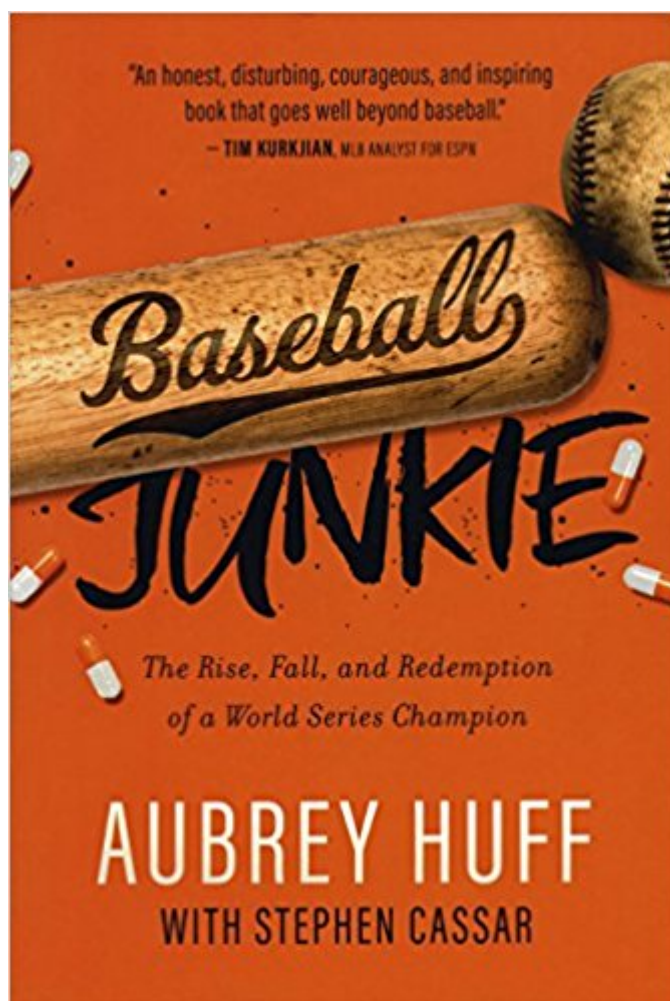


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# Baseball Junkie: The Rise, Fall, And Redemption Of A World Series Champion



## Synopsis

Baseball Junkie is about more than baseball. Why would a two-time World Series champion who has achieved a level of success most men only dream about find himself on his knees, weeping, a loaded .357 Magnum pressed against his temple? Aubrey confronts his demons in Baseball Junkie. The book takes you on a wild roller-coaster ride from his humble beginnings as a quiet, shy kid growing up in a trailer park in a small Texas town, through the brutal murder of his father, to an Adderall-infused egomaniac standing in front of a million-plus Giants fans at the 2010 World Series parade in downtown San Francisco, proudly displaying women's underwear, his "rally thong," for the world to see. As a two-time World Series Champion who reached the pinnacle of Major League Baseball before retiring at age thirty-six in 2012, Aubrey Huff earned a place in Major League Baseball history. Baseball Junkie uses brutal honesty, humor, and first-person narration to draw an intimate portrait of life in the big leagues. Aubrey bares all, taking the reader inside the complex life and mind of a man as he balances victories with the crippling demons of addiction, divorce, anxiety, depression, and feelings of inferiority. It inspires each of us to seek more than what this world has to offer. To rise above mediocrity and achieve our true potential while staying focused on what really matters when the fame and excitement of the game fade with the sunset.

## Book Information

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## Customer Reviews

Aubrey is one of the very few to show us what enduring as a professional athlete is really all about, giving us a look behind the mask that every one of us must wear to do his job, far beyond the money and notoriety that comes with it. Aubrey has unveiled parts of himself that only his therapist might know if it weren't for his courage to simply just be who he is. His transparency is awe

