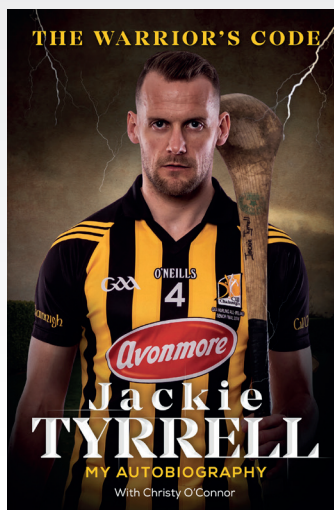


PRESS RELEASE



*Published by Trinity Mirror Sport Media
On sale: Thursday, September 7*

The eagerly-awaited autobiography of one of Irish sport's most decorated stars is coming soon.

Sure to be one of the most talked-about sports books of the year, hurling legend JACKIE TYRRELL is ready to not only lift the lid on his incredible sporting journey, but also reveal the secrets of what has made Kilkenny such a ruthless and dominant force.

In the lead-up to the 2016 All-Ireland hurling final, where Tyrrell missed out on joining record-holder Henry Shefflin on 10 All-Ireland wins, the defender's inner-most thoughts from his diary provide the narrative to a compelling life story. His unique insights paint the picture of a relentless individual and a relentless team – the most successful side in the history of Irish male sport.

The intrigue and aura around Kilkenny coach Brian Cody and his players was always heightened because very little ever emerged from the camp, or the dressing room. Now, for the first time, Tyrrell opens a unique window into the elite mindset and attitude which forged such unprecedented success.

Tyrrell's own journey is chronicled with brutal and unwavering honesty. The hurling legend's constant drive to be a winner with his beloved county have pushed him towards breaking point many times. Tyrrell operates somewhere between obsessed and maniacal. On the pitch, he displayed the ruthless mentality of an assassin but behind it all, he had to conquer crippling self-doubt and fear.

It took until his fourth successive All-Ireland final for Tyrrell to believe he had finally arrived as a senior inter-county hurler, going on to become one of the most feared and respected players in the game.

*Jackie Tyrrell collaborated with **Christy O'Connor** in writing **Jackie Tyrrell: The Warrior's Code**. O'Connor is a freelance journalist based in Ennis, Co Clare. A former GAA McNamee awards winner for print journalism, his first book 'Last Man Standing', was runner-up in the BoyleSports Irish Sports Book of the Year in 2005. His second book, 'The Club', was voted William Hill Irish Sports Book of the Year in 2010. In 2014, he co-wrote 'Dalo: The Autobiography of Anthony Daly', which was selected as Sunday Times Sports Book of the Year. In 2016, he co-wrote 'Out of Control: The Autobiography of Cathal McCarron' which was shortlisted for Eir Irish Sports Book of the Year.*

Jackie Tyrrell's autobiography has been published by Trinity Mirror Sport Media who last year published Kieran Donaghy: What Do You Think Of That? which won the Eir Sport Sports Book of the Year award.

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