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Thinking Out Loud is written in the hope that he can inspire others struggling with loss and grief to find the help they need through this most difficult of times.

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Love, grief and being mum and dad a five-star read that will have you grabbing everyone you care about and not wishing to let them go.

I was a little perturbed about this book at first as I had seen the documentary and thought this was just going to be a celebrity

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Thinking Out Loud is written in the hope that he can inspire others struggling with loss and grief to find the help they need through this most difficult of times. AUTHOR: Rio Ferdinand is a former England footballer who also played football for

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Manchester United during Sir Alex Ferguson's time as manager. Rio played 81 times for England and in 3 World Cups, and is one of the most decorated footballers of all time.

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Love, Grief, And

Dad Rio Ferdinand-
after the sudden and
tragic loss of his wife
Rebecca to cancer.

Written to help others
through their grief, he
shares, openly and
honestly, the hard
journey he's on with
his three young
children and the
support and advice
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**Thinking Out Loud:
Love, Grief and
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- **The ...**

Thinking Out Loud is written in the hope that he can inspire others struggling with loss and grief to find the help they need through this most difficult of times. About the Author Rio Ferdinand is a former England footballer who also played football for Manchester United during Sir Alex Ferguson's time as manager.

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**Thinking Out Loud:
Love, Grief and
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...

'Rio Ferdinand's Thinking Out Loud... is a lacerating account... This painful but necessary book is written with the Guardian journalist Decca Aitkenhead, who has herself lost a partner. Not very Christmassy, perhaps, but probably the best

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DeCristofaro and
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...

RIO FERDINAND:

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Love, Grief And Being Mum And Dad
Rio's wife, Rebecca Ferdinand, was diagnosed with breast cancer in 2013. After undergoing a double mastectomy and chemotherapy, Rebecca was in remission.

**RIO FERDINAND:
'Thinking Out Loud' -
Care for the Family**

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mum and dad a five-star read that will have you grabbing everyone you care about and not wishing to let them go.

I was a little perturbed about this book at first as I had seen the documentary and thought this was just going to be a celebrity autobiography dealing with life as a footballer, but it's so much more.

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Ferdinand suddenly
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wife and soulmate
Rebecca, aged 34, to
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