



Inside the Helmet: My Life as a Sunday Afternoon Warrior

Michael Strahan, Jay Glazer

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Just in time for the 2007 season: One of the finest defensive players ever to wear an NFL uniform delivers the first truly authentic, hard-hitting, revelatory portrait of America's most popular sport—including the brutality, the vicious fights, and the high price of gridiron glory.

Michael Strahan is one of the NFL's most talented players, and he is also one of the game's most vocal personalities. So it's no surprise that his first book would be a no-holds-barred, hard-hitting account of life in the league, venturing into territory no previous football authors had the nerve to tread. *Inside the Helmet* is not a self-serving memoir or a collection of triumphant feel-good anecdotes. Yes, Strahan recounts exhilarating victories in vivid detail, but not without the hair-raising details of the ruthless grit required for every win.

Sure to be controversial, Strahan's account reveals never-before-seen details about the truth of life in the NFL, including the names of the dirtiest players, what it feels and sounds like to crush another player, which potent painkillers players take in order to return to the battlefield, the wild parties such as the Vikings' infamous Love Boat romp, the pressure to live up to a multimillion-dollar salary, the intense and sometimes volatile relationship between player and coach, and the violent blowups that occur when that pressure gets too intense. For the 21.7 million fans who attend NFL football games, *Inside the Helmet* is an all-access pass into the huddle, the locker room, and even the minds of some of the most legendary players on the field today.

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