

[PDF] Breaking Free: My Life With Dissociative Identity Disorder

Herschel Walker, Dr. Jerry Mungadze - pdf download free book



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Description:

Review

"For the past twenty years, I have guided hundreds of people struggling with dissociative disorders on the difficult path of recovery. But doing so with someone like Herschel Walker has truly been an

extraordinary experience—not because of his celebrity status, but because of what he brings to the journey for himself and all others who share similar experiences. . . . Inviting the listener into the compelling story of his life, Herschel poignantly shares how he has used adversity to inspire him to be successful in his running career, his professional football career, his Olympic career, and his business life.

For those listeners who may have been diagnosed with a dissociative disorder or are struggling with the negative aspects of dissociation, *Breaking Free* will inspire you to accept your diagnosis, to work with your alter personalities, and to seek help if you are not already in therapy. For those listeners already being treated, this audio book will open doors to self-help ideas you have not thought of before."

-Jerry Mungadze, Ph. D

--This text refers to an out of print or unavailable edition of this title.

About the Author Herschel Walker played professional football for the Dallas Cowboys, Philadelphia Eagles, New York Giants, and Minnesota Vikings. He now owns a number of businesses, including a food service company, under the name Renaissance Man International. He lives in Dallas, Texas.

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