



NFL Confidential: True Confessions from the Gutter of Football

By Johnny Anonymous

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A current pro player takes fans on a pseudonymous trip through one of the most infamous years of football—the very long, sometimes funny, often controversial 2013-2014 season—sharing raucous, behind-the-scenes, on-the-field, and in-the-locker-room truth about life in the National Football League.

“Well, to hell with being safe. I’m going to be honest.”

Johnny Anonymous' life goal was to be nothing greater or less than the Best NFL Back-Up of All Time™. For two years, he was content earning hundreds of thousands of dollars to stand on the sidelines doing absolutely nothing. But early in his third year, a starting lineman is injured, and he suddenly finds himself on the field.

For most players, this moment is a dream come true. But not so for our author, one of the incredibly rare birds in football who reach the highest echelons, but who actually hate America’s favorite game. That’s right. Johnny Anonymous hates football. He hates what it does to his body, his brain, his life. Luckily, he can see the humor in his own situation, but also in the machinations of the NFL.

Part truth-telling narrative, part whip-smart commentary that only a true insider could bring, part hilarious, *NFL Confidential* gives football fans a look at a world most would give anything to see, and gives non-fans a wild ride through the strange, and sometimes disturbing customs and realities of football today. Here is a truly unaffiliated look at the nation’s biggest, most lucrative pastime over the course of one of its most transformative seasons.

From hard-to-stomach diets, showdowns in the weight room, shenanigans in the locker room, the looming dread of being cut from the team, the racial issues that still exist in modern-day football, the rock-star lifestyle that players find themselves able to afford and sometimes enjoy a little too much, the notion of being lauded in a league plagued by controversy and the sharp contrast between the love/hate of the game and the reality of the job, Johnny reveals a never-before-seen side of the NFL.

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Editorial Review

Review

“An obscure offensive lineman writing under the pseudonym Johnny Anonymous leaves no scandal unexamined in his damning new book, ‘NFL Confidential: True Confessions from the Gutter of Football.’” (Daily News)

From the Back Cover

Meet Johnny Anonymous. No, that’s not his real name. But he is a real, honest-to-goodness pro football player. A member of the League. A slave, if you will, to the NFL. For the millions of you out there who wouldn’t know what to do on Sundays if there wasn’t football, who can’t imagine life without the crunch of helmets ringing in your ears, or who look forward to the Super Bowl more than your birthday, Johnny Anonymous decided to tell his story.

Written during the 2014–2015 season, this is a year in the life of the National Football League. This is a year in the life of a player—not a marquee name, but a guy on the roster—gutting it out through training camp up to the end of the season, wondering every minute if he’s going to get playing time or get cut. Do you want to know how players destroy their bodies and their colons to make weight? Do you wonder what kind of class and racial divides really exist in NFL locker rooms? Do you want to know what NFL players and teams really think about gay athletes or how the League is really dealing with crime and violence against women by its own players? Do you wonder about the psychological warfare between players and coaches on and off the field? About how much time players spend on Tinder or sexting when not on the field? About how star players degrade or humiliate second- and third-string players?

What players do about the headaches and memory loss that appear after every single game? This book will tell you all of this and so much more. Johnny Anonymous holds nothing back in this whip-smart commentary that only an insider, and a current player, could bring.

Part truth-telling personal narrative, part darkly funny exposé, NFL Confidential gives football fans a look into a world they’d give anything to see, and nonfans a wild ride through the strange, quirky, and sometimes disturbing realities of America’s favorite game. Here is a truly unaffiliated look at the business, guts, and glory of the game, all from the perspective of an underdog who surprises everyone—especially himself.

JOHNNY ANONYMOUS is a four-year offensive lineman for the NFL. Under another pseudonym, he’s also a contributor for the comedy powerhouse Funny Or Die.

You can pretty much break NFL players down into three categories.

Twenty percent do it because they’re true believers. They’re smart enough to do something else if they wanted, and the money is nice and all, but really they just love football. They love it, they live it, they believe in it, it’s their creed. They would be nothing without it. Hell, they’d probably pay the League to play if they had to! These guys are obviously psychotic.

Thirty percent of them do it just for the money. So they could do something else—sales, desk jockey, accountant, whatever—but they play football because the money is just so damn good. And it is good.

And last of all, 49.99 percent play football because, frankly, it's the only thing they know how to do. Even if they wanted to do something "normal," they couldn't. All they've ever done in their lives is play football—it was their way out, either of the hood or the deep woods country. They need football. If football didn't exist, they'd be homeless, in a gang, or maybe in prison.

Then there's me.

I'm part of my own little weird minority, that final 0.01 percent. We're such a minority, we don't even count as a category. We're the professional football players who flat-out hate professional football.

About the Author

Johnny Anonymous is a four-year offensive lineman for the NFL. Before that, he played for a major college program and in his senior year was named one of the top linemen in the nation. In his spare time, he's earned a master's degree in sarcasm from Getting Fucked University. During the off-season, he moonlights as a professional asshole. Under another pseudonym, he's also a contributor for the comedy powerhouse Funny Or Die.

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Users Review

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Timmy Gallegos:

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