

The Romford Pel It S Only Ray Parlour S Autobiography

This encyclopedic book contains, in practical and easy-to-understand form, every conceivable use for essential oils and aromatherapy in everyday life. The author, a practicing aromatherapist for more than twenty years, unlocks the power of essential oils in more than 600 original recipes, most needing only a few essential oils. Unlike over-the-counter products, the recipes you make yourself contain no harmful preservatives. Most basic needs can be covered with just ten essential oils.

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autobiographyRandom House

THE SUNDAY TIMES TOP TEN BESTSELLER The
Trophies ... The Tuesday Club ... The Prawn
Crackers ... Marc Overmars may have given him the
nickname, but the Romford Pele is a legend in his
own right. Over 16 action-packed years, from a
trainee scrubbing the boots of the first XI, to a record-
breaking 333 Premier League appearances, Ray
Parlour's never-say-die performances, curly locks
and mischievous sense of humour have gone down
in Arsenal history. Battling tirelessly on the pitch,

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often in the shadows of his star-name teammates, Parlour won three premier league titles and four FA Cup trophies with the Gunners. But he was also the heart and soul of the dressing room, the training ground and the after work drink. From nights out with Tony Adams, to teaching Thierry Henry cockney rhyming slang, from playing golf with Dennis Bergkamp to trading Inspector Clouseau jokes with Arsène Wenger, this wonderfully funny and candid autobiography looks back on a golden age of the beautiful game, reliving the banter, the stories and the success. Ray Parlour is an Arsenal legend. During his 16-year career he won 3 Premier League titles, 4 FA Cups and the UEFA Cup. One of the most underrated players of his generation, he was also part of Arsenal's famous Invincible team of 2003/4, which went the entire Premier League season unbeaten. He is now a regular pundit for TalkSport and Sky Sports. He enjoys a short back and sides.

Vols. 1-64 include extracts from correspondence.

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