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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's 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.

## Book Information

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## Customer Reviews

Let me start by saying that this book "Walking a Golden Mile" by William Regal is a remarkable book. William Regal has overcome so much, a lot due to his own mistakes and personal tragedies

and problems, but you cannot help but admire this man when you read this book and see how he turned his life around and became the man that he is today, sure he might not be at the spot on the card he most deserves to be at, which is certainly at the top! But he still delivers in that ring and on the microphone. William Regal never stops entertaining me, me being a fan of British humour, growing up with a great deal of it in my family, due to my mother being from Scotland, I appreciated reading a book like this. I loved how he held nothing back and was honest as they come, whether it be about drugs, life, or whatever, he was blunt as hell. William Regal, I was already a fan of yours, but after reading this book, you have made me a much bigger fan, for life! Much respect to you sir!-JPM

William Regal is not my favorite wrestler by far. I never liked him in about 10 years of watching wrestling. So why do I like this book? By a chance, I met him at a book signing. He is a nice guy, and he chats with the fans and doesn't rush you. I was nervous to meet the guy, but happy after I talked to him for a few minutes. The book is a good read and very well written. Some people don't agree, but I think it's very well written and informative. Good read all in all, but a great man.

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 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.

This book was very helpful to me as it is a mixture of two of my favorite recreational activities, wrestling and drug abuse. I am a recovering drug abuser, and am trying to get into pro wrestling. I was very impressed by what William wrote in his book.

A very honest autobiography, I wish I could have read it when I was younger to apply his experiences to my own life. Very insightful and brutally honest about his demons, internal battles, coming of age stuff is really great.

Well written, excellent story-telling and a great recollection of his wrestling career and personal life. He has a great story to tell plus his sense of humor will keep you on your toes. An excellent read for any fan or non-fan of wrestling! I loved it!

What makes Regal's biography really stand out is the first several chapters, which cover his getting into the business and wrestling around the UK and continental Europe, followed by his first few years in America. Even if you've read a lot of other wrestler bios as I have, this should cover some new ground for you since not too many other wrestlers who went on to success in America (and then wrote a biography) got their start in the UK. Throughout the book, Regal is rather blunt in his opinions regarding both his actions and those of others. While he warns that he may be sacrificing some likability by doing this, it actually makes it easier to identify with him. What follows is a rather jarring transition into the years of Regal's alcohol and drug addictions. As before, he is unfailingly honest and quite critical of his decisions during that time. It is an interesting read, and offers some good insight into the thought processes of people suffering from addiction. The third section is his redemption, and a fairly standard endorsement of his current employer, World Wrestling Entertainment. Unfortunately, the Kindle version is somewhat expensive (\$13 at the time of this review) compared to, for example, Chris Jericho's books (\$8) and Bret Hart's book (\$10), which are much more in-depth and enjoyable reads. If you have already read the greats and are looking for something good and a little different, this book is for you.

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