



Ben Cousins: My Life Story

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Ben Cousins has one of the most extraordinary stories in modern Australian sport. He's perhaps the most gifted player of his generation - a former captain of the West Coast eagles, a Brownlow medallist, a premiership winner, voted the AFL's Most Valuable Player - but he's best known for what he's done off the footy field rather than on it. Ben is a self-confessed drug addict, whose drug binges would last for days and involve incredible amounts of cocaine, crack and ice. But what's really remarkable about Ben's story is that the two sides of his life - the captaincy, the premierships, the Brownlow, the accolades, and the frenzy and squalor of the drug scene were actually done at the same time, side by side. Ben's book is an account of this double life, and what it's cost him, his family and his friends. It's also an account of his battles to beat his addiction, and his battle to keep playing football - which was his lifeline - against the entrenched opposition of a large number of people in the game. And as if the story is not extraordinary enough, what distinguishes it above all else is the approach Ben's taken to writing it. It is a work of searing emotional and factual honesty. Ben hides nothing, and the result is one of the most remarkable sporting memoirs ever published in Australia.

Ben Cousins: My Life Story Details

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From Reader Review Ben Cousins: My Life Story for online ebook

Chantelle Branley says

This book was written better than I expected. It is amazing to think how damaged someone's mind can be, but then at times it did sound a bit like excuses being made. Obviously he truly needed help, and still does. Overall not a bad read considering I'm not a football fanatic.

Lisa Inkster says

have a 12yr old wanting to read this book - came home from the school library with 'ask your parents' from his teachers, they're happy for him to read if we are, surely it cant be in the library if its too graffic.....i dont mind the drug reference, but would like to know how graffic the usage is detailed??? Comments please - have had a few parents of 14yr olds say it was a good experience for their children to read. im only 20 pages in!

Sarah says

I'm going to keep my opinion of Ben Cousins to myself. One of the first things people ask me after knowing I've read his book is 'so what, now you're his biggest fan?' This really annoys me, why do people think that by reading his book I'm somehow going to be brainwashed into his 'biggest fan'? My point of picking it up was because I wanted to get *his side* of the story and not just what the media wanted to project onto the public – now there's brainwashing at its finest!!

As far as the book in general is concerned, I thought it was honest and an easy read. By easy I don't mean that there weren't any emotional parts and that I wasn't affected by some incidents described throughout the book. I don't know how many times (there were so many) where he would say the words "such a f*ck up" and it would hit home. Knowing that you are screwing up and still not being able to change what you're doing means that you're in some real trouble!

Yes, there were definitely parts in the book that I do feel Ben fluffed over (is fluffed a word?) but my opinion of that is that the public don't need to know EVERY LITTLE THING even in Bio's! And so it didn't really bother me. This was his chance to have his say and I think for all of those people out there who love to throw judgment at Ben should shut up, pick up his book and maybe then have an opinion.

Rozz Broadhurst says

I really enjoyed this book

I was hoping for some insight into the thought processes that are involved in a drug addicts ways of thinking. I learnt plenty.

I also thought that the book was written as a "warts and all" type of biography and that pleased me.

I am totally not into football, but really enjoyed this account of one young man's very personal, yet very

public struggle with his drug addiction.

Jess says

A great book about one of Australia's football icons. This shows you his point of view as a drug addict. It was a great book to read and understand the pressures of life as an AFL player. The support he received especially from his family shows such great spirit. I was amazed at some of the things that happened in his life and as get says the media can blow it out of proportion.

Adam says

This book was a real eye opener, it held a lot of information that was shown in his television documentary, but also gave a whole lot more insight on the lifestyle I could have never imagined he lived. This book, never felt like a drag at all, but I must admit, those who aren't exactly interested in AFL or Ben Cousins, may find this book a little hard to enjoy.

During this book, I felt sympathetic and upset for what was being explained throughout his life story. This book goes through each and every year of his 14 year old career, from the beginning to the end. Every event that took place, and was being thrown up by the media, was explained by Ben Cousins, and it really made me feel sick by how ruthless the media had been towards him.

