, moving and motivational read. Tony passionately shows how sport can bring all of us such strength, power and belief in times of dire need.' - Paula Radcliffe, Marathon world-record holder  
Author: Griffin, Tony Publisher: Transworld Digital Illustration: N Language: ENG Title: Screaming At The Sky Pages: 00352 (Encrypted EPUB) On Sale: 2010-06-15 SKU-13/ISBN: 9781848270893 Category: Biography & Autobiography : Sports - General

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