



# Frank: Fighting Back

*Frank Bruno*

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## **Frank: Fighting Back** Frank Bruno

At the age of eleven, Frank Bruno was sent to reform school. At thirty-three, he was crowned undisputed heavyweight champion of the world. At forty-one, he was committed to Goodmayes Psychiatric Hospital. Now, for the first time, Frank Bruno tells his real story, showing how mental illness can swat down the strongest man or woman, and how recovery is possible with friends and family. Frank Bruno is a man who has been right to the top and right to the very bottom. He is a great athlete and a national treasure. Painfully honest, moving, at times shocking, this is the book no one should be without.

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