

# Me And My Mate Jeffrey A Story Of Big Dreams Tough Realities And Facing My Demons Head On

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## Me And My Mate Jeffrey

Me and My Mate Jeffrey by Niall Breslin is an account of his journey with mental health, his highs and lows, both personally and professionally. He shares what he has learned from his experiences with general anxiety, conveying a message of hope to the reader. First of all, this was an incredibly brave book to write.

## Me and My Mate Jeffrey: A story of big dreams, tough ...

Me and My Mate Jeffrey : A story of big dreams, tough realities and facing my demons head on. 4.22 (429 ratings by Goodreads) Paperback. English. By (author) Niall Breslin. Share. In his book, Niall Breslin speaks openly about living with depression and anxiety, and his crippling journey to finally acknowledging 'Jeffrey' - the name he chose for it - years after he took the

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decision to conceal his growing mental health issues from the world, at age 15.

## **Me and My Mate Jeffrey : Niall Breslin : 9781473631885**

And you can imagine Me and My Mate Jeffrey helping a lot of people. "Ultimately, each one of us has to go on our own journey of self-discovery," Bressie opines. 'Jeffrey' is the name he gives to...

## **Book review: Me and My Mate Jeffrey**

An Irish No.1 bestseller, Me and My Mate Jeffrey is an essential book for anyone who knows what it is to feel alone, and who doesn't know how to ask for help - or anyone who wants to better Read more...

## **Me and my mate Jeffrey : a story of big dreams, tough ...**

Me and My Mate Jeffrey. Niall Breslin. Books are My Bag Popular Non-Fiction Book of the Year - Winner. Niall Breslin describes living with depression, and his crippling journey to finally acknowledging 'Jeffrey' - the name he chose for it - years after he took the decision to conceal his growing mental health issues from the world. ...

## **An Post Irish Book Awards » Me and My Mate Jeffrey**

Find helpful customer reviews and review ratings for Me and My Mate Jeffrey: A story of big dreams, tough realities and facing my demons head on at Amazon.com. Read honest and unbiased product reviews from our users.

## **Amazon.com: Customer reviews: Me and My Mate Jeffrey: A ...**

after a massive panic attack before a live TV appearance in 2012 - leading to brighter horizons.Me and My Mate Jeffrey is an essential book for anyone who knows what it is to feel alone, and who doesn't know how to ask for help - or anyone who wants to better understand that journey. File Size: 848 KB Print Length: 320 pages

## **Me And My Mate Jeffrey: A Story Of Big Dreams, Tough ...**

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## **[EPUB] Me And My Mate Jeffrey A Story**

Neil Breslin (AKA 'Bressie') is well-known in Ireland as a retired rugby player and currently a singer, musician and coach on the Irish version of The Voice. Neil is also a mental health campaigner and author of Me and my Mate Jeffrey. I have just finished his book and found it to be a superb read and, at times, very moving.

## **Me and My Mate Jeffrey: A story of big dreams, tough ...**

In his book, Me and My Mate Jeffrey, he speaks candidly about how his secret battle with his mental health eroded away relationships, such as those with his bandmates. A lot of bridges have been...

## **Bressie introduces his depression - his mate Jeffrey ...**

Me and My Mate Jeffrey is an essential book for anyone who knows what it is to feel alone, and who doesn't know how to ask for help - or anyone who wants to better understand that journey.

## **Me and My Mate Jeffrey by Niall Breslin | Waterstones**

Me and My Mate Jeffrey is an essential book for anyone who kws what it is to feel alone, and who doesn't kw how to ask for help - or anyone who wants to better understand that journey.

## **Me and My Mate Jeffrey: A Story of Big Dreams, Tough ...**

Me and My Mate Jeffrey: A story of big dreams, tough realities and facing my demons head on 4.22 avg rating — 425 ratings — published 2015 — 3 editions

## **Niall Breslin (Author of Me and My Mate Jeffrey)**

NOW AVAILABLE ON DVD, VOD AND DIGITAL IN AUSTRALIA, UK & US!!! <http://www.matesvszombies.com/store> Stream in HD: <https://vimeo.com/ondemand/matesvszombiesaus...>

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## **Me and My Mates vs the Zombie Apocalypse (2015) Official ...**

You can get your personal questions answered by not only me, but a great coach who's also a MAN - my husband, Jeffrey Mark Levine!, in our one-time-only Masterclass together: The "How To Talk To A Man" Warrior Woman Masterclass on Sunday, November 17th-> Jeffrey's an executive coach and a non-violent-communication specialist.

## **How To Talk To A Man Masterclass - With Me And My Husband ...**

Jeff Stelling: 'I did think about resigning but all three urged me not to do anything silly' Donald McRae Sky's Soccer Saturday host on sackings, saving someone's life without knowing it and ...

## **Jeff Stelling: 'I did think about resigning but all three ...**

Jeff Stelling has opened up on Sky Sports' decision to break-up their long-standing Soccer Saturday panel. Last week, the broadcasters sacked Matt Le Tissier, Phil Thompson and Charlie Nicholas ...

## **Soccer Saturday: Jeff Stelling has his say on sacking of ...**

Jeffrey Previte, the 46-year-old head of a California environmental-consulting firm, was caught on the disturbing surveillance footage grabbing his pitbull Beachy by the ear and neck as he dragged ...

## **CEO Jeffrey Previte seen abusing dog in disturbing videos**

On Sept. 11, 2001, my husband called our home outside Washington, D.C., from where he was working at the Treasury Department. Turn the TV on, Bob said, and tell me why I'm seeing people running ...

## **Coronavirus generation: My 9/11 baby has begun COVID-19 ...**

Jeff Coombs, Christie's husband, left for a business trip to Los Angeles on the morning of September 11, 2001. She still remembers dropping him off to catch the train to Logan

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