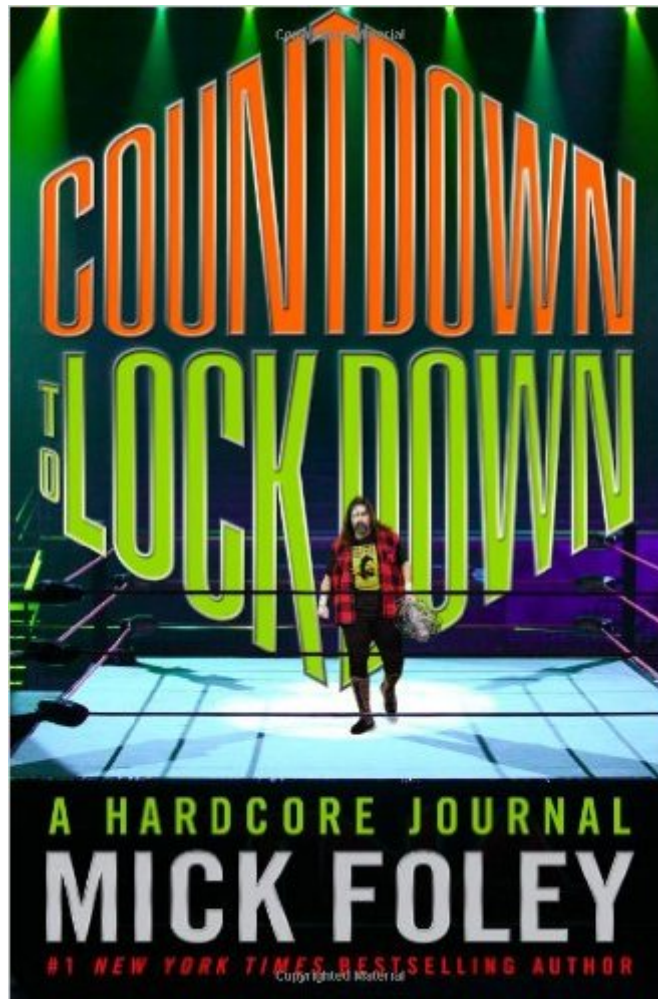


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# Countdown To Lockdown: A Hardcore Journal



## Synopsis

The undisputed king of the literary ring is back with another handwritten, hardcore home run. Forget the ghost writer and the computer keyboard - this mesmerizing memoir is straight from the pen and notebook paper of the Hardcore Legend, Mick Foley, chronicling the heart-pounding build-up to "Lockdown", one of the most important matches of his long and storied career. Foley's every limit is tested, as he battles back the formidable tag-team of Father Time and Mother Nature - overcoming a host of injuries and serious self-doubts to get back in the ring with one of his all-time favorite foes. With his trademark blend of wit and wisdom, wildness and warmth, Foley dishes previously untold stories from his remarkable life, including his transition from WWE to TNA, his ill-fated stint as a television commentator, his tumultuous relationship with Vince McMahon, his thoughts on performance enhancing substances in sports, the troubling list of wrestlers dying way too young, and his soul saving work in Sierra Leone. Raw, dynamic, and unabashedly honest, COUNTDOWN TO LOCKDOWN charts Foley's wrestling rebirth, and rise to heights that his fans thought he would never see again. Publisher's Note: 100% of the advance for this book has been donated to Child Fund International and RAINN.

## Book Information

Hardcover: 336 pages

Publisher: Grand Central Publishing; 1st edition (October 1, 2010)

Language: English

ISBN-10: 0446564613

ISBN-13: 978-0446564618

Product Dimensions: 6.5 x 1.2 x 9.2 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #429,835 in Books (See Top 100 in Books) #118 in [Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Wrestling](#) #239 in [Books > Sports & Outdoors > Individual Sports > Wrestling](#)

## Customer Reviews

Mick Foley was one of the first to publish a 'behind the curtain' wrestling memoir, 1999's 'Have a Nice day: a Tale of Blood and Sweatsocks'. My own copy of that book is well worn and (like it's author) has sustained much physical damage from multiple readings (Foley himself sustained damage from explosions, chairs to the head and falls onto hard surfaces, not from multiple

readings). It was passed it into the hands of others through the years, and it never failed to make a strong impression. There were 2 subsequent sequels, as C2L points out Foley is thus more memoir'd than Churchill, but lets see Churchill do a flying elbow on the concrete (not taking anything away from being instrumental in defeating the Nazi's, mind you). Can yet another volume, written 11 years later compare? Yes. C2L has the same honesty, humor, and heart that made the original standout. It is also the first of the Foley memoirs not to be published by the WWE machine. Foley describes his departure from WWE, his journey to the competition, and the struggle to overcome the pain and damage sustained over years of a violent style of wrestling (before it was the norm) to perform in another main-event. To recognize one's limitations (having retired from competition more than once) and try to make one more go of it may be a familiar story, but it does not seem the least bit tired. Fun bonuses include a meeting with Tori Amos (bringing full circle the inspiration her music had on him in the early days), tales of surviving the Nautilus side of the weight room, and occasional digs at Al Snow.

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