

Nerves Of Steele The Phil Steele Story

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Nerves of Steele is a remarkable story and reveals the real Phil Steele, a man known only by his very closest friends and family. The Cardiff-born 'Ely Boy', who dreamed of playing for Wales, suffered his first bout of debilitating clinical depression when he saw his promising rugby career with Newport RFC wrecked by injury at only 23, just as his eye-catching performances had earned him a call up to the Wales B squad. The curse of mental illness and its malevolent twin, chronic anxiety, hung ...

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Phil Steele is a rugby broadcaster for television and radio and an acclaimed after-dinner speaker. A qualified PE and Special Needs teacher, who played first class rugby for Newport RFC and was selected for Wales B, Phil has suffered chronic depression and anxiety more most of his life but has bravely conquered the condition and now dedicates himself to helping others.

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Nerves of Steele THE PHIL STEELE STORY Phil Steele with Anthony Bunko. Foreword by Dennis Gethin 'What's most impressive about Phil Steele's story is how he has ridden terrible waves of depression, loss, injury and disappointment, often sinking into unimaginable troughs of despair, but has fought back to forge a career working in the sport he has always loved: rugby.'

Nerves of Steele - The Phil Steele Story

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Phil's battle with depression has now been documented in his new book, Nerves of Steele, which has already drawn praise from both readers and critics. "I was approached by St. David's Press to write my autobiography and the first thing I thought was why anyone would want to read a story about me.

Nerves of Steele: Phil Steele and his life in rugby | Free ...

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Nerves Of Steele The Phil Steele Story Nerves of Steele - The Phil Steele Story Nerves of Steele - The Phil Steele Story | 978 1 902719 504 Phil is a big part of the make-up of Welsh rugby His familiar face and voice on television and radio is a staple diet of rugby reporting today Phil is extremely popular with all the players - and a very ...

[PDF] Nerves Of Steele The Phil Steele Story

Nerves of Steele. Rugby broadcaster and after-dinner speaker Phil Steele reveals the story of his lifelong struggle with crippling bouts of depression and anxiety. Show more. Rugby broadcaster and...

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Phil Steele is a popular speaker at events In the end, it was a chance meeting on the after-dinner circuit that was to transform Steele's life for the better. "I had another bad bout in 1997 after...

Popular rugby presenter reveals the utter tragedy he's ...

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