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# Have A Nice Day: A Tale Of Blood And Sweatsocks



## Synopsis

Mick Foley is a nice man, a family man who loves amusement parks and eating ice cream in bed. So how to explain those Japanese death matches in rings with explosives, golden thumbtacks and barbed wire instead of rope? The second-degree burn tissue? And the missing ear that was ripped off during a bout-in which he kept fighting? Here is an intimate glimpse into Mick Foley's mind, his history, his work and what some might call his pathology. Now with a bonus chapter summarizing the past 15 months-from his experience as a bestselling author through his parting thoughts before his final match. A tale of blood, sweat, tears and more blood-all in his own words-straight from the twisted genius behind Cactus Jack, Dude Love, and Mankind.

## Book Information

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## Customer Reviews

Pro Wrestler Mick Foley has giving us a very heartfelt, entertaining story. One that told of a young teen who followed his dream to become thw WWF World Heavy Weight Champion. Please readers...do not let Mick Foley's on screen persona dissuade you from reading this insightful autobiography but a new and strong author. You will be entertained by his heartfelt rise to the top. Marvel at his entertaining literary writing. Some may percieve wrestlers as musclebound, unintelligent jocks but in reality Mr. Foley is an intelligent and likable person. He offers a look behind the scenes of professional wrestling from his bloody hardcore matches in Japan to the battle in which he lost his ear and on to the now famous WWF 'Hell in the Cell' match and the championship belt. You will here about encounters with famous wrestlers such as Ric Flair, Vader, and the

Undertaker. You will read about Mick's admiration for the Legendary Jimmy 'Superfly' Snuka. Yet that is not all. Readers also get to know Mick Foley the family man and the boy who followed his dream at all costs. Anyone interested in Autobiographies in general should read this book. I found it not only interesting to fans of Pro-wrestling but of interest to anyone who likes an inspiring autobiography.

I've been watching wrestling for seventeen years. People who don't watch wrestling have always had this skewed view of the wrestlers, and their fans. For those people, I think this book would be wonderful. This book shows that wrestlers aren't the steroid-popping, braindead, non-athletes that the world has come to see them as. Mick Foley is an intelligent, funny, charming family man who happens to love the world of professional wrestling. Because of that love, he has given wrestling fans some of the most memorable, and sometimes frightening, matches. And, of course, for the wrestling fan, it offers an inside view of the wrestling world, and some wonderful stories that you might not expect from some of the most loved, and hated personalities.

This book is truly a literary work of art. For those of us in this business, it describes exactly how complicated, and mostly misunderstood our closed industry is. For those outside our industry, this book reveals how much love, sacrifice, and dedication is required to succeed in a world where frustration and failure sit on an extremely thin line with fame and fortune. This book is a must read for both believers and doubters regarding the unique world of professional wrestling.

I read this book about a year ago and I am still impressed with Foley's life story to this day. The book had everything in it I could ask for: action, adventure, romance and of course, humor. It's a must-read for any fan of professional wrestling. Mick takes you on a complete tour of the industry from his time in the U.S. independents, to his time in WCW, ECW, Japan and of course, the WWF. He talks about many of the great wrestlers he's had an opportunity to work with over the past decade. He's encountered just about EVERYONE. Being a life long fan of wrestling it was a great read for me to hear about his encounters with many of my favorites that he worked with. Some highlights for me from the book in particular was: his student film he made in school of his backyard wrestling league, his skipping out of class to attend a WWF show, when he recounts a trip he took to Africa in the beginning of his career, his adventures in Japan and of course his story of how he lost a part of his ear in Europe. Even if you are not a wrestling fan, you will marvel and the many exploits that Mick Foley has encountered throughout his life. It's a great story about how a young

man has had a chance to live out his dream and how one man "beat the odds to become one of the best at what he does." It was an awesome read. Great story about a great guy. It is unbelievable some of the things he's seen and done. Highest recommendation.

I never thought that a book about the life of one man could be a book I couldn't put down. From the first story through the last, Mick Foley proved to be a great writer, writing about a great life. I laughed at the countless jokes, I cried at times like when the girl he loved didn't know his name, I cringed at the tales from the ring, I was inspired by the courage and intestinal fortitude he showed to have. I recommend this book to anyone in the world.

When I first picked this book up, I thought "there is no way I'm going to read a book this long about a professional wrestler." I began reading, however, and once started I couldn't stop. This is the story of Mick Foley, better known at various stages of his career as Cactus Jack, Dude Love, and Mankind. Foley wrote the book himself, and did a spectacular job. In fact he writes much better than most of the "ghostwriters" who pen celebrity autobiographies today. Foley has a style, in which he tells a well-crafted and compelling narrative while cracking jokes that one can't help but laugh at. This is, literally, a tale of blood, but for some reason it's a funny tale. Behind all the glitz and glory of professional wrestling comes the sport's most unlikely hero: Mick Foley. With a less-than-stellar physique, Foley sometimes didn't have the visual appeal of other would-be wrestlers, and consequently had to work many times as hard for what he achieved. This book follows Foley during his fourteen year (I believe) career as Cactus Jack, from wrestling in small high schools to touring Africa to tangling himself in barbed-wire in Japan and earning the title "King of the Deathmatch." It also covers his stint as Dude Love in the WWE, and his most recent character, Mankind. Through it all Foley gave it his best, not being afraid to bleed even when only a few fans would see him. Foley was bruised, battered, beaten, cut open, torn up, blown up and otherwise abused during his climb to the top of the WCW, IWA, ECW, and WWE (which eventually happened in late 1998, when Foley won the world championship belt), but he gave it all for the sport he loved. Foley is an unlikely hero, but is nevertheless a good example of what hard work and determination can get you in life. After reading this book I'm compelled to agree with the masses: Foley is good.

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