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qualified PE and Special Needs teacher, who played first class rugby for Newport RFC and was selected for Wales B, Phil has suffered chronic depression and anxiety more most of his life but has bravely conquered the condition and now dedicates himself to helping others. Nerves of Steele: The Phil Steele Story eBook: Steele ... Nerves of Steele. Rugby broadcaster and after-dinner speaker Phil Steele reveals the story of his lifelong struggle with crippling bouts of depression and anxiety. Show more. Rugby broadcaster and... BBC Radio Wales - Nerves of Steele Nerves of Steele is a remarkable story and reveals the real Phil Steele, a man known only by his very closest friends and family. The Cardiff-born 'Ely

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