

Howard tells of gambling hell

WYCOMBE Wanderers defender Terry Howard has spoken frankly about his problems with gambling.

The 29-year-old former Leyton Orient stalwart advises against taking up what he describes as a 'vice' in his autobiography Oooh! which has just been published.

One chapter highlights the more serious events in Howard's career which he recalls in a candid, honest, and often amusing way.

"It's no real secret that I had a big problem with gambling. It took hold of my life and for six or seven years it ruined

everything," he says. "I would never encourage anyone to become a gambler because it is a vice, no doubt about it.

"I wouldn't class it in the same category as drugs or alcoholism although it's not that far behind. The thing about a gambler is that no-one knows your secret in the sense that there are no physical or visible tell-tale signs."

Howard also recounts his time with Wycombe since joining the club.

■Full story: See Bucks Free Press
