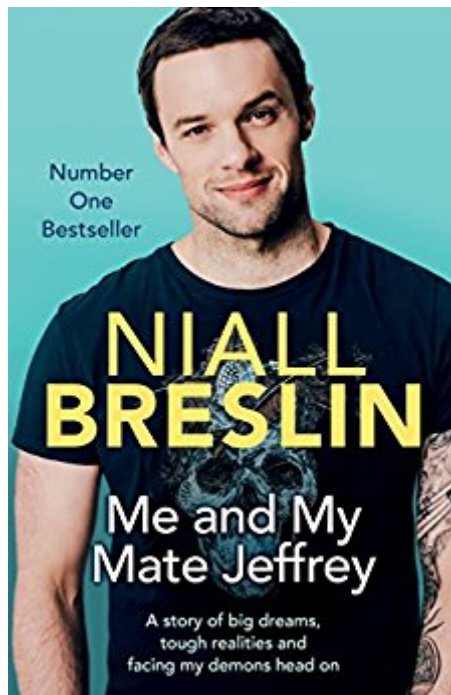


The book was found

# 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

File Size: 848 KB

Print Length: 320 pages

Publisher: Hachette Books Ireland (September 3, 2015)

Publication Date: September 3, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B012W3ETOK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #444,436 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Rugby #65

in Books > Sports & Outdoors > Other Team Sports > Rugby #192 in Books > Biographies &

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.

[Download to continue reading...](#)

Me and My Mate Jeffrey: A story of big dreams, tough realities and facing my demons head on  
Prayers That Rout Demons: Prayers for Defeating Demons and Overthrowing the Powers of Darkness  
They Shall Expel Demons: What You Need to Know about Demons - Your Invisible Enemies  
Black Identities: West Indian Immigrant Dreams and American Realities  
Dreams: The Hidden Meaning And Interpretations Behind Your Dreams: Dream Interpretation - Learn About What Goes on Inside Your Head While You Sleep  
Chicken Soup for the Teenage Soul on Tough Stuff: Stories of Tough Times and Lessons Learned (Chicken Soup for the Soul)  
Filthy Rich: A Powerful Billionaire, the Sex Scandal that Undid Him, and All the Justice that Money Can Buy: The Shocking True Story of Jeffrey Epstein  
Over My Head: A Doctor's Own Story of Head Injury from the Inside  
Looking Out  
Wildflowers in the Field and Forest: A Field Guide to the Northeastern United States (Jeffrey Glassberg Field Guide Series)  
The Idealist: Jeffrey Sachs and the Quest to End Poverty  
The Little Green Book of Getting Your Way: How to Speak, Write, Present, Persuade, Influence, and Sell Your Point of View to Others (Jeffrey Gitomer's Little Books)  
Guide to TCP/IP (Networking (Course Technology)) 4th (fourth) Edition by Carrell, Jeffrey L., Chappell, Laura, Tittel, Ed, Pyles, Jam [2012]  
Cooking for Jeffrey: A Barefoot Contessa Cookbook  
Cuba: Photographs by Jeffrey

Milstein Illustrated Anatomy of the Head and Neck, 3e (Fehrenbach, Illustrated Anatomy of the Head and Neck) Who Wins?: 100 Historical Figures Go Head-to-Head and You Decide the Winner! Just a Little Girl: How a Clinical Death Brought a Teenage Girl Face-to-Face With An Angel and Head-to-Head with Her Faith (Morgan James Faith) Star Wars: Head to Head Coldplay - A Rush of Blood to the Head (Rush of Blood to the Head Pvg) Star Wars: Head to Head Tag Teams

[Dmca](#)