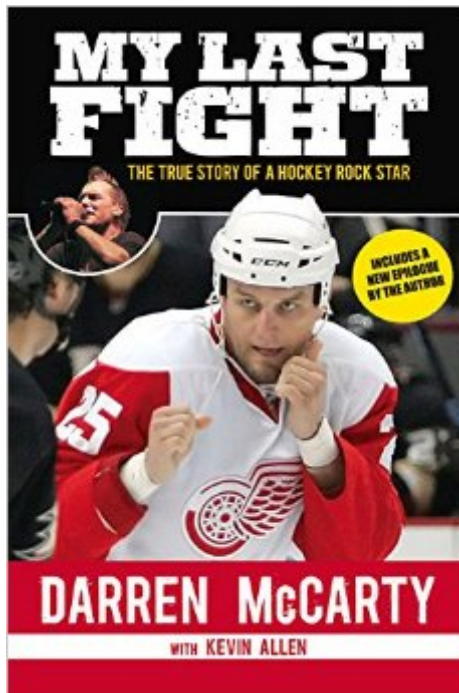


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# My Last Fight: The True Story Of A Hockey Rock Star



## Synopsis

Looking back on a memorable career, Darren McCarty recounts his time as one of the most visible and beloved members of the Detroit Red Wings as well as his personal struggles with addiction, finances, and women and his daily battles to overcome them. As a member of four Red Wings<sup>™</sup> Stanley Cup<sup>®</sup> "winning teams, McCarty played the role of enforcer from 1993 to 2004 and returning again in 2008 and 2009. His "Grind Line" with teammates Kris Draper and Kirk Maltby physically overmatched some of the best offensive lines in the NHL, but he was more than just a brawler: his 127 career goals included several of the highlight variety, including an inside-out move against Philadelphia in the clinching game of the 1997 Stanley Cup Finals. As colorful a character as any NHL player, he has arms adorned with tattoos, and he was the lead singer in the hard rock band Grinder during the offseason. Yet this autobiography details what may have endeared him most to his fans: the honest, open way he has dealt with his struggles in life off the ice. Whether dealing with substance abuse, bankruptcy, divorce, or the death of his father, Darren McCarty has always seemed to persevere.

## Book Information

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## Customer Reviews

As a Red Wings fan, it was always exciting to see 25 on the ice kicking ass. You always wondered who he was going to drop the gloves with. I enjoyed this book because it's difficult to remember that celebrities, and star athletes are real people with real problems. It actually disgusts me to hear how low people will go to take advantage of someone and their status. Just because Darren was a nice guy doesn't mean that the scum that he hung around with could rob and cheat him. Nice to see that

his family is strong and he's got an awesome structure to base the rest of his life. I only hope that he is successful. I recommend this book to everyone, but especially to people who have their own struggles. Keep fighting and stay strong!

Being a hockey dad, I see what my kid has to go through to succeed at his sport. I can only imagine the amount of time and commitment that McCarty had to give up to achieve the level of success that he had. I've heard parents say that every time you see a professional athlete, you're looking at someone that sacrificed their childhood for their sport. Most of the time, willingly so. It takes passion and dedication beyond measure to do what these guys do. And this book is all about passion. The core of the book is the underlying notion that integrity, grit and commitment to your teammates stands above all other personal issues. And it doesn't come without a price. Misplaced trust, bad decisions and horrible timing can destroy the best of us. Reading about Darren's troubles and how he's struggled to rise above the heartbreaking losses and addictions is encouraging to say the least. If I could give this book 6 or more stars, I would.

If you are a fan of hockey you will read some things that may surprise you. Darren puts it all on the table, I wish him well.

I bought this book because I heard Darren on the Radio at 97.1 The Ticket and was charmed by his personality. When I heard about the book I bought it for my myself to read and then my husband took over my kindle and read the book in one sitting. I enjoyed the read, I was stunned to read about the antics of my gender and what extremes they go to to be with a famous athlete. It is disgusting what they did. As far as Darren goes well his behavior is another story. Wow the things he did, the things he said, the influence of this demon that is addiction! I get that addiction is hard to quit and I pray for his continued sobriety. I have to say that his marital behavioral patterns as a women would make me lose interest in him. God bless his wife Sheryl she sounds like a beautiful person who clearly keeps an open mind and doesn't pass judgement. Women leave him alone, he is a happily married man who has athletic skills and was blessed with the ability and good fortune to play hockey professionally, but at the end of the day he is still a man with a wife and several kids to support. If you owe him money pay your debts people. It is sad that Darren lost most of his money on bad loans to people he cared about who used him and left him broke. That said I enjoyed the book. I was shocked out of my mind! Wow

As warned, Dmac pulls no punches about his life and career. Absolutely the most blunt reflections I have ever read, Dmac covers the peaks of success and lows of his addictions and the consequences of all with lots of great anecdotes and stories. I hope he and Cheryl can continue to keep his life in order and have a happy life from here.

I just finished this book a few hours ago. To give some background, I've been watching the Wings religiously since the 96-97 season as that put me around 10 years old at the time. I grew up watching McCarty playing as well as all the other legends that have donned with Winged Wheel over the years. It was very insightful and fascinating to hear McCarty's full story as told by him. A lot of it reminded me of Tommy Lee's autobiography with the rock star lifestyle riddled with infidelity, drugs and alcohol abuse. Not comparing the two, but they've led very similar lives despite different career paths. I'm WAY more of a Red Wings fan than a Motley Crue fan, so I found this book a LOT more interesting. This book was everything I expected and hoped it would be. It was funny at times, sad at times and just downright outlandish yet believable at times. I think there are a lot of important lessons to draw from this book on what NOT to do. I wouldn't recommend this to anyone looking to model themselves after the decisions Darren has made but I would heartily recommend this to any tough guy hockey player, aspiring top prospect or hardcore Red Wings fan. The book goes by quick. I read the first 70 pages in one sitting and then the remainder in another sitting. I simply couldn't put it down once I started. I highly recommend this book!

Love this man! Was a Wings fan before, during and after his career. During was the best! I never realized DMac had so many personal issues, but appreciate his candor and honesty in telling his story. I love his wife Sheryl without ever meeting her and share her views on honesty above all. I thought this book would be more hockey stats and glad it wasn't just that. Glad to know the man I thought I already knew. Living outside Detroit, we have been to multiple autograph parties because of McCarty - my husband was a one time tough guy with the last name LeMieux (NO RELATION!) and we have proudly have McCarty's autograph on his drivers' license. The March 26 "Fight Night at the Joe" gets played every year in our house. And yes, DMac got the winning goal that night too! This is a great read (unlike the Probert book which I found upsetting and regretted reading) with equal amounts of hockey and a the struggles of a true legend. Godspeed Darren and Sheryl!!!

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