



Coming Back to Me

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In this true-life sporting memoir of one of the best batsman in the game who stunned the cricket world when he prematurely ended his own England career, Trescothick's brave and soul-baring account of his mental frailties opens the way to a better understanding of the unique pressures experienced by modern-day professional sportsmen. At 29, Marcus Trescothick was widely regarded as one of the batting greats. With more than 5,000 Test runs to his name and a 2005 Ashes hero, some were predicting this gentle West Country cricket nut might even surpass Graham Gooch's record to become England's highest ever Test run scorer. But the next time Trescothick hit the headlines it was for reasons no one but a handful of close friends and colleagues could have foreseen. On Saturday, February 25, 2006, four days before leading England into the first Test against India in place of the injured captain Vaughan, Trescothick was out for 32 in the second innings of the final warm-up match. As he walked from the field he fought to calm the emotional storm that was raging inside him, at least to hide it from prying eyes. In the dressing room he broke down in tears, overwhelmed by a blur of anguish, uncertainty, and sadness he had been keeping at bay for longer than he knew. Within hours England's best batsman was on the next flight home. His departure was kept secret until after close of play when coach Duncan Fletcher told the stunned media his acting captain had quit the tour for personal, family reasons. Until now, the full, extraordinary story of what happened that day and why, of what preceded his breakdown has never been told. He reveals for the first time that he almost flew home from the 2004 tour to South Africa, what caused it, and what followed—his comeback to the England side and a second crushing breakdown nine months later that left him unable to continue the 2006–2007 Ashes tour down under. *Coming Back to Me* will replace the myths and rumors with the truth as Trescothick talks with engaging openness and enthusiasm about his rise to the top of international cricket; and describes with equal frankness his tortured descent into private despair.

Coming Back to Me Details

Date : Published September 1st 2008 by HarperCollins (UK) (first published January 1st 2008)

ISBN : 97800007285808

Author : Marcus Trescothick

Format : Hardcover 342 pages

Genre : Nonfiction, Biography, Sports and Games, Sports, Autobiography

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From Reader Review Coming Back to Me for online ebook

Basil Clement says

Entertaining in some parts, moving in other parts, interesting in all parts.

Eddy says

Very interesting and unusual sports autobiography - focussing not on the cricket but on the author's mental state and depression.

Nasir Khan says

Read this as a young kid - showed me the other side of cricket, how cricketers cope with their personal lives, English cricketing culture, and how easy it is to have a nervous breakdown and collapse with the intense schedule of a cricketer that only grows increasingly in the current era. It was a truly wonderful story of undeniably special talent, a great family that certainly nurtured Tresco's talent, traditional English breakfasts (and other fatty, meaty British dishes), and of course its always impossibly exciting to view the Ashes through the lens of a victor who was, no doubt, one of the most aggressive, explosive, yet flamboyant left-hand openers of his time (and still is, for his age) whilst putting forth an example of classic, gentlemanly sportsmanship that, in an ideal world, should be exemplary of any cricketer.

John Taylor says

A really good book that is more about Marcus's anxiety problems than his life story.
I can totally relate to what he went through and it's explained perfectly.
I know see him in a different light .
Really good

Joey Woolfardis says

Marcus Trescothick was one of the truly great English Batsmen until his depression was severely triggered and he realised that touring overseas was an impossibility. Very candid and very open from a wonderful player and great man. Not quite your average sports autobiography as his words on mental health are very welcome in this day and age of sitting still, being quiet and getting on with it. But honestly, if you're not a Cricket fan or a Somerset Faithful, it's unlikely this will show up on your radar. Good sports stuff, but in terms of life stories it's of little interest.

Ian says

Marcus Trescothick was one of the best batsmen of his generation, a left handed, top-order biffer, relying on a good eye and a straight bat rather than nifty footwork. There was something gloriously bucolic about the way he played the game (see-ball-hit-ball), something innocent and transparent. I'm ashamed to say that when I heard of him pulling out of England tours through domestic problems or nervous illnesses, I was among the masses clamouring for him to man up and get out there to represent his country. The revelation of the extent of his illness was quickly followed by my sincere sympathy. In these days of never-ending seasons and non-stop media intrusion, to be a top-level sportsperson and to be perfectly well-adjusted is almost impossible. Credit Trescothick's frank acknowledgement of that stress and the damage it can do.

