


# Breaking Free: My Life with Dissociative Identity Disorder

*By Herschel Walker*

Download Read Online

**Breaking Free: My Life with Dissociative Identity Disorder** By Herschel Walker

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.

**Download** Breaking Free: My Life with Dissociative Identity ...pdf

**Read Online** Breaking Free: My Life with Dissociative Identit ...pdf

# Breaking Free: My Life with Dissociative Identity Disorder

*By Herschel Walker*

**Breaking Free: My Life with Dissociative Identity Disorder** By Herschel Walker

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.

**Breaking Free: My Life with Dissociative Identity Disorder By Herschel Walker Bibliography**

- Sales Rank: #604326 in Books
- Brand: Walker, Herschel/ Brozek, Gary/ Maxfield, Charlene/ Mungadze, Jerry, Dr. (FRW)
- Published on: 2009-01-13
- Released on: 2009-01-13
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .80" w x 6.12" l, .69 pounds
- Binding: Paperback

- 256 pages

**Download** Breaking Free: My Life with Dissociative Identity ...pdf

**Read Online** Breaking Free: My Life with Dissociative Identit ...pdf

**Download and Read Free Online Breaking Free: My Life with Dissociative Identity Disorder By Herschel Walker**

## Editorial Review

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

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.

Excerpt. © Reprinted by permission. All rights reserved.

Prologue

The day had started like most others in my life. I rose well before my wife, Cindy, and son, Christian, were awake. I slipped quietly down the stairs of our suburban Dallas home and stepped into what I consider in some ways to be my safe haven -- my workout and exercise area. I got down on the floor and began my usual routine -- 2,500 sit-ups and 1,500 push-ups. I'd been following that same pattern for more than twenty-eight years, 365 days a year come rain or shine, feast or famine, on the road or at home. Only today, in the process of writing this, did I calculate what that all meant: 17,500 situps a week; 910,000 per year; 25.480 million since it all began back in Wrightsville, Georgia, as a chunky sixth grader. By my calculations, it will take me a little more than twelve and a half more years to reach 37 million -- the number of miles the Earth is from Jupiter. My allusion to another planet is deliberate; for a lot of my life, I've felt like an alien, and tried to put a great distance between other people and me.

After I finished my workout, I took a quick shower and then I sat and read the newspapers with the television turned to CNN, to catch up on the world's events, just as I did nearly every morning. That routine comforted me; my playing days were over in one sense but in many others they never ended. I folded up the papers and put them in the recycling bin. I brushed my teeth and checked on Christian before going to my home office, where I spent the rest of the morning. Cindy came in at one point to let me know that she was going out with some friends for lunch, and she'd be taking Christian with her. I kissed them both good-bye and returned to my work.

A few hours later, I was still seated at my desk, reviewing some paperwork I'd taken home regarding a

potential deal I was hoping to make. I was determined to make Renaissance Man Food Services and Herschel's Famous 34 major players in a very tough industry. Since I'd stopped playing football three years before in 1998, I'd been focusing much of my competitive energy on making my many business interests flourish. Things were going well. I really didn't need to work, money was not an issue for me, but I'd been relentlessly restless for the last twenty-five years of my life, and I wasn't about to slow down.

I'd sat there checking and rechecking some numbers, when I glanced at the calendar on my desk. The date was February 24, 2001. In exactly seven days, I was going to turn thirty-nine years old. Hard to believe that time had passed so quickly. I'd enjoyed a stellar college career, won the Heisman Trophy, finished up my professional days as the number two player in all-purpose yardage (number one if you considered, which the NFL didn't, my yards earned in the USFL), represented my country in the 1992 Winter Olympics in Albertville, France, been paid millions of dollars for playing a game, and earned millions more from endorsement deals. I'd been able to help family and friends, met with presidents and business leaders, was married to the only woman I'd ever loved, had a son I adored. Considering all that, what was about to happen made little sense to me then, and only now can I understand my actions at all.

The phone rang. It was my friend Robert Jones's wife, Natalie. When I heard her voice, I suspected what the call was about. I looked at the calendar again. It had been almost six days. Natalie and I exchanged hellos.

