

New York Times bestselling author and former *Sports Illustrated* journalist Lars Anderson examines Tom Brady's childhood to discover the origins of what Brady later described as his "sickness": his category-five obsession with the game. The obsession dictated every choice Brady made, from what foods he ate to how he managed his day-to-day schedule to how he viewed his role as father to his three children and husband to supermodel Gisele Bündchen.

From more than 350 original interviews with people who know the quarterback on and off the field, Anderson paints a detailed psychological portrait of Brady, a self-described loner whose life is defined by discipline, resilience, a fascination with preparation, an intolerance for wasted time, and a relentless pursuit of the extraordinary. What he finds is a man riddled with contradiction, defined by both a prolific career of unmatched success on the field and the agonizing cost of greatness in his personal life.

Brady is a comprehensive view of the life of the most accomplished player in the history of America's game. Anderson digs deep behind the headlines to provide a richly detailed answer to one of the most vexing questions in sports: Who, really, is Tom Brady?

LARS ANDERSON is a *New York Times* bestselling author of thirteen books, including *The Storm* and the *Tide* and *The Mannings*. Five of his books have been optioned for movies.

A twenty-year veteran of *Sports Illustrated*, Anderson wrote more than two dozen cover stories for the magazine. He has been a senior writer at *Bleacher Report*, which published his 2017 story "The Death of a Teenage Quarterback," winner of the Associated Press Sports Editors award for the nation's top feature. His work has appeared in the Best American Sports Writing series, and in 2025 the University of Alabama honored Anderson with the Clarence E. Cason Award in Nonfiction Writing, the school's top literary honor.

A senior instructor at the University of Alabama's Department of Journalism and Creative Media, Anderson earned his master's degree from the Graduate School of Journalism at Columbia University. He lives in Birmingham, Alabama, with his children, Lincoln, Autumn, and Farrah.

READ BY MAX MEYERS



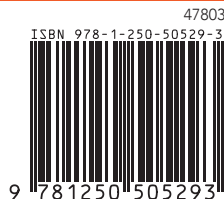
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