

HARD CUDDLES

JAMES 'THE HAMMER' HARDING

Foreword by Trevor Hendy AM

This is the graphic, authentic and often humorous auto-biography of a young man's journey into Melbourne's underworld and nightclub scene in the recent past.

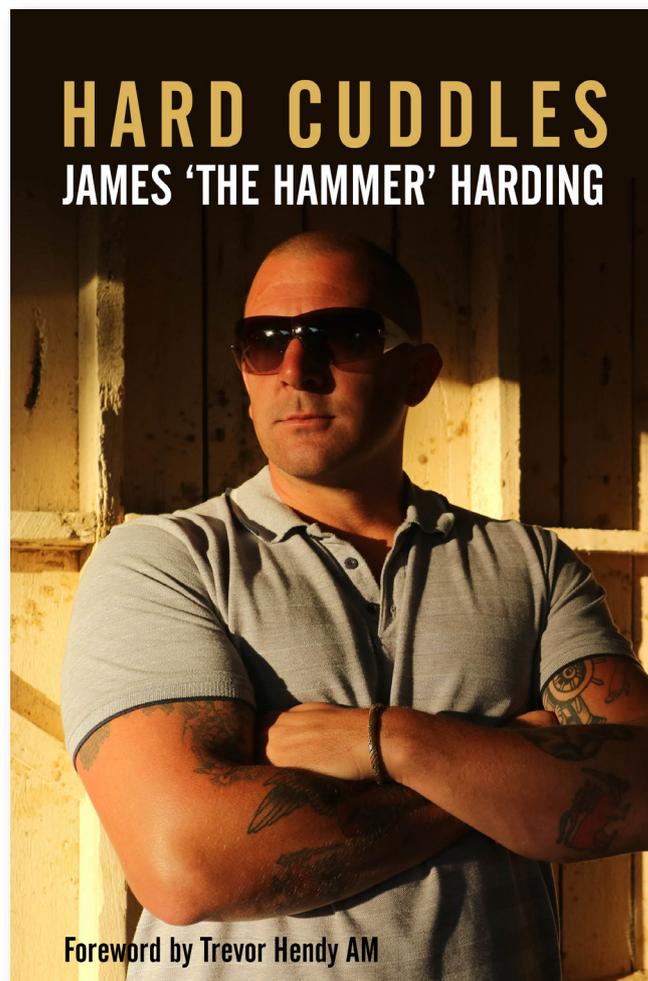
'The Hammer' was capable of inflicting indescribable pain on anyone that stood in his way. Violence and a manipulative calculating streak were his tools of trade.

This story gives the reader a rare insight into addiction, the dark art of violence and ego involved in the world of a drug dealer, debt collector and stand over man in Melbourne's under-world scene.

An embracing family background and unwavering ability to believe he was destined for redemption allowed 'The Hammer' to claw his way back from the darkness and use his hard-earned experience to assist men to break the cycle of addiction and crime and re-discover their own power and spirit.

Now I use my experience and intuition to work with males, precisely as it was foretold. I had to endure so I could connect and understand the struggle, as Hunter S Thompson said, 'You can't talk about the edge, until you have been over it.' Now I work with males to help them make sense of their struggles and raise some awareness and clarity over the challenges they are facing or have been through.

— from *Hard Cuddles*



The Author

James Harding was a drug addict and debt collector who operated within the chaotic world of organised crime in Melbourne. Now he is the proud father of five children, a mentor and public speaker who harnesses his experiences from the 'dark side' to assist others to be the best version of themselves by encouraging them to unlock their hidden strengths and self-belief.

Nice work mate! Proud of you and glad to call you my friend.

— Trevor Hendy AM