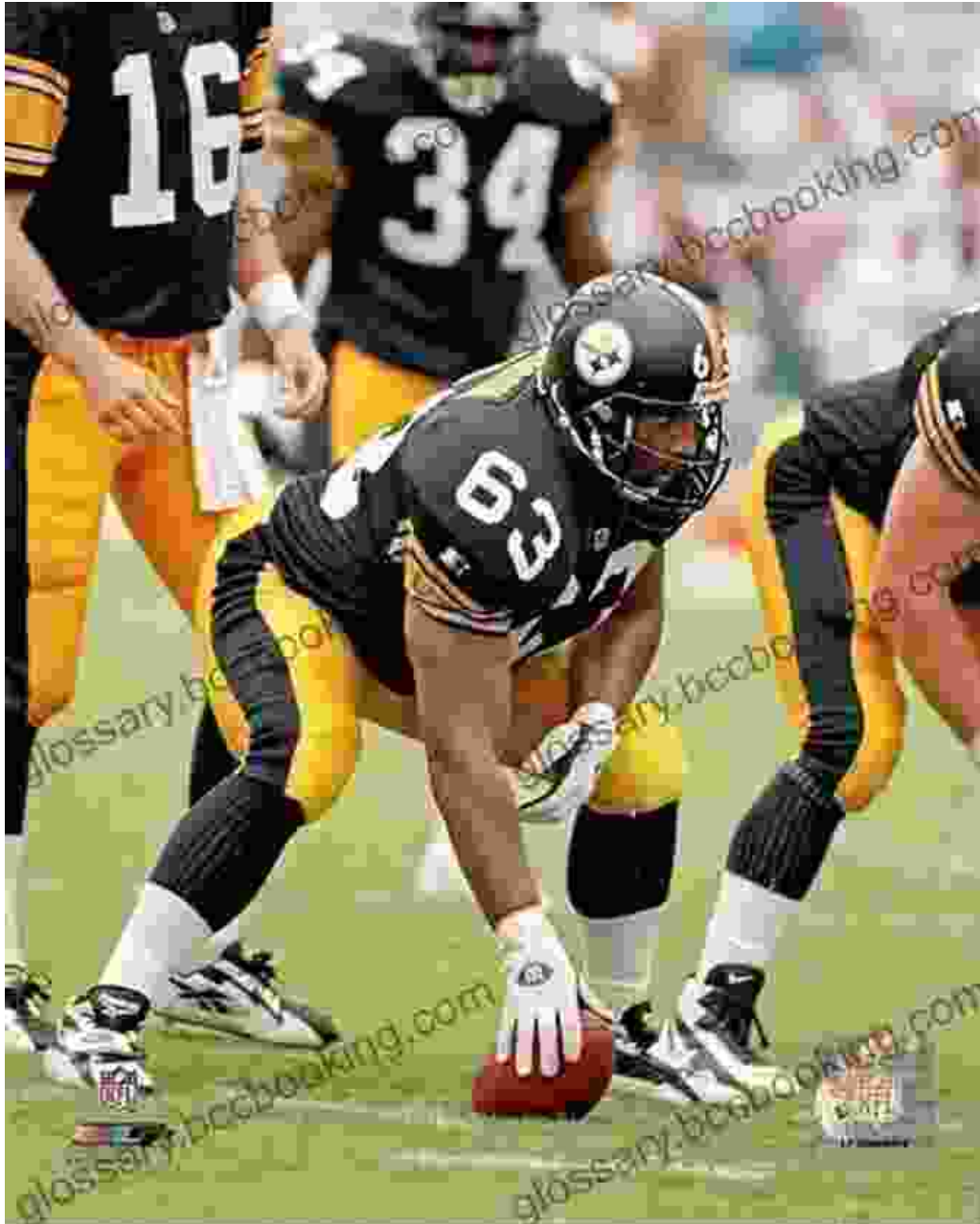


# Playing Hurt: My Journey from Despair to Hope

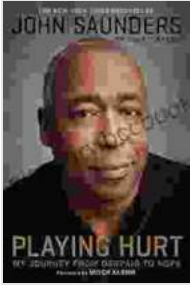


## Playing Hurt: My Journey from Despair to Hope

by John U. Bacon

★★★★★ 4.7 out of 5

Language : English



File size	: 12626 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 304 pages



## By Dermontti Dawson

I was born in the small town of Youngstown, Ohio, and from a young age, I knew that I wanted to play football. I loved the game and I had a natural talent for it. I played on my high school team and then went on to play college football at the University of Kentucky. After college, I was drafted into the NFL by the Pittsburgh Steelers.

I played for the Steelers for 11 seasons and won two Super Bowls. I was a six-time Pro Bowl selection and I was named to the NFL's All-Decade Team of the 1990s. I was living my dream.

But in 1999, I suffered a career-ending injury. I was playing in a game against the Jacksonville Jaguars when I got hit by a defender and my knee gave out. I knew right away that something was seriously wrong. I had surgery to repair my knee, but it was never the same. I tried to come back and play, but I couldn't. My knee was too weak and I was in too much pain.

I was devastated. I had worked my entire life to play in the NFL and now my dream was over. I didn't know what I was going to do with my life. I felt lost and alone.

I went through a period of deep depression. I didn't want to see anyone or do anything. I just wanted to stay in bed and sleep. I lost all interest in the things that I used to love, like football and spending time with my family.

One day, I was talking to my wife and she told me that I needed to get help. She said that I couldn't keep living my life the way I was. I agreed to go to therapy and it was the best decision I ever made.

Therapy helped me to understand why I was feeling so depressed. I learned that I was grieving the loss of my football career. I also learned that I had a lot of other issues that I needed to deal with, like my childhood trauma and my relationship with my father.

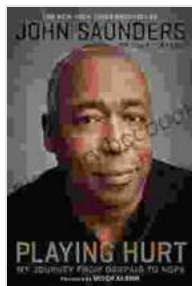
Therapy was a long and difficult process, but it was worth it. I learned how to cope with my depression and I started to rebuild my life. I went back to school and got a degree in social work. I started working with young people who were struggling with their own mental health issues. I also started writing about my experiences in the hope that I could help others who were going through similar challenges.

I'm still not the same person that I was before my injury, but I'm okay with that. I've learned that life is full of ups and downs and that it's okay to ask for help when you need it. I'm grateful for the support of my family and friends and I'm committed to helping others who are struggling with mental health issues.

I hope that my story will inspire you to never give up on your dreams. No matter what challenges you face in life, there is always hope. You are not alone.

## Free Download Your Copy of Playing Hurt Today!

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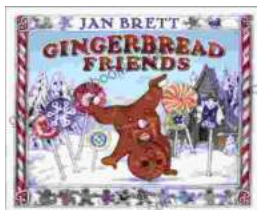


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