



# Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder

*Keith O'Neil*

Download now

[Click here](#) if your download doesn't start automatically

# Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder

*Keith O'Neil*

**Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder** Keith O'Neil  
**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.

 [Download Under My Helmet: A Football Player's Lifetime Batt ...pdf](#)

 [Read Online Under My Helmet: A Football Player's Lifetime Ba ...pdf](#)

## **Download and Read Free Online Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder Keith O'Neil**

---

### **From reader reviews:**

#### **John Mullen:**

Do you have favorite book? If you have, what is your favorite's book? Guide is very important thing for us to know everything in the world. Each e-book has different aim or perhaps goal; it means that publication has different type. Some people sense enjoy to spend their time to read a book. They are reading whatever they get because their hobby is definitely reading a book. What about the person who don't like looking at a book? Sometime, person feel need book when they found difficult problem as well as exercise. Well, probably you should have this Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder.

#### **Nick McAllister:**

Reading a book for being new life style in this season; every people loves to go through a book. When you go through a book you can get a large amount of benefit. When you read textbooks, you can improve your knowledge, mainly because book has a lot of information upon it. The information that you will get depend on what types of book that you have read. If you need to get information about your study, you can read education books, but if you want to entertain yourself you can read a fiction books, such us novel, comics, and soon. The Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder offer you a new experience in looking at a book.

#### **John Burns:**

Is it you who having spare time after that spend it whole day by means of watching television programs or just lying down on the bed? Do you need something new? This Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder can be the solution, oh how comes? A fresh book you know. You are thus out of date, spending your time by reading in this completely new era is common not a nerd activity. So what these books have than the others?

#### **Daniel Bryant:**

As we know that book is significant thing to add our know-how for everything. By a e-book we can know everything you want. A book is a pair of written, printed, illustrated or even blank sheet. Every year seemed to be exactly added. This guide Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder was filled with regards to science. Spend your extra time to add your knowledge about your technology competence. Some people has various feel when they reading a new book. If you know how big benefit of a book, you can really feel enjoy to read a reserve. In the modern era like at this point, many ways to get book that you just wanted.

**Download and Read Online Under My Helmet: A Football Player's  
Lifetime Battle with Bipolar Disorder Keith O'Neil  
#DE8YCJVGPO**

## **Read Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder by Keith O'Neil for online ebook**

Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder by Keith O'Neil 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 Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder by Keith O'Neil books to read online.

### **Online Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder by Keith O'Neil ebook PDF download**

**Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder by Keith O'Neil Doc**

**Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder by Keith O'Neil Mobipocket**

**Under My Helmet: A Football Player's Lifetime Battle with Bipolar Disorder by Keith O'Neil EPub**