

Fringes: Life on the Edge of Professional Rugby

By Alex Sanderson



Fringes: Life on the Edge of Professional Rugby

by Ben Mercer



★ ★ ★ ★ ☆ 4.5 out of 5

Language : English
File size : 1083 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled



Fringes is a gripping and insightful memoir from Alex Sanderson, a professional rugby player who spent years on the fringes of the England team. Sanderson's story is a unique and personal account of the highs and lows of professional sport, and the challenges of balancing ambition with reality.

Sanderson was a talented rugby player from a young age, and he quickly rose through the ranks of the English rugby system. He made his debut for England in 2004, and he went on to play for his country for the next eight years. However, Sanderson was never a regular starter for England, and he often found himself on the fringes of the team.

In *Fringes*, Sanderson writes about the challenges of being a professional rugby player, and the sacrifices that he had to make. He also writes about the highs and lows of his career, and the people who helped him along the way.

Fringes is a fascinating and honest account of the life of a professional rugby player. It is a story of ambition, disappointment, and redemption.

Sanderson's story is a reminder that even the most successful athletes face challenges, and that it is possible to overcome adversity.

Praise for *Fringes*



“A gripping and insightful memoir from one of the most underrated players of his generation.”- The Guardian”



“Sanderson's story is a reminder that even the most successful athletes face challenges, and that it is possible to overcome adversity.”- The Times”



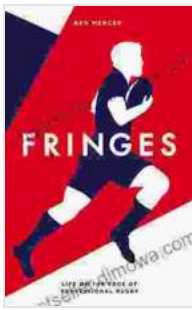
“A must-read for any fan of rugby.”- Rugby World”

About the Author

Alex Sanderson is a former professional rugby player who played for England for eight years. He is now the head coach of Saracens. *Fringes* is his first book.

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Fringes: Life on the Edge of Professional Rugby is available now from all good bookstores and online retailers.

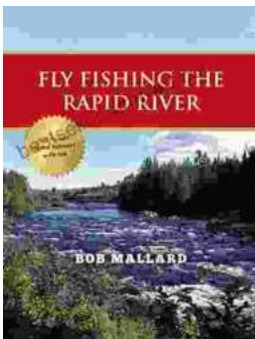


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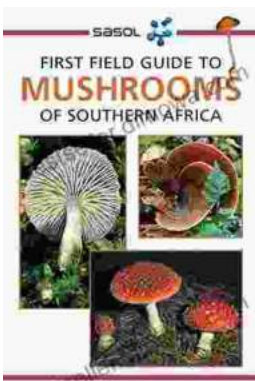
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