



Slow Getting Up: A Story of NFL Survival from the Bottom of the Pile

By Nate Jackson

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Nate Jackson's *Slow Getting Up* is an unvarnished and uncensored memoir of everyday life in the most popular sports league in America—and the most damaging to its players—the National Football League.

After playing college ball at a tiny Division III school, Jackson, a receiver, signed as a free agent with the San Francisco 49ers, before moving to the Denver Broncos. For six seasons in the NFL as a Bronco, he alternated between the practice squad and the active roster, eventually winning a starting spot—a short, tenuous career emblematic of the average pro player.

Drawing from his own experience, Jackson tells the little known story of the hundreds of everyday, "expendable" players whose lives are far different from their superstar colleagues.

From scouting combines to training camps, off-season parties to game-day routines, debilitating physical injuries—including degenerative brain conditions—to poor pensions and financial distress, he offers a funny, and shocking look at life in the NFL, and the young men who risk their health and even their lives to play the game.

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Editorial Review

From [Booklist](#)

Starred Review Nate Jackson played six seasons for the NFL Denver Broncos. He was, at various times, an extra wide receiver, a third-string tight end, and a special-teams regular. He didn't get a contract that will support multiple generations of heirs; failed to assemble an adoring, self-interested posse; never signed an endorsement deal. But he lived his dream for six years, never quite sure if he'd survive the next cut—until he didn't. Somewhere along the way he learned to write, not just link words together to form a coherent narrative, which would be more than enough for most sports bios, but really write. There is a bit of the artist in Nate Jackson. For anyone who wants to experience the NFL player experience, this is the book to read. The highs are here: scoring touchdowns (well, only a couple); moving from the practice squad to the game-day roster; those years (well, only a couple) when you felt kinda, sorta secure; and experiencing the camaraderie with teammates, a bittersweet pleasure given the uncertainty of who will be around tomorrow. Then there are the lows, led, of course, by injuries—lord, the injuries—the rehab, the pain, and the realization that one's body has been completely misaligned. And the tragedy that Jackson endured with the death of two teammates—young, seemingly invincible warriors. This is Jackson's first book, but he's honed his skills at Slate, Deadspin, the Wall Street Journal, and the New York Times. Don't miss this one; it could very well be the best book about pro football you will ever read. --Wes Lukowsky

Review

“That screaming you hear coming across the sky? It’s a wobbly spiral...*Slow Getting Up* is everything you want football memoirs to be but never are: hilarious, dirty, warm, human, honest, weird.” (**Dwight Garner, New York Times**)

“Excellent...busts through pro football’s prevailing mythology...Nate Jackson gives us the game warts and all, but never in a drag-ass, woe-is-me way. A really fine book. Man can write.” (**Ben Fountain, author of Billy Lynn's Long Halftime Walk**)

“A tremendously authentic, inside-the-locker-room view is unveiled with Jackson’s myriad stories, clever wit, skillful prose and perfect dose of sophomoric humor.” (**San Jose Mercury News**)

“Simply the best book by a former player about life in the NFL that you will read. Maybe the best book period about life in the NFL that you will read.” (**Stefan Fatsis, author of A Few Seconds of Panic: A Sportswriter Plays in the NFL**)

“*Slow Getting Up* tells the whole truth about the NFL. Painfully honest and remarkably funny, it’s far and away the best ‘insider’ book about pro sports since Jim Bouton’s *Ball Four*.” (**Scott Raab, author of The Whore of Akron**)

“The book the world has been waiting for. “Ball Four” for the football world is here at last.” (**Tom Junod, via Twitter**)

“Fantastic.” (**Jonathan Mahler, Bloomberg**)

“The best football memoir ever.” (**Rolling Stone**)

“Excellent.” (*New Republic*)

From the Back Cover

One man's odyssey into the brutal hive of the National Football League

As an unsigned free agent who rose through the practice squad to the starting lineup of the Denver Broncos, Nate Jackson took the path of thousands of unknowns before him to carve out a professional football career twice as long as the average player. Through his story recounted here—from scouting combines to preseason cuts to byzantine film studies to glorious touchdown catches—even knowledgeable football fans will glean a new, starkly humanized understanding of the NFL's workweek. Fast-paced, lyrical, dirty, and hilariously unvarnished, *Slow Getting Up* is an unforgettable look at the real lives of America's best athletes putting their bodies and minds through hell.

Users Review

From reader reviews:

Noah Cale:

Now a day those who Living in the era where everything reachable by match the internet and the resources inside can be true or not involve people to be aware of each information they get. How people have to be smart in acquiring any information nowadays? Of course the solution is reading a book. Reading a book can help persons out of this uncertainty Information specially this *Slow Getting Up: A Story of NFL Survival from the Bottom of the Pile* book since this book offers you rich information and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it you probably know this.

Joseph Felix:

The experience that you get from *Slow Getting Up: A Story of NFL Survival from the Bottom of the Pile* will be the more deep you excavating the information that hide into the words the more you get thinking about reading it. It does not mean that this book is hard to know but *Slow Getting Up: A Story of NFL Survival from the Bottom of the Pile* giving you joy feeling of reading. The author conveys their point in particular way that can be understood by means of anyone who read this because the author of this publication is well-known enough. That book also makes your vocabulary increase well. It is therefore easy to understand then can go with you, both in printed or e-book style are available. We highly recommend you for having this kind of *Slow Getting Up: A Story of NFL Survival from the Bottom of the Pile* instantly.

Holly Murphy:

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Wanda Davis:

What is your hobby? Have you heard this question when you got scholars? We believe that that query was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. Therefore you know that little person just like reading or as reading become their hobby. You must know that reading is very important as well as book as to be the point. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You get good news or update concerning something by book. Many kinds of books that can you go onto be your object. One of them is Slow Getting Up: A Story of NFL Survival from the Bottom of the Pile.

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