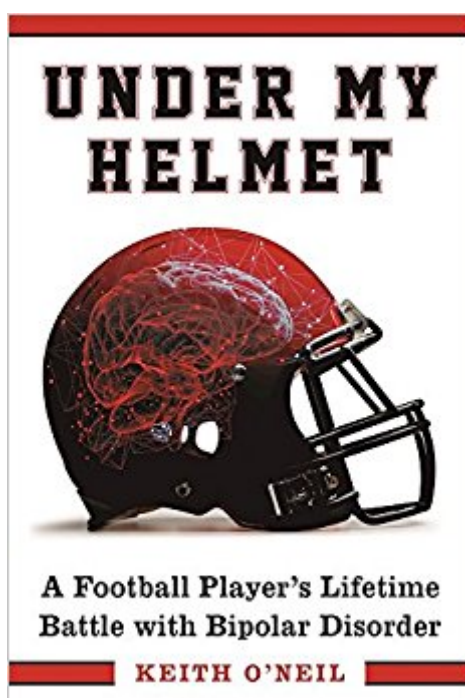


The book was found

Under My Helmet: A Football Player's Lifelong Battle With Bipolar Disorder



Synopsis

An athlete's battle with mental illness. Ever since he was a child, Keith O'Neil wanted to play football. Born on the same day that his father, Ed O'Neil, was cut from the New England Patriots, football was all Keith could think about . . . aside from his anxiety. Offered a scholarship to Northern Arizona University, O'Neil jumped at the chance to prove himself. Though it wasn't a Division I-A school, he brought his all, achieving first-team All-Big Sky choice as a junior and senior and earning All-American honors. The Dallas Cowboys offered O'Neil an invite to rookie mini-camp. But while learning the playbook, his anxiety and insomnia returned. Even so, he made the team as an undrafted free agent. His dream had come true. Yet, sleepless nights, constant anxiety, and suicidal thoughts clouded his mind. O'Neil considered stepping away from the game multiple times, even speaking to his coach, Bill Parcells. Parcells gave him the wisdom that "Everyone has a demon in their head, and we have to beat that demon. Beat the demon!" After being released from the Cowboys, O'Neil spent time with the Colts and Giants but still could not escape his inner demons. It finally became too much for him to handle, and he decided to walk away from the game. It wasn't until sometime later that he was finally diagnosed: bipolar I disorder. Finally, everything made sense. *Under My Helmet* is the personal story of a man working every day to prove his worth while struggling with a debilitating and undiagnosed mental illness. O'Neil's voice is honest and open as he shares his battles and the steps he's taken to overcome adversity.

Book Information

Hardcover: 248 pages

Publisher: Skyhorse Publishing (August 1, 2017)

Language: English

ISBN-10: 1510716866

ISBN-13: 978-1510716865

Product Dimensions: 6.1 x 1.2 x 9.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 19 customer reviews

Best Sellers Rank: #74,442 in Books (See Top 100 in Books) #27 in Books > Health, Fitness & Dieting > Mental Health > Bipolar #43 in Books > Biographies & Memoirs > Sports & Outdoors > Football #64 in Books > Biographies & Memoirs > Specific Groups > Special Needs

Customer Reviews

Keith Oâ™Neil is a retired football player who spent parts of four seasons with the Dallas Cowboys, Indianapolis Colts, and New York Giants. Diagnosed with bipolar disorder upon his retirement from the NFL, Oâ™Neil is now a public advocate and speaker on mental illness through his 4th and Forever Foundation, as well as with the Brain & Behavioral Research Foundation, the Mental Health Association, the International Bipolar Foundation, and numerous other organizations. Keith lives in Buffalo, New York, with his wife and two young children. Andrew Postman is an author, collaborator, and ghostwriter of a dozen books on a wide range of subjects, including Chasing Daylight: How My Forthcoming Death Transformed My Life and The Power of Story. His work has appeared in the New York Times, the Washington Post, and numerous magazines. He lives in New York City.

I finished your book in one day and could totally relate. It resonates with my bipolar. Keith is very lucky... He had the best family possible and nostalgic life. You did well, Keith, most people who have Bipolar don't have a good support system, only the basements you mention at NAMI meetings. I too crawl out of my skin at the meetings. Almost all are on disability. I know you are doing great work, but The less fortunate can't relate to your story, they are too marginalized by society. They can't afford treatment and end up homeless or dead. I find the book inspirational; at the same time feel sad for those less fortunate. Just my personal opinion.

This is a great book to get educated to what someone goes through having a mental illness. This book helped me to just not know someone with mental illness but to really understand and know that person with mental illness. Knowing someone that has the challenges of Bipolar and depression can and is at times intimidating. This book is a must read to help everyone understand what is going on with someone diagnosed with a mental illness disorder and to open your eyes/minds/hearts to that person and their struggles. Proud of you coming forward and sharing your real life story.

Wow!!! I couldn't put this great book down. Keith takes us on his incredible ride from his childhood challenges to his battles of insomnia and beyond. Keith is truly an amazing human being for telling his emotional story and bringing bipolar disease out in the open. Whether you or your family suffer from mental illness it doesn't matter this is a must read for everyone. We all need to better educated on mental illness. Keith - thanks for sharing your story with the World, not an easy thing to do!!!

Keith, What a great read. Thank you for taking the time to tell us all your story. Its people like you that make this world a better place for all. Good luck with everything that you do.

A very powerful and compelling memoir about bipolar disorder. O'Neil's voice is honest and sincere. A must read for anyone living with mental illness or knows anyone suffering with it.

Great book, Keith, thank you for your comprehensive candor in sharing your life story. It is helpful and encouraging to me as I have a bipolar family member.

Shines the light on bipolar disorder.

Excellent read.

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

Under My Helmet: A Football Player's Lifelong Battle with Bipolar Disorder Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children with Bipolar Disorder and the Conditions that May Occur with It Bipolar Happens! 35 Tips and Tricks to Manage Bipolar Disorder Not Just Up and Down: Understanding Mood in Bipolar Disorder (The Bipolar Expert Series Book 1) Break the Bipolar Cycle: A Day-by-Day Guide to Living with Bipolar Disorder Two Bipolar Chicks Guide To Survival: Tips for Living with Bipolar Disorder Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder (NTC Self-Help) Beautiful Bipolar: A Book About Bipolar Disorder Back to Normal: Why Ordinary Childhood Behavior Is Mistaken for ADHD, Bipolar Disorder, and Autism Spectrum Disorder Disruptive Mood Dysregulation Disorder (DMDD), ADHD and the Bipolar Child Under DSM-5: A Concise Guide for Parents and Professionals How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle Take Charge of Bipolar Disorder: A 4-Step Plan for You and Your Loved Ones to Manage the Illness and Create Lasting Stability The Bipolar II Disorder Workbook: Managing Recurring Depression, Hypomania, and Anxiety The Bipolar Disorder Survival Guide, Second Edition: What You and Your Family Need to Know Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) Bipolar Disorder, My Biggest Competitor: An Olympian's Journey with Mental Illness The Bipolar

Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder, Third Edition The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) Bipolar Disorder For Dummies

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)