Steve Mitchell says

Marcus Trescothick is without a doubt one of the greatest England batsmen it has been my pleasure to watch. I remember both his 108 not out against Pakistan in a one day match at Lord's and his 219 at the Oval in a Test Match against South Africa in 2003 as though they occurred yesterday. I also remember his return from Australia in 2006/07 before the first Test because of his stress related illness; and the typically sympathetic response from the Australian crowd holding aloft a banner bearing the legend "Where's Stresscothick?" This book is a must read for any fan of cricket or anybody that has been touched personally or by a loved one suffering from stress. An illness that may provoke the response that Trescothick once considered offering; "Cheer up and pull yourself together!" This honest account shows that succumbing to stress is a sign of strength and not weakness. Trescothick was a hero of mine before I read this book and that view has only been strengthened now that I have read this deserved winner of the 2008 William Hill Sports Book of the Year.

Ashok Sridharan says

By way of background: the author Marcus Trescothick was an English cricketer who played for England in test and limited overs cricket from 2000 to 2006 as a batsman. He was one of the best opening batsmen in the world during that period and one of the pillars of the English cricket team. He was nearing the peak of his career when an on going battle with depression forced him out of the game forever.

Coming back to me is partly an autobiography (ghost written by Peter Hayter) and partly a narrative of Trescothick's battles with depression, particularly the later chapters. It is a refreshingly honest account which, in many places, is touching. Having seen Trescothick dominate the best bowlers in the world in his prime, it was moving to know the extraordinary odds he had to overcome to reach as far as he did.

In many ways *Coming back to me* is a pathbreaking work. Not many sports persons, and certainly no cricketer ever came out openly on the subject of depression, much less write a book on it. Given the frequency of suicides among cricketers, its impossible to overstate the significance of this book.

You assuredly do not need to be a cricket fan to appreciate this novel. Its a touching, brutally honest account of a sportsman's battle against depression.

Mayank says

Marcus Trescothick provides an honest and brutal autobiographical account that continues to haunt long after you have read it.

By all accounts, Marcus Trescothick was living a life of his dreams. Blessed with a loving and caring family, he loved doing his job which was to bat for England cricket team. Pretty decent at his job, he was making rapid strides and seemed destined for greatness, until, it all fell apart. Marcus Trescothick was diagnosed with stress related illness - depression and anxiety, triggered by certain incidents in his life and continuous pressure of representing England at the highest level.

The book presents quite graphic and moving account of his struggles and talks about one of the greatest taboos of the sport. Certain passages move you, some even disturb you, but in its entirety, the book engages you. Trescothick rarely loses his wit and comes up with a clever line or two even at the most tense situations. Never a dull moment, this is an interesting and probably one of the most important books which talks about the most misunderstood and least talked about aspect of sports. This is a book which goes way beyond cricket and sports.

Alex says

With most books about sporting personalities it's unlikely you're going to have any interest in reading if you don't like the sport that said person played. I would say that, what with cricket being quite the 'hit or miss' sport, it probably is the same with this however this is so much more than 'Marcus Trescothick's highlight reel'. For those unaware of who he is; Marcus is a professional cricket player and former opening batsman for the England team and undoubtedly at that time, one of England's best batsmen as well as being part of the 2005 winning Ashes series. Okay so far, your average sports book. This however, as I said, is nothing of the sort. Marcus Trescothick was forced to leave England's 2006 (I think it was 06 but I apologise if I'm wrong on that.) of India early. It was never clear at the time, and indeed at the time of future squads he withdrew from, what the real cause behind it was. The reason we were given was first "illness and personal problems" and then "stress related illness" He was eventually forced to retire from international cricket as a result of this but until I actually read the book I still didn't really know what this "stress related illness" was. At the time I, and probably quite a few outsiders, were saying "Come on Marcus, just pull yourself together and get back out there". So I was naturally intrigued to read this and get to the bottom of what was really going on. It makes for harrowing reading at times and he says himself that upon writing this, having to go back and remember what he went through was a very unpleasant experience. What starts off for him as serious homesickness and sleeping trouble when on tours away from his family turns into something a lot more serious; nights spent crippled with fear at what might be happening back home to the point where he felt he was going to die and even had the thought of taking his own life to stop himself having to live through what he was having to. In the end, despite all the help he sought out, everything he tried he was forced to retire from international cricket as even a short pre-season tour with his county became too much for him. It's sad, there's no other word for it and it had me on the verge of tears. In fiction you can write whatever you want to tug at the heart strings of the reader. This actually happened; Marcus Trescothick did actually break down in tears at Heathrow airport when trying to board the plane to Dubai, he did actually have to give up doing what he loved because of something, for the most part, he couldn't get his head around and couldn't comprehend. This book won the William Hill Sports Book of the year in 2008 and it was well deserved. As I've said, so much more than your average 'Look how well I did' sports personality effort.

