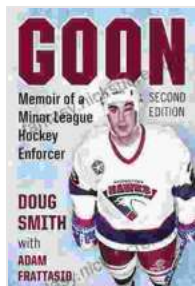


# Memoir of a Minor League Hockey Enforcer, 2nd Ed.: A Brutal, Honest, and Inspiring Story of Redemption



**Goon: Memoir of a Minor League Hockey Enforcer, 2d ed.** by Paul Bellow

★★★★☆ 4.6 out of 5

Language : English  
File size : 6067 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 241 pages

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In the rough-and-tumble world of minor league hockey, enforcers are a breed apart. They are the players who are willing to drop the gloves and fight at a moment's notice, protecting their teammates and sending a message to the opposition. But behind the tough exterior, many enforcers are also deeply sensitive and thoughtful individuals, with a story to tell.

In the *Memoir of a Minor League Hockey Enforcer, 2nd Ed.*, former enforcer Riley Cote shares his incredible story of redemption. From his early days as a troubled youth to his violent career in the minors, to his eventual transformation into a respected author and motivational speaker, Cote's journey is one that is both heartbreaking and inspiring.

Cote grew up in a small town in Ontario, Canada. His father was an alcoholic and abusive, and his mother was often overwhelmed by the challenges of raising a family. As a result, Cote turned to hockey as an outlet for his anger and frustration. He was a talented player, and he quickly rose through the ranks of junior hockey. But his violent temper often got him into trouble, and he was eventually kicked off several teams.

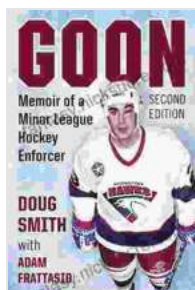
Undeterred, Cote continued to pursue his dream of playing professional hockey. He eventually landed a contract with the Philadelphia Flyers, and he made his NHL debut in 2005. But his NHL career was short-lived. After just two seasons, he was traded to the Vancouver Canucks, where he spent the next four years fighting and earning a reputation as one of the most feared enforcers in the league.

In 2012, Cote's hockey career came to an end after he suffered a career-ending concussion. He was devastated, but he knew that he had to find a new path in life. He began writing about his experiences as an enforcer, and he quickly realized that he had a talent for storytelling.

In 2015, Cote published his memoir, *The Enforcer*. The book was a critical and commercial success, and it helped to change the way that people thought about enforcers. Cote's story showed that even the toughest guys have a heart, and that it is possible to overcome adversity and find redemption.

In 2020, Cote released a second edition of his memoir, which includes a new chapter about his life after hockey. In this chapter, he talks about his struggles with addiction and mental health, and how he has found peace and happiness in his new life.

The Memoir of a Minor League Hockey Enforcer, 2nd Ed. is a powerful and inspiring story of redemption. It is a story that will resonate with anyone who has ever struggled to overcome adversity. Cote's honesty and vulnerability are disarming, and his story is a reminder that we all have the potential to change our lives for the better.



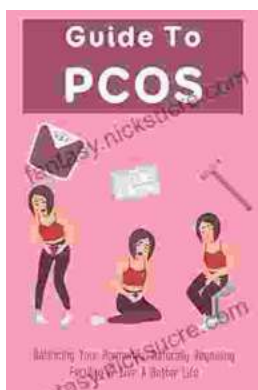
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