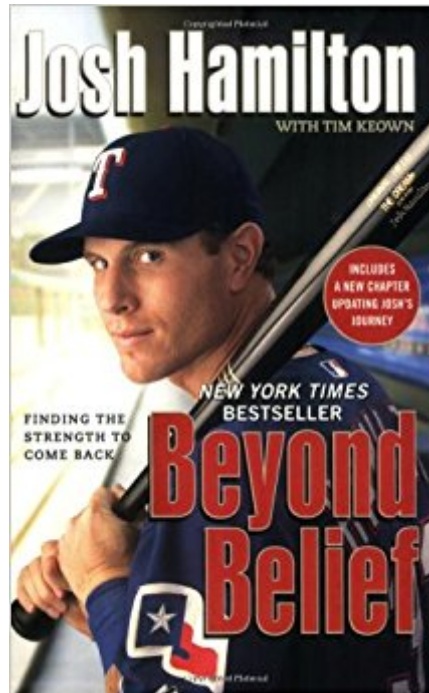




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# Beyond Belief: Finding The Strength To Come Back



## Synopsis

Josh Hamilton was the first player chosen in the first round of the 1999 baseball draft. He was destined to be one of those rare "high-character " superstars. But in 2001, working his way from the minors to the majors, all of the plans for Josh went off the rails in a moment of weakness. What followed was a 4-year nightmare of drugs and alcohol, estrangement from friends and family, and his eventual suspension from baseball. BEYOND BELIEF details the events that led up to the derailment. Josh explains how a young man destined for fame and wealth could allow his life to be taken over by drugs and alcohol. But it is also the memoir of a spiritual journey that breaks through pain and heartbreak and leads to the spectacular rebirth of his major-league career. Josh Hamilton makes no excuses and places no blame on anyone other than himself. He takes responsibility for his poor decisions and believes his story can help millions who battle the same demons. "I have been given a platform to tell my story" he says. "I pray every night I am a good messenger." Also, as part of the paperback edition of BEYOND BELIEF, Josh's journey has been updated to include developments in his recovery.

## Book Information

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## Customer Reviews

Josh Hamilton is an outfielder with the Los Angeles Angels and perennial Major League Baseball All-Star. Drafted by the Tampa Bay Rays in 1999, he made his Major League debut with the Cincinnati Reds who then traded him to the Texas Rangers where he played for 5 seasons including trips to the World Series in 2010 and 2011. He is a five-time MLB All-Star and won the AL Most Valuable Player Award (MVP) in 2010. In the offseason he lives in Texas with his wife Katie

and their four daughters.

I read where Josh Hamilton is probably not going to return to baseball in 2017 due to another knee injury and it's a bit of a shame that this is how one of the most fascinating stories in baseball is coming to an end. *Beyond Belief* is Josh Hamilton's testimony, describing what it was like (to be a rising talent), what happened (his fall into drugs) and what it is like now (his fight for survival and how he faced his demons). For anyone who has experienced addictions or is close to an addict, this will be a very uplifting testimony. He is honest and doesn't pull punches. He provides hope for the addict, not criticizing the 12 step programs but acknowledging that Jesus Christ is his higher power.

No doubt his is an incredible story.... that said, his pontificating and display of ego (even during parts where he's talking specifically about his love of God and how subservient he is to Him) will turn off lots of readers. Between that, and many "okay, that's simply not true at all" moments, this book will annoy many. It's too bad though, bc at its core and without any of his embellishments, his story on its own would make for a good read. Unfortunately, as a result of these flaws I would only recommend this to either a big sports fan familiar with his story or someone in recovery.

The New Testament tells a story of Jesus healing a demoniac. After his spectacular recovery, the healed man begged Jesus to let him travel with him, but Jesus told him to go back to his own city and tell them there what the savior had done for him, and that's what he did. While I was reading *"Beyond Belief"*, I thought of that New Testament story, and found myself wishing that I knew more of how Josh's recovery impacted his marriage, his family and his local church involvement, in other words, his "own city". One reviewer mentioned that there seemed to be a little too much Josh and not enough Jesus in this story and maybe that's what Jesus was trying to prevent when he cautioned the former demoniac not to go national too soon. Still, *"Beyond Belief"* has a lot of food for thought. Josh's unblinking description of some of the things his addiction did to him might serve to unmask sin in all our lives. I was also intrigued by some of the comments that were made about recovery like "...any thought that stays in your mind for more than eight seconds can result in action" or "Addicts who rely on faith-based recovery have far better success rates than those who don't." The epilogue reads like a real-life Roy Hobbs story, but I think the description of his first post-reinstatement minor league game moved me the most. I'm pulling for Josh, Katie and all the Hamiltons.

Started reading this hoping it would be enlightening and motivating for an alcoholic family member (who had also used harder drugs in the past). Not great writing, but not bad. Realistic, entertaining, and inspiring until I read about Josh 's public relapses after publishing. Considering the decades of hiding and lying I have seen within my own family, temporary sobriety but underlying belief "a little alcohol here n there makes my life better" (in between atrocious binges, drunk driving, and near death consequences), I can't help but wonder how much we don't know about Josh 's private thoughts and motivations...and no longer think this book is one I want can wholeheartedly recommend. It may help some understand the struggle addicts face, but I was not and am not convinced Josh fully understands his own personal needs/thoughts well enough to stay away from "recreational" drugging and doping...especially in the case of socially approved drinking.

A great story about a good and humble human being who happened to be a star but never forgot he was human like any of us. People who forget "stars" whether they are movie stars or sports figures are no different than any of us on this planet ... wealthy or poor, etc , this story will remind you. I give Josh so much credit for remembering he is no better than you or I. Great story.

Beyond Belief is an interesting biography about a very talented athlete who allowed drugs to derail his baseball career and nearly take his life. A lot of stories like this end here. However, what makes this story so fascinating is what Hamilton was able to do after he kicked drugs and got his life back together. The book takes you through his childhood, and focuses on how his god-given talent for baseball started at a very young age. Then, after a successful high school career, Josh details the events that led to his decent into a life of drugs. Finally it focuses on his recovery and his improbably return as a baseball phenom. The only reason I didn't give this book 5 stars is that it ends too soon. While it's obvious that Josh wants to pass his story along to anyone having the same troubles he has had, it would have been even more interesting to read this book after he had already retired. Case in point, last night, he hit a home run that nearly won the World Series for the Texas Rangers. As a fan of the game, I've followed his career since he wrote this book. However, after all he's been through, it would be interesting to hear his perspective on being a participant in the 2010 and 2011 World Series. Based on this book, I'm sure he never imagined he would someday have World Series stories to share. I really enjoyed this book. It was a quick read, and is a must for any baseball fan.

A quick, easy read. I appreciated the candor and transparency. Good to have someone who

honestly exposes, not glorifies, his faults without excuses or blaming. Though not a baseball fan, I enjoyed his story of struggling with addictions and coming to terms with his weaknesses. Easy enough to be a young adult choice. I used a quote while teaching literature in grade five, and it was easily comprehended. I didn't get the impression it was written just to make a buck (though I could be wrong), as is sometimes the case with stars who fall from grace. Josh's story came across as genuine, and he continues to be open with his fans.

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