



Have A Nice Day: A Tale of Blood and Sweatsocks

By Mick Foley, Mankind, WWF

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Mick Foley is a nice man, a family man who loves amusement parks and eating ice cream in bed. So how to explain those Japanese death matches in rings with explosives, golden thumbtacks and barbed wire instead of rope? The second-degree burn tissue? And the missing ear that was ripped off during a bout-in which he kept fighting? Here is an intimate glimpse into Mick Foley's mind, his history, his work and what some might call his pathology. Now with a bonus chapter summarizing the past 15 months-from his experience as a bestselling author through his parting thoughts before his final match. A tale of blood, sweat, tears and more blood-all in his own words-straight from the twisted genius behind Cactus Jack, Dude Love, and Mankind.

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Editorial Review

Amazon.com Review

Frankly, this literary critic didn't expect Mick Foley's memoir of his life as Mankind (and his other wrestling personas, Cactus Jack and Dude Love) to hit No. 1 on Amazon.com's hardcover nonfiction bestseller list in its first literary bout. The cover is cluttered and confusing, and do we really need 500-plus pages of Foley's boasts? Yes. Foley gives his all for his calling, and he burns to tell his adventures. Take the famous tale of how he lost most of his ear (the bloody result is depicted in the 16-page color-photo section). It was in his 1994 bouts with Vader (Leon White): after getting a broken nose, a dislocated jaw, and 21 stitches in the first match, Foley did his "hangman" routine, wherein he catches his neck between the second and third ropes and spins them into a twist. "The end result is the illusion of a man being hanged by his neck while his body kicks and writhes in an attempt to get out... the man actually *is* hanging by his neck and the body really *does* kick and writhe in an attempt to get out." Unfortunately, in the prior match, Too Cold Scorpio had had the officials tighten the ropes, so Foley tore off his ear to avoid death by strangulation, like "a fox that chews off its paw to escape a trap." Foley also wrestles on 10,000-thumbtack mats with barbwire ropes and C-4 explosives, and earns the ultimate compliment: "The fans really like the way you bleed." Many fans also like the way his gory story reads. --*Tim Appelo*

Review

"Foley's hardcore account . . . Isn't for the faint of heart."-- "Entertainment Weekly"Offers vivid descriptions and debunks myths . . . You don't have to be a wrestling fan to enjoy--or at least learn something from [this book]"-- "Chicago Tribune" Mick Foley is a funny, intelligent, interesting man with a fascinating story totell." -- "LA Times"Engaging . . . Grabs the reader by the throat."-- "Syracuse Post-Standard"THE BEST INSIDER LOOK AT PROFESSIONAL WRESTLING EVER WRITTEN."-- "Trenton NJ Times"Captivating . . . Much more than a story about a professional wrestler . . . Honest, often hilarious and sometimes moving."-- "Richmond Times-Dispatch" Foley's humor alone makes 'Have A Nice Day!' a must read."-- "Daytona Beach News

From the Inside Flap

This book is not for the squeamish. No. This is the autobiography of the Hardcore Legend, Mick Foley. Some wrestling fans claim that "Foley is God." You're about to find out why.

Mick Foley is a nice man. A family man. He loves his son, Dewey, his daughter, Noelle, and his beautiful wife, Colette. He loves amusement parks, eating ice cream in bed, and watching Nickelodeon.

So, how to explain his participation in Japanese Death Matches, which replace the ring ropes with barbed wire, cover the mats with glittering gold thumbtacks, and feature C4 explosives scattered throughout the ring? How to explain the barbed-wire scars that zigzag across his body, the second-degree burn tissue that is a memento of an exploding C4, and the missing ear that was ripped clean off his head during a bout? And how to explain how, after losing his ear, he then continued his match?

Here is an intimate glimpse into Mick Foley's mind, his history, his passions, and what some might call his pathology. No ghostwriter. Not "as told to." Straight from the twisted genius behind Cactus Jack, Dude Love, and Mankind--deciphered from 760 pages of maniacally handwritten notebook paper--comes a tale of blood, sweat, tears, and still more blood.

You'll chuckle at Mick's early backyard wrestling antics and homemade wrestling movies. You'll be amazed by the inside scoop on legends in the business like Terry Funk, Harley Race, Abdullah the Butcher, and Ric Flair. You'll squirm as Mick describes his incredible risks in the ring and his grisly, mind-numbing injuries. Finally, you will cheer with true admiration as arguably the hardest-working, most dedicated, and most heroic man in sports-entertainment beats all the odds and takes home the prize he had been told all along he would never, ever get: the World Wrestling Federation Championship belt.

Users Review

From reader reviews:

Elnora Perry:

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Pamela Postma:

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