



## Breaking Free: My Life with Dissociative Identity Disorder

By Herschel Walker, Gary Brozek, Charlene Maxfield, Jerry Mungadze

Touchstone Books. Paperback / softback. Book Condition: new. BRAND NEW, Breaking Free: My Life with Dissociative Identity Disorder, Herschel Walker, Gary Brozek, Charlene Maxfield, Jerry Mungadze, The NFL legend and Heisman Trophy winner shares the inspiring story of his life and diagnosis with dissociative identity disorder. Herschel Walker is widely regarded as one of football's greatest running backs. He led the University of Georgia to victory in the Sugar Bowl on the way to an NCAA Championship and he capped a sensational college career by earning the 1982 Heisman Trophy. Herschel spent twelve years in the NFL, where he rushed for more than eight thousand yards and scored sixty-one rushing touchdowns. But despite the acclaim he won as a football legend, track star, Olympic competitor, and later a successful businessman, Herschel realized that his life, at times, was simply out of control. He often felt angry, self-destructive, and unable to connect meaningfully with friends and family. Drawing on his deep faith, Herschel turned to professionals for help and was ultimately diagnosed with dissociative identity disorder, formerly known as multiple personality disorder. While some might have taken this diagnosis as a setback, Herschel approached his mental health with the same indomitable spirit he...



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