I thoroughly enjoyed this book, and would recommend it to anyone who wishes to know 'what the big deal is'. In all honesty it can make you sick to know how down in the dumps this man got, and that no one from the AFL hierarchy would be nice enough OR caring to come to his aid. They were selfish and only showed interest in the way people perceived the sporting institution, and punished Cousins for bringing the game into disrepute.

This really angered me, because I was an AFL fan, and believed it was a supportive institution that cared for its athletes, how wrong was I?

Event after event, incident after incident, and the AFL punished him, instead of assisting him in his recovery or widely referred to as his 'double life'...this book is packed with information that'll make you think "HOLY CRAP!"

Hope I helped.

Enjoy.

Daniel Christensen says

It's hard to know which bits to believe, but Cuz comes through as a morally-stunted self-justifying turdburger of the highest order.

I still feel sorry for this family.

Ladybug33 says

I actually really enjoyed this book despite not having a lot of respect for Ben Cousins prior to reading it. I had heard a lot about Ben in the media and didn't really have a desire to hear his side of the story, however something made me pick up the book regardless. The book was well written and easy to read. It had a good balance between explaining his football career versus his time on drugs. It would be interesting if there were a follow up book in 5 or 10 years time focusing on life after football. I would recommend it to others.

Shane says

While I loved Benny Cousins as a footballer, I always had a feeling that he was a less than desirable citizen. Reading this book all but confirmed this. It was interesting to read his side of the story, but his justifications as to why people did things or said things to him, were pretty shallow. Was he really that insecure? The football side of it was a great insight into the mind of an exceptional player. To be honest, I could have lived without the drugs side of it.

Steve Mirtschin says

Ben Cousins has lived an amazing life. Through achievement of many individual accolades he has become one of the greatest professional AFL Footballers ever produced. Ben's 'other life' was a large shock to us all. well, to the extent it was anyway.

Although the story is never dull, Ben sets a very good example in the way he goes about his sport. with numerous quotes i gaurentee will be used as motivation. Its a great feel good story to see ben make a comeback to the afl to overcome what he has done, i think everyone who has read the book will feel apologetic and will hope to see Ben live a trouble free life after football.

Karly Newitt says

It is one of the best books I have read all year, I am not a west coast nor Richmond fan but picked up the book after seeing his documentary, to learn more about his side, his struggle and the way drugs can affect anybody. he is honest and does not sugarcoat what he is or make excuses for what he did...it was a great read and I highly recommend it

Stuey Mac says

Awful. Only read about a hundred pages or so and had to stop. Sadly, Cousins refuses to accept any responsibility for the position he has found himself in, instead placing the blame at any number of people/ influences. As a west coast fan I really wanted to enjoy this book but I just couldn't. Sorry Ben!

Sarah says

Reading Cousins' autobiography really allowed me to understand an addicts point of view. His story is extremely eye opening to how many people live every day and after reading this I was able to understand perhaps why and how he found himself where he is. I also found 'My Life Story' very insightful because I've never been particularly interested in footy as a sport and didn't quite understand the footy culture... I now understand the amount of time, sweat and dedication that goes into playing footy at an elite level, and I can now appreciate how disappointing losing a game actually is for the guys. I enjoyed this book and it made me feel a range of emotions.

Daniel Hawkins says

Excellent book

Sharon says

I'm not a big fan of Mr cousins, and after reading this book, I'm still not his greatest fan.

I do have a better understanding of him though, and at times, can understand why he made some of the choices he did.

I did find at times, that I felt he needed a great swift kick up the arse, and if maybe somebody or some ones, had been more strict in there dealngs with him, he may have turned out a diffrent character. As Ben himself admits, at times, he was allowed to get away with more than he should.

Trouble was, as long as he applied himself, he was able to achieve great things, despite abusing himself with drugs and a paty life style.

Read this book if you want a insight into how a drug addicts mind works, and how twisted their thoughts and reasoning can be, when dealing with their addiction.

On this score, this book is a very good read.