inspiring. Invincible far transcends the game of baseball. It could be a how-to guide on accepting yourself as you truly are. Aubrey reveals flaws so close to home that it causes a stirring in me to be more forthcoming with my own, and shows he has nothing to prove to anyone but to God and himself. What a gift that would be if we all lived like that. --Barry Zito - former pitcher San Francisco Giants  
Aubrey Huff has written an honest, disturbing, courageous, inspiring book that goes well beyond baseball, it addresses life challenges, including addiction, depression and suicide. I've always said baseball is the hardest game to play. Huff's story takes that to another level. --Tim Kurkjian - MLB analyst for ESPN  
I'm not much of a reader but when Aubrey asked me to read his book I was shocked he even knew how to read, much less write a book! But what was even more shocking was what I read. As a good friend and ex-teammate of Aubrey's for nearly three seasons I saw firsthand what a fun loving, carefree attitude he had in the clubhouse. I couldn't believe the story I was reading was the same guy. An absolutely shocking, uncomfortable, sad, and hilarious read, all at the same time! --Kevin Millar - 2004 World Series Champ and analyst MLB Network  
--This text refers to an alternate Paperback edition.

Aubrey Huff is a former Major League Baseball player who played for 12 seasons with the Tampa Bay Rays, Baltimore Orioles, Houston Astros, Detroit Tigers, and San Francisco Giants. Aubrey won two World Series Championships with the Giants in 2010, and 2012 and won a Silver Slugger, and Edgar Martínez award in 2008 as a Designated Hitter. He has finished in the top 25 in MVP voting 3 times in his career and holds the record for most R.B.I.s in a season, 95, at the University of Miami. Baseball America, The Sporting News, and the National Collegiate Baseball Writers Association named Aubrey a first-team All-American his junior year. Aubrey is currently speaking to local schools and organizations about the journey of his life, and the struggles he had to overcome to reach the pinnacle of baseball success. His message off the field is even more profound. A message built around vision, belief, and a deep seeded faith that can inspire anyone to move forward with their dreams. Aubrey lives in Del Mar, California with his wife and two young sons. Stephen Cassar loves to write, having written his first book when he was just 10 years old. By day, he runs a software technology company. But his passion lies between the pages of his written material both as a ghostwriter, and most recently as a co-author of Aubrey Huff's tell-all memoir *Baseball Junkie: The Rise, Fall and Redemption of a World Series Champion*. Born in Malta, Stephen moved to Australia at the age of 12. He now lives in San Diego with his wife and three children.

With such a compelling story to tell, I'm sure at some point Mr. Huff was tempted to do a tell all book. However, he wrote with pure class. He showed regular viewers an accurate and realistic glimpse into major league baseball - from witnessing Jose Canseco putting his cell phone down to take an at-bat in Tampa Bay, to recognizing that Buster Posey saw a major change in his personality after he had overcome a drug addiction and rehabilitated his character. Worth the read, not just for Giants fan but for anyone - a true comeback story written with courage and honesty.

Loved this book! It's an honest story about a World Championship ball player who struggles with anxiety, depression and addiction. Every time I picked up the book, I was right back in his story. The measure of a good book is that you don't want it to end. As I was closing in on the end of this book, I was reading more slowly so that it wouldn't end - I do this with books I love. Baseball Junkie is an intriguing, honest and raw story of a real struggle to regain one's self and provides hope and inspiration to anyone who reads it.

This is an amazing book that I was unable to put down, so I received it from on Monday afternoon and finished reading it by Tuesday morning!! From an avid SF Giants fan, I would have never guessed Aubrey was facing these obstacles, difficulties and heartaches. It goes to show you to never judge a book by its cover and that individuals from any walk of life can suffer from addiction. I have the upmost respect for Aubrey for sharing his struggles with everyone in hopes of helping just one individual.

My 40 year old son read it in one day. He could relate to the struggles of stopping adderall. Good storyline.

I am not quite finished with the book yet. However, it is a bold, honest account of what truly goes on in the mind of a committed baseball player who has some emotional hang-ups. At this point he is turning his life around and realizes his need for God, a Power outside of himself, to be changed.

I read Baseball Junkie in one sitting and could not put it down! It is excellent and inspiring! It shows that wealth and fame aren't everything and pro athletes have problems just like everyone else! Aubrey Huff has had tremendous highs and lows in his life. He has overcome to find the true importance of life...Faith and Family! I highly recommend this wonderful book!

Really incredible book. Really appreciate Aubrey's perspective and honesty.

Great book

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