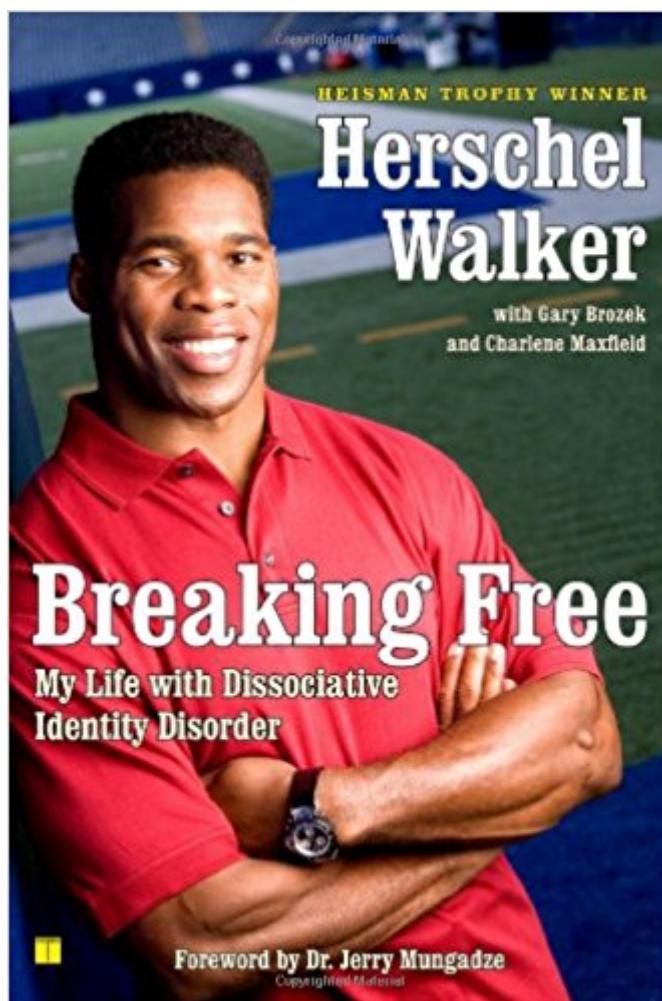


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# Breaking Free: My Life With Dissociative Identity Disorder



## Synopsis

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 brought to the playing field. It also gave him, for the first time, insight into his life's unexplained passages, stretches of time that seemed forever lost. Herschel came to understand that during those times, his "alters" or alternate personalities, were in control. Born into a poor, but loving family in the South, Herschel was an overweight child with a stutter who suffered terrible bullying at school. He now understands that he created "alters" who could withstand abuse. But beyond simply enduring, other "alters" came forward to help Herschel overcome numerous obstacles and, by the time he graduated high school, become an athlete recognized on a national level. In *Breaking Free*, Herschel tells his story from the joys and hardships of childhood to his explosive impact on college football to his remarkable professional career. And he gives voice and hope to those suffering from DID. Herschel shows how this disorder played an integral role in his accomplishments and how he has learned to live with it today. His compelling account testifies to the strength of the human spirit and its ability to overcome any challenge.

## Book Information

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## Customer Reviews

"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.

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.

I hoped it would be more about his experience with DID and not about his football career. I really wanted to like him, but found myself thinking, "Wow. He's just an arrogant jock." My spouse has DID and the disorder is a lot more complex than Walker makes it sound.

This is such a good read...it seems as if Herschel is sitting across from you telling the story. As a family with 2, possibly 3 bi-polars it is nice to see someone embrace their illness instead of hiding it. Don't the elite in their fields realize many times it is because of mental illness they are able to perform to the degree they do? It is a double edged sword. I love how Herschel makes it a gift to

use to his advantage. If all mentally ill people in this country(U.S.) were formally diagnosed instead of in hiding it would shock this nation. Thanks to people like Herschel they are moving away from being included in the "okay to discriminate against" club. P.S. truth be known, one can see a degree of mental illness in everyone! Herschel...I loved you as a teenager. I admired/tried to mimick your workouts(pushups, setups and weights) to the point people asked me if I was a bodybuilder! I love your strong faith. Until we learn it is all in His hands we will struggle. Thank you for the inspiration. Rose...57Speedster@bresnan.net

This was a weird book. He spoke candidly about his life and his struggles with mental illness. But then he also seemed to really see the mental illness as a good thing. It seemed like he attributed his success to dissociative disorder. Which may be appropriate. But it left me not knowing what to think about his book.

Very entertaining if you are into football but totally lacking in any convincing episodes that he really has DID.

Herschel's story is a fast read and clearly written in first person. The story is interesting and worth reading. I gave only 3 stars, because it did not give much insight into Dissociative Personality Disorder, which is why I bought this book. Herschel explains how DPD affected his life, but the book does not go into depth about the disorder or his experience with it. Breaking Free is his life story with mentions of DPD here and there. It's great that a positive account of DPD is out there, but I wish he'd explained more about his personal experience with the disorder.

Was eye opening to what living with dissociative disorder must be like.

I bought this for my husband since he used to be a football player. Very inspiring story.

This book is nothing about Dissociative Identity Disorder. It is though Herschel Walker talking about how wonderful he is. I agree that he has accomplished a lot but "let another praise you and not your own lips." I didn't find anything in this book helpful to someone who deals with DID.

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