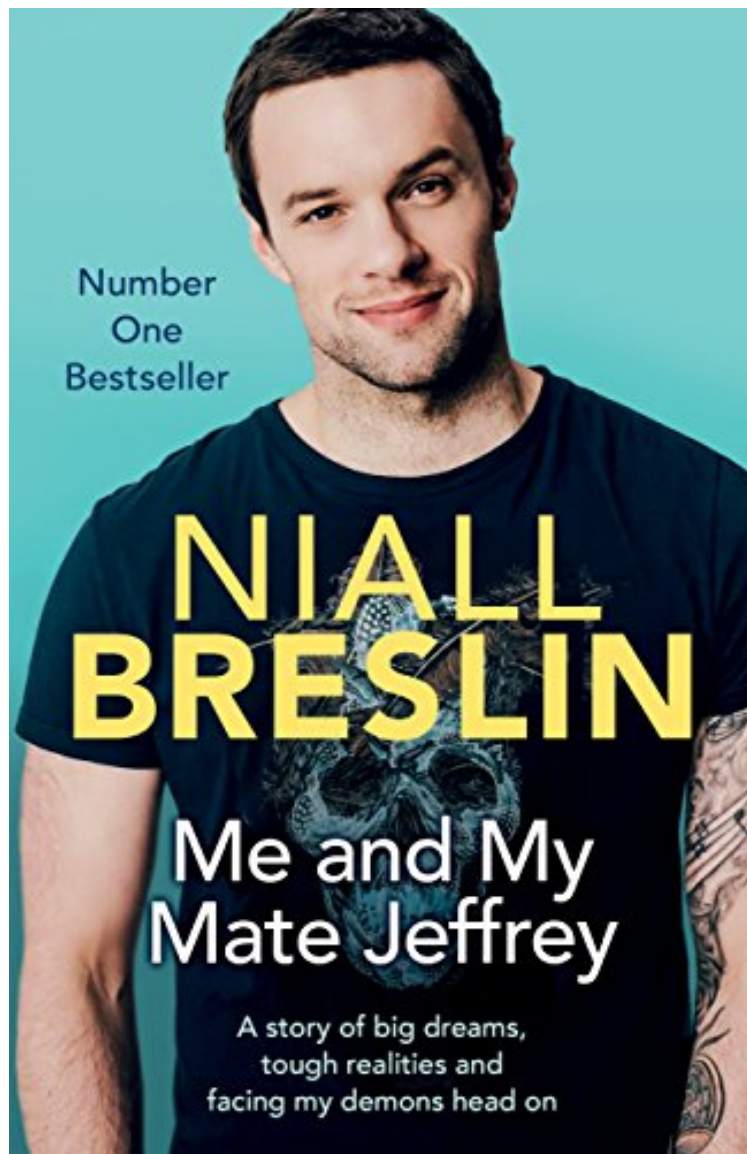


(Download free ebook) Me and My Mate Jeffrey: A story of big dreams, tough realities and facing my demons head on (English Edition)

Me and My Mate Jeffrey: A story of big dreams, tough realities and facing my demons head on (English Edition)

Von Niall Breslin

**Download PDF / ePub / DOC / audiobook / ebooks*



[Download](#)

[Read Online](#)

Produktinformation -Verkaufsrank: #122839 in eBooksVerffentlicht am: 2015-09-03Erscheinungsdatum: 2015-09-03File Name: B012W3ETOK | File size: 32.Mb

Von Niall Breslin : Me and My Mate Jeffrey: A story of big dreams, tough realities and facing my demons head on (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Me and My Mate Jeffrey: A story of big dreams, tough realities and facing my demons head on (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen2 von 2 Kunden fanden die folgende Rezension hilfreich. super BuchVon Carina R.Tolles Buch. Sehr authentisch, da der Autor aus eigener Erfahrung schreibt im Vergleich zu anderen Büchern von Hobbypsychologen. Kann ich nur empfehlen0 von 0 Kunden fanden die folgende Rezension hilfreich. Just BrilliantVon AlineHonest, insightful, motivating, and the list goes on. I highly recommend this book, not just to people struggling with mental problems but everybody because mental health is something we all should work on and be aware of.

KurzbeschreibungIn 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.PressestimmenMe and My Mate Jeffrey isn't an easy read, but it's not meant to be. It is the story of an unusual life, told with an affable and honest delivery by a spirited and resilient narrator Sunday Business Post [Breslin] tells his story with a searing, compelling honesty ... told with flashes of deadpan humour Irish Mail on Sunday A brave and important book from one of the best media figures we have Sunday Business Post A courageous and illuminating contribution to the ongoing discussion about mental health in Ireland Hot PressKurzbeschreibungIn 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.