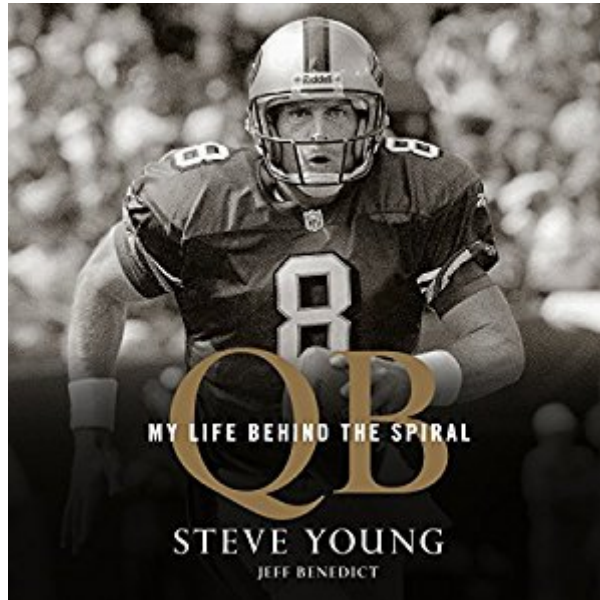




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# **QB: My Life Behind The Spiral**



## Synopsis

In the most candid and compelling sports memoir since Andre Agassi's riveting bestseller *Open*, former San Francisco 49er, Super Bowl champion, NFL MVP, and Hall of Famer Steve Young gives listeners an unprecedented and stunning inside look at what it takes to become a super-elite professional quarterback. Steve Young was not expected to become one of the greatest quarterbacks of all time. A devout Mormon, he had a perfect GPA in school, studied Latin and calculus, and was blessed with a photographic memory. His mother pleaded that he not play football. But Young was determined to become the next Roger Staubach. QB tells the story of a boy with a gentle demeanor who overcame personal fears and his teammates' and coaches' indifference to reach the pinnacle of America's most violent game. Football was a test and a quest: listed eighth on the depth chart at Brigham Young University, Young was told he'd never play quarterback in college. He went on to endure intense media scrutiny as the highest-paid player in sports history before he ever stepped on the field as a professional. As a 49er, he went head-to-head with the legendary Joe Montana in what became the NFL's greatest quarterback controversy. But Young's biggest hurdles were invisible to the public: the physical pain that comes with being an ordinary-size man in a league of giants; the loneliness of playing sixteen seasons as a bachelor; and an undiagnosed case of separation anxiety that made him dread getting out of bed and caused him to vomit in locker room bathrooms before games. Through sheer grit, Young put on a helmet week after week, season after season, leading his team to a Super Bowl championship, endearing himself to both the city of San Francisco and football fans everywhere.

## Book Information

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Audiobooks > Nonfiction > Sports & Recreation

## Customer Reviews

I am reading this book as I share this review. I have been a fan of Steve Young since 1980. I have watched every football game he has been in that was possible for me to see. I have so much memorabilia showing his years in collegiate and professional football. For some reason, I have not only been drawn to his exceptional talents and skills as a football player but also his integrity, character, and faith-driven attributes which lifted him head and shoulders above so many professional athletes who appeared solely caught up in their lofty self-opinion. I have read and kept many articles about him, and my family, through the years, have shared in my admiration of him and his many talents. This book is written from the heart. He expresses, with admirable honesty, the challenges he faced throughout his life which tormented him and almost emotionally paralyzed him. Yet, he found the strength and determination to rise above his constraints and become a great athlete and a great man. I am mesmerized by his honesty, his achievements, and his trust in Deity to guide him through the torments and disappointments of his amazing efforts and ultimately help him reach his Mount Everest. I so love this book. I am eternally thankful that he has made the choice to share his private struggles and triumphs with those of us who are his greatest of fans and admirers. What a great gift he offers to us who have followed his life for 36 years, or more, like I have. He really is the impetus behind my acquisition of an unabashed love for the game as a fan of great athletes who demonstrate similar levels of integrity and devotion to their craft. He will always be a hero to me, and this book will take the place on my bookshelf as a treasured and valued reminder of this great man and all he has accomplished and stands for. Thank you for the many years of excitement, enjoyment, nervous tension, anxiety, and inspiration you generated for us, your fans, Steve. I always wanted to meet you and thank you for the years of joy and pleasure you brought into our home. Blessings to your sweet family and yourself, always. I love this book. Read it. Treasure it. Share it with your young impressionable youth. Let them see that challenges, if faced with courage, determination, commitment, character, and integrity, can bring great things into their lives. Can you imagine the power that would be wrought in a new generation of deserving youth? If you pass up reading this book, you will have lost a powerful opportunity to change the path and course of your life.