"Herschel," she said, "he's here but Bob isn't around. What do you want me to do?"

I felt as though someone had thrown a switch in my head. "Natalie, whatever you do, you tell that man not to do anything. He's to stay right there. He better not even think about unloading that car."

"Herschel, I'll talk to him, but -- "

I cut her off. "Natalie, I'm telling you, that man had better not touch that car or move a muscle."

"I'll see what I can do."

In one part of my brain, Natalie's frightened tone registered and made me even angrier. Not at her, but at the guy sitting in her driveway. He'd jerked me around long enough. I was going to put an end to that. What's right is right, and what this man had been doing was wrong. Way wrong. I could never abide by people taking advantage of someone else -- especially me. Another part of me felt bad about putting Natalie, an innocent bystander, in a tough position and for alarming her. That didn't stop the downhill slide I felt, the rapid acceleration of my emotions.

"I'm getting in the car, and I'll be there in twenty minutes. He better be there when I get there."

I slammed the phone down, grabbed a set of keys, and literally ran out of the house to the garage. I stood in the weak February sunlight, pressing the button on the key fob, listening for the distinctive blip that would tell me which car's keys I'd grabbed. I hustled over to the far bay and waited impatiently for the opener to raise the door. I was tempted to grab the handle myself; instead, I waited for what seemed minutes for the rattling mechanism to do its work. Sliding behind the wheel of my Mercedes E Class sedan, I felt like there was a war raging inside of me.

Natalie had called to let me know that a car that I'd ordered from a man in Philadelphia had arrived. I'd originally asked that it be delivered to Robert's house because I was scheduled to be out of town. Well, my trip had come and gone, and still no car had been delivered. Six days had passed, and this man had not honored our agreement. I'd spent three days sitting at home waiting to hear from him, expecting that he'd be honorable enough to at least keep me posted on the status of the delivery. And now this? He doesn't even

return my calls, but instead calls my friend's house, completely ignoring my message that it should now be delivered straight to me? Was that any way to do business? Did this guy think he could get away with not keeping his word? I couldn't let him get away with that.

I could feel my jaw pulsing and my teeth grinding as I sped down Church Road toward Robert's house. I wondered for a moment if my Beretta pistol was still in the glove compartment. I'd been a licensed and registered handgun owner for years, had permits to carry a concealed weapon, and had even gone to the FBI academy during two off-seasons to do some training. I'd majored in criminal justice in college and had dreamed of serving in the FBI. The logical side of me knew that what I was thinking of doing to this man -- murdering him for messing up my schedule -- wasn't a viable alternative. But another side of me was so angry that all I could think was how satisfying it would feel to step out of the car, pull out the gun, slip off the safety, and squeeze the trigger. It would be no different from sighting on the targets I'd fired at for years -- except for the visceral enjoyment I'd get from seeing the small entry wound and the spray of brain tissue and blood -- like a Fourth of July firework -- exploding behind him.

Every few seconds, I'd hear a voice telling me, "No, Herschel, that's wrong. You can't shoot a man down in cold blood over this." Over that voice I'd hear another urging me on: "You've got to take care of business. This guy has done you wrong. You can't let him get away with that. Kill him." Over and over these two voices were shouting at me, each one pleading with me. As I made the turn south on the four-lane highway that would take me to the subdivision where Robert and Natalie lived, I began to pray to God. For even longer than I'd been doing my daily routine of exercises, I'd been praying. As a born-again Christian, I believe God actively and directly influences me to action. I asked that He help stop me from what I was about to do.

"Lord, Jesus, I do not want to kill this man. Please, dear God, somehow show me what it is that I should do."

My hands were crushing the steering wheel, and when I caught a glimpse of myself in the rearview mirror, I saw the veins and sinews in my face and neck standing out like rivers and streams on a relief map. My face was contorted and it was difficult for me to believe that the person I saw in that mirror, eyes darting furiously from the mirror to the road ahead, was really me.

"Do it."

"Stop it."

"Do it."

"You can't."

"Do it."