Gerry says

This is much more than another sports book. Marcus Trescothick is not one of those here today and gone tomorrow cricketers who have to get their story out after they have been in the game for a very short time. He is an honest to goodness chap who wanted to tell his life story, which entailed a major breakdown that ultimately spelt the end of his international cricketing career.

He begins at the end. Surprised? No need to be for he felt that the best way to deal with his demons was to get them out up front for the reader so he/she would know what they were in for. And it works splendidly.

After painfully outlining his problems he returns to his roots and tells of his upbringing and how he became the cricketer that he turned out to be. And he was no ordinary player; his talent soon shone through and he was recognised as England potential.

His performances were such that he played for his country as a junior before being elevated to the senior ranks and eventually captaining his country in two Test Matches.

He married, had a daughter (he now has two) and went touring with the England team. It was while he was away that he realised he could not continue this life-style, even though, as he acknowledges, he was at the top of his profession and earning very good money. In a harrowing tale he tells how his demons surfaced and how he and his family dealt with them. And he willingly acknowledges the part his wife in particular and his family helped him overcome them.

He continued to play county cricket, and to score runs mercilessly, and he returned to the England set-up. But, after being a member of the hugely successful 2005 Ashes winning side, his demons surfaced once again and he was back to square one. And once again his family pulled him through.

The book is not only a sporting autobiography but a shining example of how to fight and manage, I deliberately hesitate to use the verb overcome (as I know to my own cost), this depressive illness and as such it is a compelling read.

Not surprisingly 'Coming back to me' won the William Hill Sports Book Award for 2008 but I stress, it is much more than a sports book.

Peter says

This guy knocked 106, opening for England at Lord's whilst on Citalapram!
Legend!

Very honest, even courageous account of a top sportsman coming to terms with depressive/anxiety illness. Some of which, it strikes me, is written with the decided intent of setting some records straight. The eventual honesty of Marcus Trescothick's disclosure brought the whole issue of depressive illness into the public domain with an air of seriousness that went some way to dispelling the stigma associated with a

silent illness that is effecting around 1 in 10 people in the U.K at any given point every year.

Good to bear in mind that this guys job was public property, his performances were under close minute by minute analysis and scrutiny. Few could cope with that pressure alone, suffering from depression or not.

Nick says

The second half, which concentrates on his depression, is much more interesting than the first, which tends to fall into the trap of many sports' biogs (*we started the day on 280-4... Pakistan set us a tough target.. etc*).

But his candid description of his descent into his own personal hell and the way he attempts to deal with it are fascinating. More high profile people, in sports and in other fields, would do well to help publicise awareness of depression in such a way.

Paul Riddle says

Much more than a sporting autobiography. a painful look at Marc's descent into mental illness and his struggle to contain the demons.

Ivor says

This biography is completely unlike any other sporting 'autobiography' churned out by sportsmen approaching the end of their career I've ever read. Trescothick gives a candid insight into the way in which his depression affected him and his family. It offers a behind the scenes look into how his illness was handled by England and how Trescothick continued to try and cover the illness up even when it was apparent something was nqr.

In addition to the way in which the book handles his illness there is also the inevitable showcase of his career. The section on the 2005 Ashes is in particular worthy of a read!

I'm planning to donate this book to the school library and would certainly recommend it to you boys...though you may want to miss out the section mentioned above!
