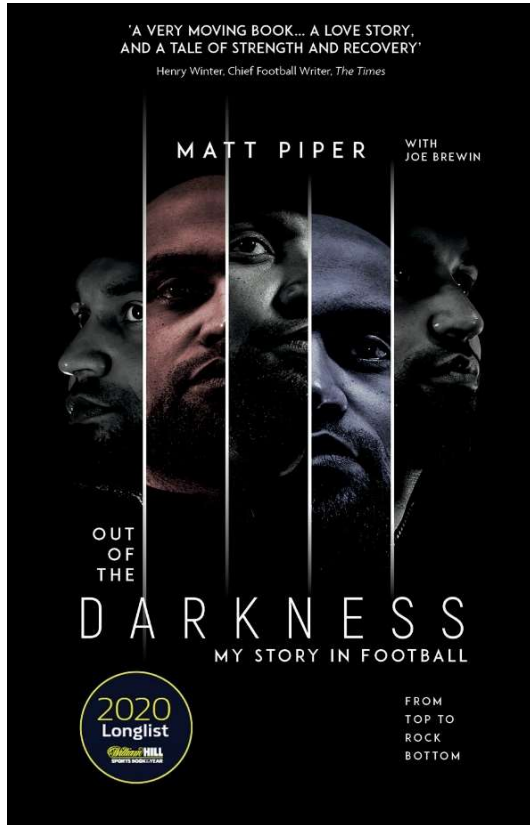




## Title information



### Out of the Darkness

My Story in Football

By Matt Piper, with Joe Brewin

#### Key features

- Gritty, warts-and-all story of a Premier League footballer whose career ended through injury aged 24
- Details the highs and lows of Matt's remarkable life journey – including how he battled back from the brink after becoming dependent on alcohol and Valium
- Explores how Matt overcame a troubled childhood to break into Martin O'Neill's late-90s Leicester squad, and went on to defy Peter Taylor and make history with the Foxes
- Offers a first-hand account of how he was forced to leave the club, and of the craziness and conflict of a doomed club
- Tells of the devastating effect on Matt's career and mental health of a staggering run of knee operations at Sunderland
- Since finding his true calling and working as a coach, Matt now serves as an inspiration to others

#### Description

*Out of the Darkness* is the gritty and hard-hitting autobiography of former Leicester and Sunderland winger Matt Piper, the exEngland U21 hopeful whose dreams were shattered when an injury ended his football career at age 24. After making history as the last-ever goalscorer at Filbert Street in 2002, Matt was forced into a £3.5m move to Wearside amid the Foxes' financial misery. But that high was short-lived and soon his ambitions – and life – crumbled. After 16 operations, failed comebacks and anxiety attacks, he retired with money in his pocket but no clue where to turn next. Soon, Matt's daily existence became dependent on alcohol and Valium, waking up in hospital with no idea why, with doctors suggesting he be sectioned. *Out of the Darkness* reveals another side of football – what happens next when things don't go right and how to overcome life's worst demons. Matt's frank and often troubling revelations are complemented by hilarious tales of dysfunction amid life at two of English football's biggest clubs.

#### Details

Publication: 4 April 2022  
Price: £12.99  
ISBN 13: 9781801503679  
Format: 216mm x 138mm  
Binding: Paperback  
Extent: 320 pages  
Category: Autobiography, Football

Trade Orders to:

Macmillan Distribution (MDL),  
Cromwell Place, International Business Park,  
Lime Tree Way, Basingstoke, Hampshire RG24 8YJ

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