Like the pulsing rhythm of a chorus, the two voices kept up a relentless beat. Simultaneously, I felt frightened, exhilarated, disgusted, at peace, and resigned. Motoring up to Robert's house, I felt as if adrenaline was being pumped by the gallon into my system. Everything came into such sharp focus. Every red petal of the flowering burning bush that lined the driveway stood out in stark contrast to the boxwood evergreens that squatted in front of them. Red. Green. Go. Stop. Do it. Don't.

I repeated my plea to God for guidance. As always, He was there for me then.

I stopped the car and slammed the shifter into park. As I was reaching for the glove compartment to check for my gun, I could see through the web of steel that made up the carriage of the auto transport trailer to the

back window of the semi's cab.

SMILE. JESUS LOVES YOU read the sticker plastered there.

I had my answer. I sat in the car for a few minutes, head in my hands, giving thanks to God. The voices quieted and then fell silent. All I could hear was the ticking of my turn signal. Lord knows how long it had been on, but I knew that I needed to take a new direction in my life.

The Herschel Walker who had driven to that house with murder in his heart and mind was not the Herschel Walker I had been for most of life. Something was clearly wrong with me, and I had to figure out what it was. And quickly.

All my life I've faced life's battles head-on and at great speed. I was about to embark on a challenge I'd never thought I'd have to face, but one that I was determined to win. For a while then, and at various periods of my life, I felt like I was losing control, spiraling downward, acting out in ways I'd never thought possible. I'd been wondering if I needed professional help in answering this...

## Users Review

**From reader reviews:**

**Nathan Barnes:**

The actual book Breaking Free: My Life with Dissociative Identity Disorder will bring one to the new experience of reading a new book. The author style to explain the idea is very unique. In case you try to find new book to learn, this book very suitable to you. The book Breaking Free: My Life with Dissociative Identity Disorder is much recommended to you to study. You can also get the e-book through the official web site, so you can quickly to read the book.

**Tyler Emery:**

A lot of people always spent their own free time to vacation or maybe go to the outside with them household or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. In order to try to find a new activity that's look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent all day long to reading a book. The book Breaking Free: My Life with Dissociative Identity Disorder it is extremely good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. In case you did not have enough space to bring this book you can buy the actual e-book. You can m0ore easily to read this book from the smart phone. The price is not too expensive but this book has high quality.

**Liliana Stevens:**

Reading can called head hangout, why? Because if you are reading a book specially book entitled Breaking Free: My Life with Dissociative Identity Disorder your brain will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely will become your mind friends. Imaging every single word written in a guide then become one type conclusion and explanation which maybe you never get

just before. The Breaking Free: My Life with Dissociative Identity Disorder giving you one more experience more than blown away your thoughts but also giving you useful details for your better life in this era. So now let us explain to you the relaxing pattern the following is your body and mind are going to be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary paying spare time activity?

**Terry McConnell:**

What is your hobby? Have you heard that will question when you got college students? We believe that that concern was given by teacher with their students. Many kinds of hobby, All people has different hobby. And you also know that little person similar to reading or as reading become their hobby. You need to understand that reading is very important along with book as to be the point. Book is important thing to include you knowledge, except your own personal teacher or lecturer. You will find good news or update in relation to something by book. Many kinds of books that can you decide to try be your object. One of them is this Breaking Free: My Life with Dissociative Identity Disorder.


# Download and Read Online Breaking Free: My Life with Dissociative Identity Disorder By Herschel Walker #2A4CTNZHLMJ

# Read Breaking Free: My Life with Dissociative Identity Disorder By Herschel Walker for online ebook

Breaking Free: My Life with Dissociative Identity Disorder By Herschel Walker Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Breaking Free: My Life with Dissociative Identity Disorder By Herschel Walker books to read online.

## Online Breaking Free: My Life with Dissociative Identity Disorder By Herschel Walker ebook PDF download

### Breaking Free: My Life with Dissociative Identity Disorder By Herschel Walker Doc

**Breaking Free: My Life with Dissociative Identity Disorder By Herschel Walker Mobipocket**

**Breaking Free: My Life with Dissociative Identity Disorder By Herschel Walker EPub**