

# Tony Kelly's MY REDEMPTION: ITS FULL TIME—A Powerful Memoir of Resilience, Faith, and Second Chances

COVENTRY, UNITED KINGDOM, January 17, 2025 /EINPresswire.com/ -- Acclaimed author and former professional footballer Tony Kelly is back with MY REDEMPTION: ITS FULL TIME, a compelling and deeply personal follow-up to his groundbreaking 2014 memoir, Red Card. This new book dives even deeper into Tony's journey, offering readers an intimate look at the struggles, lessons, and triumphs that have defined his life since hitting rock bottom.

In MY REDEMPTION, Tony takes readers on a raw and emotional journey. From his promising football career derailed by gambling addiction to the painstaking steps he took to rebuild his life, the book is a testament to the power of determination and the importance of support. Through vivid storytelling, Tony reflects on the critical moments that shaped his path, including the devastating losses and the pivotal turning points that led to his recovery.

The book also highlights broader societal issues that intersect with Tony's story, including the impact of addiction, the stigma surrounding mental health, and the subtle yet pervasive racism he encountered throughout his life. MY REDEMPTION isn't just a personal memoir—it's a call to action for awareness and understanding.

One of the most striking elements of the book is Tony's openness about his faith and how it played a vital role in his transformation. He shares how leaning on his family, his spirituality, and his own inner strength helped him move beyond the pain and toward a meaningful life.

Tony's gambling addiction had a huge impact on his life, both professionally, and personally, losing £500,000, having 3 houses repossessed, going bankrupt in 2009 with a £192,000 bankruptcy file, and the breakdown of his 20-year relationship with his partner, not to mention



Tony Kelly celebrates passionately after scoring a brilliant goal on the field.

the mental health issues he had to encounter along the way. This shows the importance and relevance of the work that Tony does today within the gambling sector, and he uses his own personal lived experience of gambling harms to raise awareness of this crippling addiction/mental health disorder.

The book is also packed with reflections on Tony's work as the founder of the Red Card Gambling Support Project, where he has spent years helping others navigate similar struggles. Approximately 1.4 million people in the UK struggle with problem gambling. Around 27% of 11–17-year-olds spend their own money on gambling. Half a million women in the UK are experiencing gambling-related harms. Operators spend £1.4 billion per year on gambling advertising. Additionally, there are an estimated 250–650 gambling-related suicides annually in the UK.

Through his work, he has brought much-needed attention to the dangers of gambling addiction and inspired countless individuals to seek help.

Special Contribution: A Word from Harj Gahley

[Red Card Director and Friend]

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Writing *Redemption* was about sharing hope. No matter how lost you feel, there's always a way forward—through those who support you, lessons learned, and faith in yourself.”

*Tony Says*

"It's both a privilege and a pleasure to write these words for Tony Kelly's third book—a testament to his relentless dedication to helping those caught in the grip of gambling addiction. From the moment we met in 2022, I felt an immediate connection—a sense of looking into a mirror as he shared his story of recovery, his relationship with faith, and his inspiring mission with RED CARD. We knew right away that we were destined to walk this journey together, building a relationship grounded in shared purpose and mutual respect.

Tony is a formidable force and a true pioneer in the gambling prevention world. As a Black Caribbean man born in the UK, he has faced unique challenges and barriers—obstacles he meets head-on with courage and resilience. His honesty and unwavering integrity define his character. In Tony, I have found not only a mentor but also a



Letter of support from Carolyn Harris, MP, endorsing the Red Card Gambling Support Project for its impact on gambling awareness and education.

friend. I am immensely proud to call him both. May his legacy continue to flourish, and may his voice serve as a beacon of hope for those who suffer in silence, reminding them they are not alone."

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MY REDEMPTION: ITS FULL TIME offers something for everyone. It's a powerful story for readers who appreciate tales of resilience and redemption, an insightful exploration of societal challenges, and a guide for those seeking to find light in their darkest hours.

The memoir is available worldwide.

MY REDEMPTION

[Buy HERE!](#)



Red Card Gambling Education & Support

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