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And Facing
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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.
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incredibly brave book
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Paperback. English. By

(author) Niall Breslin.

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Breslin speaks openly

about living with

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Jeffrey A Story Of
depression and
anxiety, 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,
at age 15.

Me and My Mate

Jeffrey : Niall Breslin

: 9781473631885

And you can imagine

Me and My Mate Jeffrey

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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

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how to ask for help - or
anyone who wants to
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Winner. Niall Breslin
describes living with
depression, and his
crippling journey to
finally acknowledging

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‘Jeffrey’ – the name he chose for it – years after he took the decision to conceal his growing mental health issues from the world.

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An Post Irish Book Awards » Me and My Mate Jeffrey

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anyone who knows
what it is to feel alone,
and who doesn't know
how to ask for help - or
anyone who wants to
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journey. File Size: 848
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Me And My Mate Jeffrey: A Story Of Big Dreams, Tough

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**[EPUB] Me And My
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Neil Breslin (AKA
'Bressie') is well-known

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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**

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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

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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 |

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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

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anyone who wants to
better understand that
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**Niall Breslin (Author
of Me and My Mate
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**Me and My Mates vs
the Zombie
Apocalypse (2015)
Official ...**

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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.

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**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

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**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

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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

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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

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remembers dropping

him off to catch the

train to Logan

International Airport.

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