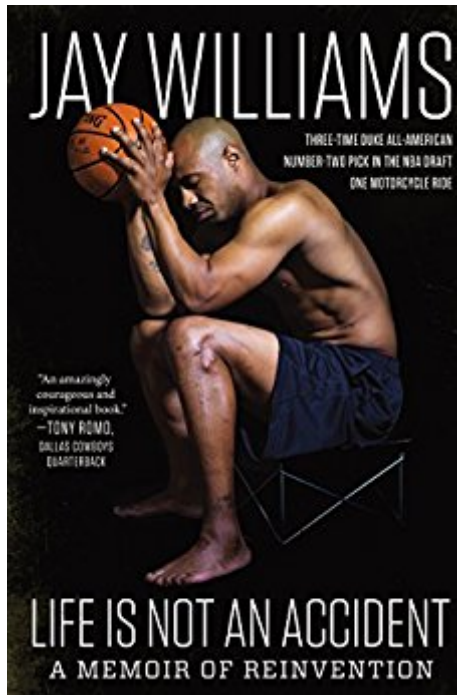


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# Life Is Not An Accident: A Memoir Of Reinvention



## Synopsis

This big-hearted memoir by the most promising professional basketball player of his generation details his rise to NBA stardom, the terrible accident that ended his career and plunged him into a life-altering depression, and how he ultimately found his way out of the darkness. Ten years ago, Jay Williams was at the beginning of a brilliant professional basketball career. The Chicago Bullsâ™ top draft pickâ™ and the second pick of the entire draftâ™ he had the great Michael Jordanâ™s locker. Then he ran his high-performance motorcycle head-on into a light pole, severely damaging himself and ending his career. In this intense, hard-hitting, and deeply profound memoir, Williams talks about the accident that transformed him. Sometimes, the memories are so fresh, he feels like heâ™ll never escape the past. Most days, he finds a quiet peace as a commentator on ESPN and as an entrepreneur who can only look back in astonishment at his younger selfâ™ a kid who had it all, thought he was invincible, and lost everything . . . only to gain new wisdom. Williams also shares behind the scenes details of life as an All-American. He tells it straight about the scandalous recruiting process and his decision to return to Duke and Coach Kâ™ a man who taught him about accountabilityâ™ to finish his education. He also speaks out about corruptionâ™ among coaches, administrators, players, and alumniâ™ and about his time in the NBA, introducing us to a dark underworld culture in the pros: the gambling, drugs, and sex in every city, with players on every team.Â

## Book Information

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## Customer Reviews

Just finished reading Jay William's book. If you think this is a standard sports autobiography it will be a wonderful surprise. The inside view on how a kid with a deflated ball made it to basketball's highest level is absolutely in there. However the story of self induced tragedy and loss being the catalyst for redifining a person is where the story is phenomenal. Strengthening and clarifying one's values and priorities while embracing the struggle and adversity is compelling and relevant. I loved reading it and the balance of following Jay's climb to greatness in hoops to what happens when it is gone in a second, and finally the road to recovery and the return to glory. Whatever your walk of life this is a must read,

This book is awesome. I finished it within 24 hours. A great book, that shows the ups and downs of life. Very insightful observations from Jay Williams as he takes you through his life as a basketball player and the world of the NBA. I really enjoyed the book. It's a fantastic read of coming to terms with one's decisions, and perseverance. Thanks.

Duke graduate here and former Duke D-1 scholarship athlete. I was so looking forward to this read. Found his stories about college BB and Coach K fantastic. Found some parts of this book almost like a "soul dump" or confessional for JW. Some stories about his parents and even his relationship with his fiancée I thought detracted from those loved people in his life and weren't necessary. Where we absolutely disagree is when Jay drifts into the all too "political" discussion of paying college athletes and the role of the NCAA. For every person advocating reasons college athletes should be paid there is another that finds at least as many reasons this is a really bad idea. I love the story of JW's life but I didn't think this political posturing added anything to this book. Before Jay fans come unglued, I LOVE the man and the athlete. I love the way he poured his heart out about his insecurities and foibles. I loved the stories about the former player and Coach K. I didn't love the way he portrayed some of the loved ones in his life or the financial "politics" of D-1 athletics.

Would recommend this book for not only basketball fans, but for those looking for an inspirational message. Jay Williams takes us through his life's journey, warts and all, and leaves us with a

message of hope. He also talks about his basketball career at Duke, and his brief NBA career, and trying to get back to the NBA.

I certainly enjoyed the first of the book. The areas of "How did I get here, and what now, were very informative. The recovery section, was not eye-opening, or even informative. Jay Williams was a tremendous athlete, always a pleasure to watch. He is quickly becoming one of the top sports analysis personalities on TV. Mr. Williams needs to concentrate on perfecting his future in T.V. writing is not his strength.

The best part of this book are the basketball stories but other than that it's a mess. The second chapter jumped around different parts of Jay's life and I couldn't follow the jumping around of time frames and moments. Later on I was left wondering how Jay and Coach K left their relationship, because there was little mention of his last season at Duke. The part of the story I was most looking forward to left me disappointed, and that is how Jay recovered mentally from being the best college player and NBA player to having trouble walking. Much time was spent in detail regarding the physical ailments, from the medications to the surgeries. Little attention was given to the mental aspect. I wish the book spent less time on the surgeries and more time on his mental state during the recovery and now how he reflects.

Yes a good read. They say the true making of a man is how he perseveres thru tragedy. It took some time, but Jay's triumph was in accepting his new limitations and establishing a new normal. Only then could he move forward.

I was one of those folks who thought how could you take such a risk with your career. I don't feel that way anymore after I read your book. We all make bad decisions. You were young but a survivor! You actually played professionally again after all those injuries proved that you are resilient. Thanks for sharing your story. A job well-done!

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