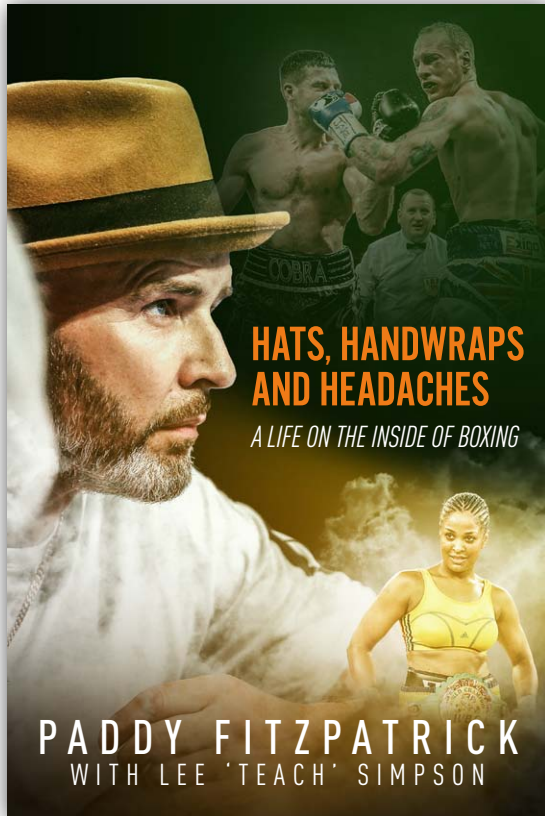




Title information



Hats, Handwraps and Headaches

A Life on the Inside of Boxing

By Paddy Fitzpatrick, with Lee Simpson

Key features

- Fast-paced, 'warts and all' account of the life of Irish boxing coach Paddy Fitzpatrick
- Includes interviews with James Toney, Lamon Brewster and Laila Ali, Eamonn O'Kane and legendary trainer Freddie Roach – all of whom play a part in Paddy's remarkable story
- Features accounts of Paddy's time with Laila Ali's father, the great Muhammad Ali
- Paddy has collaborated with Lee 'Teach' Simpson to write his life story – Lee is a Director of Learning in State Education and has written extensively for literary journals
- Colour photo section features previously unseen photos from Paddy's personal collection
- Publicity campaign planned including radio, newspapers, websites, podcasts and magazines, utilising Paddy's extensive contacts

Description

Hats, Hand Wraps and Headaches is the inspiring, surprising and sometimes shocking story of Irish boxing coach Paddy Fitzpatrick, a failed pro boxer who was almost a Foreign Legionary before finding fame as a trainer of world-class fighters. After struggling as a young adult with thoughts of suicide, Paddy's life was transformed by a chance meeting with Hall of Fame trainer Freddie Roach. Paddy moved to LA to learn his trade at Roach's Wild Card gym, working with the likes of world champions James Toney and Laila Ali, and spending time with Laila's legendary father Muhammad Ali. Back in England, Paddy used the things he had learnt to take George Groves to three world-title fights, including the return super-fight with Carl Froch, which drew 80,000 fans to Wembley Stadium. Filled with astonishing anecdotes – like the time Paddy was almost shot by an irate boxer and a near-miss with a grizzly bear – *Hats, Hand Wraps and Headaches* is funny and poignant in equal measure, with riveting tales from both sides of the Atlantic.

Details

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