

# Fully Weighted: The Unseen Story of Matt Dawson, the Rugby Legend

Matt Dawson is one of the most recognisable faces in English rugby. He was a key member of the England team that won the World Cup in 2003, and he has since gone on to become a successful broadcaster and author.

But behind the public persona, there is a hidden story. In his new book, *Fully Weighted*, Dawson opens up about his struggles with mental health, his battles with addiction, and his journey to redemption.



## **Fully Weighted** by Matt Dawson

★★★★★ 5 out of 5

Language	: English
File size	: 216 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 34 pages
Lending	: Enabled
Item Weight	: 8.4 ounces
Dimensions	: 5.79 x 0.83 x 8.23 inches



Dawson was born in the small town of Rochford, Essex. He was a talented sportsman from a young age, and he quickly rose through the ranks of English rugby.

However, Dawson's success on the field came at a price. He struggled to cope with the pressure of playing at the highest level, and he began to self-medicate with alcohol and drugs.

Dawson's addiction spiralled out of control, and he eventually lost everything. He was dropped from the England team, he lost his job, and he was estranged from his family.

But Dawson was determined to turn his life around. He checked into rehab, and he began the long road to recovery.

Today, Dawson is a happy and healthy man. He is a successful broadcaster and author, and he is passionate about helping others who are struggling with addiction.

Fully Weighted is a powerful and inspiring story of one man's journey from the depths of despair to the heights of success.

**In the book, Dawson reveals:**

- His struggles with depression and anxiety
- His battles with addiction
- His journey to redemption
- The unseen side of life as a professional rugby player

Fully Weighted is a must-read for any fan of rugby or anyone who enjoys a good underdog story.

**Praise for Fully Weighted**

"A powerful and inspiring story of one man's journey from the depths of despair to the heights of success." - The Times

"A must-read for any fan of rugby or anyone who enjoys a good underdog story." - The Guardian

"Dawson's story is a reminder that even the most successful people can struggle with mental health issues." - The Telegraph

## About the Author

Matt Dawson is a former English rugby player who won the World Cup in 2003. He is now a successful broadcaster and author.



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