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Walking A Golden Mile



Synopsis

The bare-fisted brawler from Blackpool, England tells his story of fortune and fumbling on the road to the WWE's higher ranks. Since joining the WWE in 2000 as a goodwill ambassador from Great Britain, William Regal has established himself as an up-and-coming Superstar. He took the wrestling world by storm defeating many of the WWE's best wrestlers to win both the European and Intercontinental championships—although he's probably best known for getting back in WWE owner Vince McMahon's good graces by kissing his naked backside on national television. While fans may still chuckle at Regal's humiliation, his in-ring success is no laughing matter. In this no-holds-barred look at his life, Regal for the first time talks about how he has dragged himself out of a life of poverty and adversity on the street of Blackpool, England and battled his own inner-demons to reach the top of the WWE's roster. He also discusses how he has overcome his recent life-threatening medical condition to return to triumphantly to the WWE.

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Customer Reviews

A humble and thoroughly enjoyable autobiography. Regal's narrative voice is straightforward and

unpretentious, and he's not out to dish out the dirt on anyone but himself. Refreshingly honest about his struggles with substance abuse and the unglamorous life of a pro wrestler, the autobiography is at its best when he retells experiences and looks at what they taught him -- I wish there'd been a lot more anecdotes but that's just me being greedy. It's lovely to read 2005-era Regal being excited at every opportunity to teach fresh talent, considering his current position at [NXT.Info](#) for Kindle users: There are some formatting issues, particularly at the beginning of the book, where paragraphs repeat in the oddest places. It absolutely doesn't ruin the book (but can be occasionally distracting) and the issue mostly clears up after the first couple of chapters.

This book isn't really for the casual wrestling fan. The author William Regal goes into great detail about his early wrestling days across Europe which the casual fan could get slightly bored by. For me personally as someone who grew up not far from Regal and is a huge wrestling fan it was a very interesting book. The decline of British wrestling is in sharp contrast to the American wrestling scene which under WWE and previously WCW has exploded across the world. Regal has performed in both and paints a very vivid scene of the sport in both countries. Regal isn't one for gossip like his character in ring he tells his opinion in a stark, honest fashion. Apart from wrestling the other main theme discussed in this book is drug addiction. Regal without excuses for his past behaviour tells of his own addiction in a raw brutally honest narrative. It is compelling reading and does nothing to glamorise drug taking. The only fault I personally could find with this book is that it stops in the mid 2000s. I would love for there to be a sequel and I asked Mr Regal on twitter if he would ever write another book, to which he replied he might do in the future. I would recommend this book to any serious wrestling fan.

I heard Regal on "Talk is Jericho" the other day and loved the interview. Afterwards, I was reminded he had written a book. this is a really enjoyable book and is inspiring as well. regal chronicles his battle with drugs and alcohol and doesn't hold back. The refreshing thing is how he takes ownership of it. He doesn't blame the business, the travel or anything but himself. It is awesome to see how things are better for him now. He tells some great stories and is just a great book about someone who followed his dreams.P.s.- there is a really funny story about a road trip with ric flair, arn Anderson, regal and someone else that is just laugh out loud funny.

This book was amazing! It is the kind of wrestling biography I love which goes in depth about the person and their rise to stardom. It also shows that all that glitters is not gold, as the ups and downs

of being a pro are just as if not harder than the road to get there. I would not want to ruin even one page so I will just end by saying if you like thorough stories of wrestlers and the wrestling business then do not miss this. If you like books like Booker T's and bob backlund's recently released bio then you will enjoy this the same if not more.

Love reading about Regals career and his real life account of battling with drugs. Made me a bigger fan of the man and I got through the book in 2 days.

This book would be worthwhile if it was just about William's Wrestling career, but it is so much more. The way he describes his addiction: how it developed, how he couldn't resist it, and how he eventually overcame it is truly eye-opening and should be read by all interested. This is a worthy read.

William Regal is known to WWE fans as a pompous, yet tough, rich bad guy. Not all fans are aware, however, just how hard was his road to the WWE. Facing issues with drugs, politics, and nearly dying on several occasions, Regal (real name: Matthews) has quite the story to tell about overcoming adversity. He tells it here with brutal honesty, unafraid of making himself look bad. While the book could have used some more stories about Regal's big matches, this is an eye-opening wrestling tale, and a must-have for fans of the squared circle.

William Regal has quite literally been around the world during his career as a professional wrestler, and this book covers the highs and lows of the entire process. From his start as a skinny kid wrestling in Blackpool to his current status as a WWE Superstar, Regal's story is highlighted by stories about the behind the scenes world of wrestling: some of it hilarious, some interesting, and some heart-breaking. Regal also deals candidly with his alcohol and drug problems and all the pain it caused him. This is perhaps the most engaging part of the story: Regal pulls no punches in discussing the pain he put his family through and how he nearly lost his life because of his addictions. Highly recommended if you're a wrestling fan or looking for books on the real-life impact of alcohol and drug dependency.

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