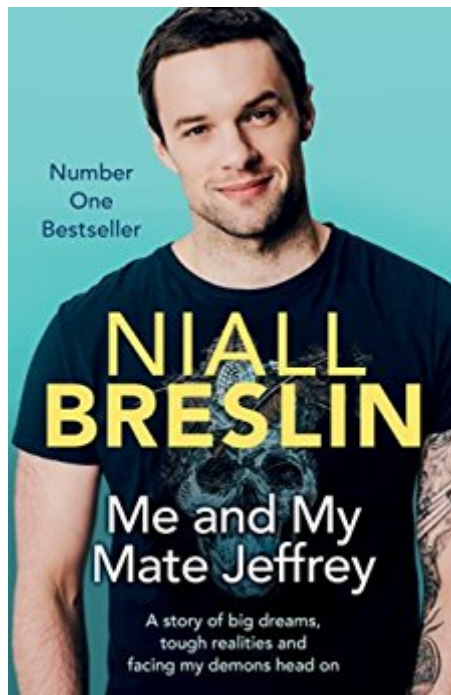


The book was found

Me And My Mate Jeffrey: A Story Of Big Dreams, Tough Realities And Facing My Demons Head On



Synopsis

In his book, Niall Breslin speaks openly about living with depression and anxiety, and his crippling journey to finally acknowledging 'Jeffrey' - the name he chose for it - years after he took the decision to conceal his growing mental health issues from the world, at age 15. Told with raw honesty, it is a story of the demons that lay beneath outward success, and how they impacted on his career in sports and later music, as he coped with a condition that at times seemed hell bent on wrecking everything in its wake. It is also the story of a road to reconciliation with brokenness - beginning after a massive panic attack before a live TV appearance in 2012 - leading to brighter horizons. *Me and My Mate Jeffrey* is an essential book for anyone who knows what it is to feel alone, and who doesn't know how to ask for help - or anyone who wants to better understand that journey.

Book Information

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Memoirs > Ethnic & National > Irish

Customer Reviews

This book should be read by every teacher, every coach, every parent and all who suffer or need to understand anxiety and depression! Amazing insight to the world of what someone suffering with this condition goes through. Thank you Niall! You are an amazing inspiration!

If you or anyone you know is suffering from depression or anxiety or anything like it you should read this book. if nothing it will give you an insight into the life of a person suffering from anxiety.

Essential reading for all young adults who may have mental health problems or know of friends or family members with mental health concerns.

Brilliant book from start to finish. An insightful read for any body. Thank you Niall Breslin. I would highly recommend this book.

Excellent, bought a kind and 3 hardcopies of this book, gave them as presents, well done Bressie, you the Man - Fergal, Cork

What a very brave young man. All he went true and comming out the right side of it. Well done Bressie.

Great book very honest and humbling story. Great for teenagers to read who might be suffering from self esteem or mental health problems.

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