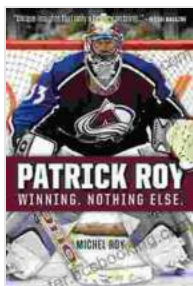


Patrick Roy: Winning Nothing Else



Patrick Roy: Winning. Nothing Else. by Michel Roy

★★★★☆ 4.5 out of 5

Language : English
File size : 21382 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 528 pages
Lending : Enabled



Patrick Roy is one of the greatest goaltenders of all time. He won four Stanley Cups, three Vezina Trophies, and one Conn Smythe Trophy. He is a member of the Hockey Hall of Fame and the IIHF Hall of Fame.

But Roy's career was not without its share of controversy. He was known for his fiery temper and his outspoken nature. He was often critical of his teammates and coaches, and he was not afraid to voice his opinions.

In his new book, *Winning Nothing Else*, Roy opens up about his life and career. He talks about his early days in Quebec, his time with the Montreal Canadiens and Colorado Avalanche, and his retirement from the NHL.

Roy also discusses his struggles with mental health. He talks about how he dealt with depression and anxiety, and how he eventually found help.

Winning Nothing Else is a must-read for hockey fans and anyone interested in the life of one of the greatest goaltenders of all time. Roy's story is one of triumph and adversity, and it is a reminder that even the greatest athletes are not immune to the challenges of life.

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Chapter 1: The Early Years

Roy was born in Quebec City, Quebec, Canada, on October 5, 1965. He began playing hockey at a young age, and he quickly developed a reputation as a talented goaltender.

Roy played for the Granby Bisons of the Quebec Major Junior Hockey League (QMJHL) from 1981 to 1984. He was named the QMJHL's Goaltender of the Year in 1984, and he led the Bisons to the President's Cup championship.

Chapter 2: The Montreal Canadiens

Roy was drafted by the Montreal Canadiens in the first round (51st overall) of the 1984 NHL Entry Draft. He made his NHL debut with the Canadiens in 1985, and he quickly became one of the best goaltenders in the league.

Roy helped the Canadiens win the Stanley Cup in 1986, 1993, and 1994. He was named the Conn Smythe Trophy winner as the most valuable player in the playoffs in 1993.

Chapter 3: The Colorado Avalanche

Roy was traded to the Colorado Avalanche in 1995. He helped the Avalanche win the Stanley Cup in 1996 and 2001. He was named the Vezina Trophy winner as the league's best goaltender in 1997, 2001, and 2002.

Roy retired from the NHL in 2003. He finished his career with a record of 551-315-23 with a 2.54 goals-against average and a .919 save percentage.

Chapter 4: Retirement

After retiring from the NHL, Roy worked as a coach and general manager for the Quebec Remparts of the QMJHL. He led the Remparts to the President's Cup championship in 2006.

Roy was inducted into the Hockey Hall of Fame in 2006. He was inducted into the IIHF Hall of Fame in 2017.

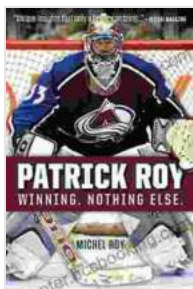
Chapter 5: Mental Health

Roy has been open about his struggles with mental health. He has talked about how he dealt with depression and anxiety, and how he eventually found help.

Roy's story is a reminder that even the greatest athletes are not immune to the challenges of life. It is a story of triumph and adversity, and it is a reminder that we all need to reach out for help when we need it.

Patrick Roy is one of the greatest goaltenders of all time. He won four Stanley Cups, three Vezina Trophies, and one Conn Smythe Trophy. He is a member of the Hockey Hall of Fame and the IIHF Hall of Fame.

Roy's story is one of triumph and adversity. He has overcome many challenges in his life, both on and off the ice. He is an inspiration to all of us, and his story is one that we can all learn from.



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