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Fight the Good Fight: How to Get Back Up When Life Knocks You Down

Tony "TNT" Tucker, JoAnne E. Gillespie

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Walk with me through the pages of this book as I share an up close, intimate and personal look at life inside and out of the boxing ring; as a man who experienced the height of victory in his boxing career but also wallowed in the depths of despair. A must read for every boxing fan and for everyone and anyone who has struggled with addiction or knows someone who is currently struggling with any type of addiction. I know firsthand what it is like to rise to the heights of victory as a member of the elite class of World Heavyweight Boxing Champions as I have fought and been ducked by some of boxing greats. I also know what it is like to wallow in the deep depths of despair. You hear about stories of romanticized success all the time on the news and in social media. But mine is the story that no one wants to tell. The story of drugs and addiction, the dark side of fame and fortune. It is the story that takes great athletes from the pinnacle of success and plunges them into the darkness of despair. I met many of them in my stints in rehab. It is the story that leads a man to find himself in drug holes and seedy hotels plagued by paranoia. My story started off with one hit of a pipe in the glitz and glamour of a Beverly Hills mansion where a skilled seductress beckoned me to her love cave. It was too heady for me and I succumbed hook, line and sinker. At that time, all I knew was boxing but this encounter opened a whole new world to me. A very dark world filled with untold anguish, inner turmoil, and indescribable pain. This was my story. As you walk with me through the pages of this book you will learn how a 4 year old was taught how to box and went on to win two gold medals and later became a world champion. You will learn what it took to become a great boxing champion. You will also be exposed to some seedy details about celebrity and drug addiction. My story is an up close, in your face, intimate, detailed, and very personal account. You will get to know the champ, Tony "TNT" Tucker. It took years for me to be free and candid enough to share what you will read on the pages of this book. I go into great detail about many of my fights and what goes on behind the scenes. Drug addiction is cruel, harsh and indiscriminate. You quit a thousand times. I was in a fight for my life after life delivered me a knock out blow. But one day I finally looked up and then I got up. Enjoy the journey with me through the pages of this book and in the end you will be encouraged to fight the good fight and learn how to get back up when life knocks you down.

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Perla Baxter:

Playing with family inside a park, coming to see the coastal world or hanging out with pals is thing that usually you might have done when you have spare time, subsequently why you don't try factor that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Fight the Good Fight: How to Get Back Up When Life Knocks You Down, you may enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout people. What? Still don't obtain it, oh come on its called reading friends.

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