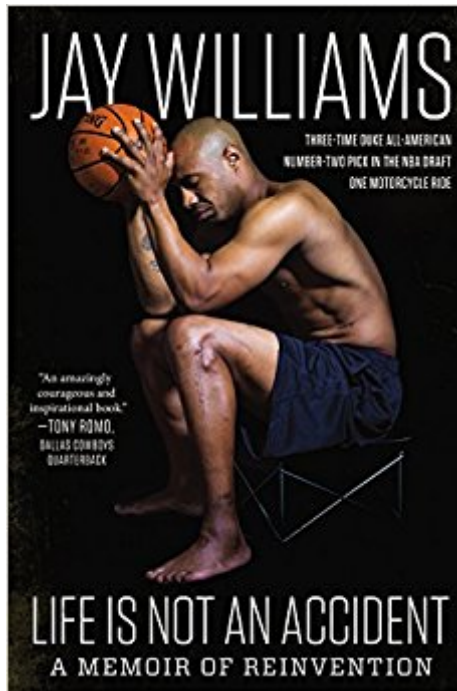




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# Life Is Not An Accident: A Memoir Of Reinvention



## 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 Bulls' top draft pick and the second pick of the entire draft he had the great Michael Jordan'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 he'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 self—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 K—a man who taught him about accountability—to finish his education. He also speaks out about corruption among coaches, administrators, players, and alumni—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.

## Book Information

Hardcover: 272 pages

Publisher: Harper; 4th Print edition (January 26, 2016)

Language: English

ISBN-10: 0062327984

ISBN-13: 978-0062327987

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 186 customer reviews

Best Sellers Rank: #187,280 in Books (See Top 100 in Books) #100 in Books > Biographies & Memoirs > Sports & Outdoors > Basketball #179 in Books > Sports & Outdoors > Basketball #6308 in Books > Biographies & Memoirs > Memoirs

## Customer Reviews

“A lot of athletes have been to the mountaintop and back to the bottom in the course of their

careers, and their stories end there. But not Jay's. He was determined to build a life beyond basketball no matter how many hard picks he'd have to fight through.

(Charles Barkley, TNT baseball analyst and NBA legend)

"From a freakish motorcycle accident that derailed his destiny to overcoming the residue from it that left a severe mental and emotional stain, Jay's story is about strength, resilience, and redemption. Life Is Not an Accident is a surprisingly honest and revealing account that will inspire and resonate with all."

(Grant Hill, CBS basketball analyst and former NBA All-Pro)

"Jay Williams has led a fascinating life, much of it in the public eye. But it is the very private side of the man that through his breathtaking highs and startling lows that makes this gutsy, intimate, unflinchingly honest memoir impossible to put down."

(Mike Greenberg, ESPN's Mike & Mike)

"An amazingly courageous and inspirational book."

(Tony Romo, Dallas Cowboys Quarterback)

**New York Times Bestseller**

Like millions of kids before him, Jay Williams used to pretend he was making the game-winning shot while playing basketball in his Plainfield, New Jersey, backyard. Unlike almost all of those other kids, he kept right on making shots until he became an NCAA champion and two-time national player of the year at Duke and the number-two overall NBA draft pick in 2002. But after just one season with the Chicago Bulls, a team starved for a new messiah since Michael Jordan's retirement, Williams destroyed his career when he suffered a horrific motorcycle accident. In an instant, the man with as fast a first step as any point guard in history could no longer do anything for himself, including walk.

In *Life Is Not an Accident* Jay Williams shares his story both heartbreaking and uplifting of being a young man trying to wrest control of his life from his overinvolved parents, from the pleasures and perils of fame and money, and from the near-fatal mistake that threatened to define him. After a decade spent recovering from his injuries the rehabilitations, the comeback attempts, the professional forays into the seedy underside of sports agenting Williams recounts with a rare honesty his hard-fought path to college basketball stardom and the painful lessons he's learned while reconstructing his fractured adulthood.

*Life Is Not an Accident* is also Williams's tribute to the many angels who helped him survive, including his mother, his first love, and his legendary Duke basketball coach, Mike Krzyzewski. Now in his thirties and an ESPN college basketball analyst, Jay Williams is happy with the man he has become and convinced that the crash that almost killed him at 21 was no accident, but a tragedy that taught him how to live.

**Advance Praise For *Life Is Not an Accident***

"A lot of athletes have been to the mountaintop and back

to the bottom in the course of their careers, and their stories end there. But not Jay's. He was determined to build a life beyond basketball no matter how many hard picks he'd have to fight through. This book shows how he did it • one brave step at a time.

• Charles Barkley, TNT basketball analyst and NBA legend

“From a freakish motorcycle accident that derailed his destiny to overcoming the residue from it that left a severe mental and emotional stain, Jay's story is about strength, resilience, and redemption. Life Is Not an Accident is a surprisingly honest and revealing account that will inspire and resonate with all.”

• Grant Hill, CBS basketball analyst and former NBA All-Pro

“Jay Williams has led a fascinating life, much of it in the public eye. But it is the very private side of the man • through his breathtaking highs and startling lows • that makes this gutsy, intimate, unflinchingly honest memoir impossible to put down.”

• Mike Greenberg, ESPN's Mike & Mike

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.

Jay's focus on the consequences of defiance is what drew me to this book. But his brutal honesty about the trappings of the league, rebounding from momentary defeat and the cost of bodily injuries impact our mental state had me talking about this book to all of my friends. I wish I had the means to give this book to every high schooler and above in this country. A must read

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.

This was a story in which the storyteller takes the unusual position of shining the truth laser directly at himself to expose his own warts. This position made this book a U-turn from the standard sports autobiography.... Gripping

a book on choices. A good look on choices people make. It was very good and I enjoyed reading and learning he life of a athlete and how it can change so fast.

If you are a Duke basketball fanatic, you will probably want to read this book about one of the best ever. Otherwise, it will probably not capture your attention.

A great easy read. I have a new found respect for college basketball. I hope college players read Jason's book and learn from his mistakes that he is so humble about.

A great book for any fan of college/pro basketball. A story that goes so much deeper than what happened, but also all of the thoughts, emotions, and relationships that transpired from his life. Jay's ability to move on from his past and recognize the things he cannot control is so inspiring. He really teaches the importance of moving forward and realizing that things can still be great after something occurs that seems so terrible.

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