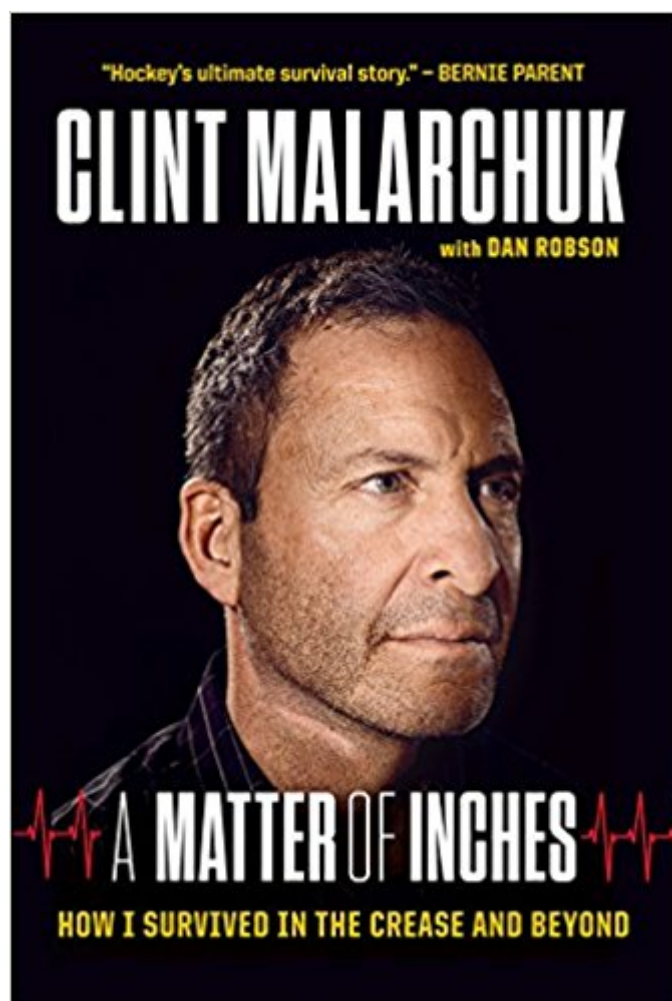


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A Matter Of Inches: How I Survived In The Crease And Beyond



Synopsis

No job in the world of sports is as intimidating, exhilarating, and stress-ridden as that of a hockey goaltender. Clint Malarchuk did that job while suffering high anxiety, depression, and obsessive compulsive disorder and had his career nearly literally cut short by a skate across his neck, to date the most gruesome injury hockey has ever seen. This autobiography takes readers deep into the troubled mind of Clint Malarchuk, the former NHL goaltender for the Quebec Nordiques, the Washington Capitals, and the Buffalo Sabres. When his carotid artery was slashed during a collision in the crease, Malarchuk nearly died on the ice. Forever changed, he struggled deeply with depression and a dependence on alcohol, which nearly cost him his life and left a bullet in his head. Now working as the goaltender coach for the Calgary Flames, Malarchuk reflects on his past as he looks forward to the future, every day grateful to have cheated deathâ "twice.

Book Information

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Customer Reviews

Clint Malarchuk was a goaltender with the Quebec Nordiques, the Washington Capitals, and the Buffalo Sabres. Originally from Grande Prairie, Alberta, he now divides his time between Calgary, where he is the goaltender coach for the Calgary Flames, and his ranch in Nevada. Dan Robson is a senior writer at Sportsnet Magazine. He lives in Toronto.

I finished this book last night and am still processing it. The book had a bit of everything - funny to gut wrenching moments and joy. It was a rollercoaster ride and one I'm glad I took. As someone who deals with chronic depression I found myself nodding in places about the struggle, the voices in

the head and remembering my own attempts from my past. It really is hard to describe what you are going through to someone else and get them to understand. There is no such thing as being better, you manage and survive. It's not like you caught a cold and it will be gone in a few days. You battle every day. While others have slammed Mr. Malarchuk for his words and bravado in their reviews, I have to wonder how many of them have ever played a professional sport at the level he did or gone through such a traumatic event as having their throat slit? Mr. Malarchuk showed himself, showed who he is as a person, as a player, father, etc. in a very raw way. No one is superman, none of us are perfect but this is who this man is and to come forth and share his story is important. It needed to be told. I enjoyed this book very much and as someone who has been in the trenches for a long time, it's encouraging to hear another talk about their struggle so openly.

What an incredibly brave act by Clint Malarchuk to lay bare the details of his life's struggle. As a nearly 40-year mental health practitioner, I was astonished at the number of times and the number of ways people failed Clint. In the 80's we already had "mandated reporters" and yet teachers and coaches who surely knew of his family circumstances did nothing. Thus, the abuse continued and Clint and his mother ended up needlessly abandoned and impoverished. A systemic failure by everyone around them which contributed to Clint's development of severe OCD and depression to walk hand-in-glove with his PTSD. This, along with the genetic guarantee of his father's alcoholism ended up directing his path of wildly complicated coping and avoidance pertaining to the ghosts that haunted him and the undeniably loving heart and courageous spirit that drove him forward to his fate. I highly recommend this book to mental health providers, doctors of all specialties, and coaches. Until the end of the book, we see a procession of professionals who missed the boat in their diagnostic and treatment decisions. This book is a great case study in that regard. For athletes this an important and cautionary tale: when your life feels unbalanced, IT IS. Listen to your body talk to you - don't dull the voice with drugs or a lifestyle that distracts you from your own truth.

Its amazing what Clint has been through and how his wife stuck by his side through it all. Before reading I've always known him as the goalie who played for the Sabres who got his neck sliced during a game and almost bled to death. I never realized all that he has been through before and after that incident and the type of mental issues that he has faced during his life. The book chronicles his hockey career all the way back to when he was a kid up to his days as an NHL/Minor league coach. There are many humorous and exciting stories in this book but it is also candid and blunt when it came battling his demons with alcohol and mental illness. I think Clint is a great writer and

hopefully someday will write another.

Started to obsess about hockey back in the early 90's, when NHL 2 Night showed the great highlights of Gretzky, Mario, and the other all stars... One night, it must've been the anniversary of Clint's injury... Before YouTube and rewinding live TV... Knowing that Clint struggled with more than the physical injury he's known for made this book a must read...

It was a difficult book to read that I wanted to put down. Many of the things Clint wrote about I have been through as well, PTSD and depression and still suffer from them. While upsetting, I found that I just couldn't stop reading it and I HATE reading. Clint has a lot to be learned from his experiences; the good and bad. He's more than a goalie that had his back slit by a skate. He's a human being, a father, friend, husband, a brother and son to many wonderful people that stood by his side through thick and thin. Please read this book and become aware of the signs and symptoms that silently affect more people than we know. Thank you Clint for sharing

This book helps you to understand what some people with mental issues go through. Also what the family around them deal with. God bless you, Clint and family with what you all had to deal with. I have been a Sabres fan from the beginning and remember the time well when you played here and how exciting it was to watch you, except for that unforgettable moment. This book is well worth reading!

I bought this book because my husband is really into hockey and wanted to read it, but then he convinced me to read it also. Even if you're not that into hockey (like me) it's still an excellent read. Very crazy life story and told really well.

Well written book. Full of hard hitting emotions. Clint and Joanie Malarchuk are two incredibly strong people.

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