I loved this autobiography of the famous Forty-Niner *Steve Young*. His life story was fascinating. I listened to about three quarters of the book on Audible as my husband listened to it on a trip. I didn't think I'd like it, but the kids and I got way into it and didn't want to miss any parts. So I bought the book and finished the parts

I definitely missed (and got to see pictures that the audio version doesn't give you since it's for your EARS), and I loved every part of it. Young suffered from anxiety disorder and never really cared about money and fame. He was just super competitive and loved football and wanted to see how good he could become. That was his drive his personal mission. His personal story about how he found his wife (at age 36-or 37 I can't remember) was so cool. He's just a really good, nice, athletic guy. A true hero any kid could look up to and emulate. This is definitely worth reading (or listening to Steve actually reads the prologue and epilogue on the audio version, and the rest of the book is by another voice, but very easy to listen to). Super awesome non-fiction.

Not a bad book overall, well written and brings back a lot of memories of the 49ers glory years when fans like myself were able to enjoy having two Hall of Fame quarterbacks back to back, Steve Young faced many things in his career including following a legend like Joe Montana which he discusses, and for many players it would have been impossible to play through these distractions. Looking back many people wouldn't have been as honest about his difficulty in facing this but Steve Young was brutally honest in describing how he felt and I applaud him for that. My only problem with this book was when Mr. Young recounted events from his games he always makes sure to mention his stats and what he did, but very little about the other players that helped him to excel and the team to win. Maybe I'm nitpicking since the book is about him, but football is a team sport and I would have liked to read about how he worked with and interacted with the other players to achieve the great things that Niners fans like I am will always be grateful for.

My actual rating is 4.5 Stars. Great book! It was fascinating to hear how hard things were for Steve Young at different times in his life. It showed that no one is exempt from anxiety, stress and depression. I loved watching Young at BYU and San Francisco. He is one of the best to ever play the position. It's also a great story of someone who believed in themselves even when the so called experts didn't.

How do Quarterbacks even survive the game? It is amazing how many hard hits they take and concussions they get in playing the game. Just glad that Steve Young and some other quarterbacks are not suffering from severe brain and mental problems like so many players. At least not yet. What I found interesting in the autobiography was how hard it was for Steve Young to overcome his fears.

His descriptions of how he felt before certain games and what he had to do to prepare himself to play was amazing and something totally new to me. His determination and drive were inspirational! I never knew that he was the 8th string quarterback at BYU and told to become a running back instead. It was neat to see how he turned this advice into motivation to become the 1st string quarterback. An amazing story of overcoming life's obstacles!

Wow - fantastic book. I was at BYU with McMahan, but Steve played when I went back years later. Great memories--I was there when Marie Osmond was there, during the bowl game and more. I recognized the names. Only a single mention of Tye Detmar (in my ward in Austin, TX), but neat to see the connections. A good mix of football, but also the challenges he faces and the neat experiences he had. I thought it was very inspiring, but it also showed how tough it was in the NFL with all the injuries. Very real book--thank you for sharing!

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