

# SECOND INNINGS

On men, mental health and cricket

by **BARRY NICHOLLS**

## KEYNOTE

A reflection on Barry Nicholls' life, *Second Innings*, explores the author's struggle with mental health and the road to recovery, using his love of the game of cricket to make sense of it all.

## ABOUT THE BOOK

Set partly in the present, *Second Innings* includes flashbacks through five decades of life and focuses particularly on the lives of the men across the generations of Barry Nicholls' own family. It tells the story of Barry's journey from teacher to print journalist to broadcaster. *Second Innings* shows what can happen when long-term unresolved anxiety takes hold and it demonstrates the value of finding compassionate and understanding medical professionals who provide a path toward the light when all seems lost. As Greg Chappell helps teach this writer, in life there is always a second innings.

## ABOUT THE AUTHOR

A former A-grade district cricketer and schoolteacher, Barry Nicholls has written about cricket for decades and is a broadcaster with the ABC where he has worked since 2003. After 25 years of playing cricket he now enjoys spending his weekends watching his children embrace the challenges and pleasures of participating in sport. Barry lives in Perth with his partner, Ann, and their four children, and has learned a bit about second chances in life.



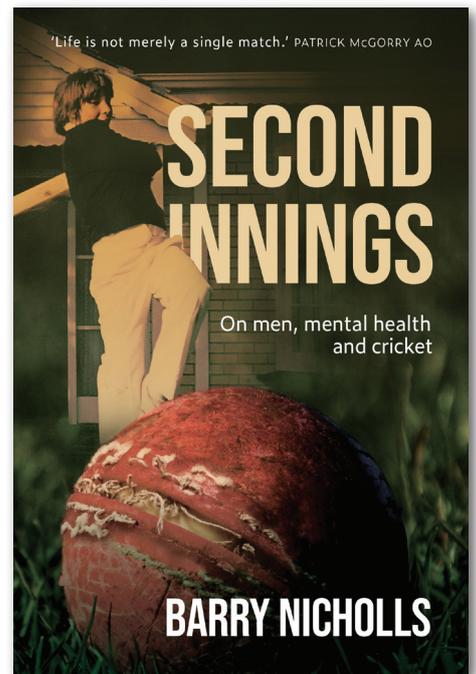
## KEY POINTS

- Barry has written eight books, including *You Only Get One Innings: Family, Mates and the Wisdom of Cricket*. He has also contributed to *Inside Sport*, *Wisden Cricketers' Almanac Australia*, *Cricinfo*, *Cricket Lore*, and *Inside Edge*, and was the Associate Editor of *Baggy Green: Journal of Australian Cricket*.
- He has presented ABC National Summer programs as well as Radio Perth Breakfast, Mornings, Afternoon and Drive, and now hosts a daily two-hour Early Morning show across Western Australia. For five years Barry also presented a podcast for ABC Grandstand about sports books that was also regularly broadcast across the country.

## PRAISE FOR THE BOOK

'A powerful and engrossing witnessing, of personal and family mental health experience.' Dr Mark R. Cross, Consultant Psychiatrist

'Authentic, true, and moving ... This writer will break your heart and fix it again, all within a paragraph. A real talent.' Ben Hobson



Pub. Date	3 August 2021
ISBN	9781925816440
eISBN	9781925816457
RRP	\$24.99
	\$30.00 NZ
	\$17.95 US
Genre	Memoir / Sport
Format	PB, B+
Extent	192 pp



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