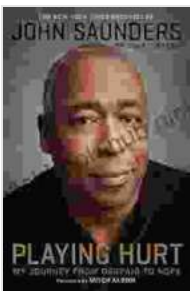


Playing Hurt: My Journey From Despair to Hope

In the fall of 2016, I was a 22-year-old Division I soccer player. I had just started my senior season, and I was excited to see what the year had in store for me. But in a preseason scrimmage, I tore my ACL, MCL, and meniscus. It was a devastating injury, and it ended my soccer career.

I was in shock. I couldn't believe that my life had been changed so abruptly. I had worked so hard to get to where I was, and now it was all gone. I felt like I had lost my identity. I didn't know who I was anymore.



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



The months following my injury were some of the darkest of my life. I was depressed and anxious. I didn't want to do anything. I just wanted to stay in bed and hide from the world.

But I knew that I couldn't give up. I had to find a way to move on. So I started going to therapy and I started reading books about overcoming adversity. I also started spending time with people who loved and supported me.

It wasn't easy, but I slowly started to heal. I started to realize that my injury didn't define me. I was still the same person, I just had to find a new way to express myself.

I decided to go back to school and get my master's degree in social work. I wanted to help other people who were struggling with adversity. I also started volunteering at a local hospital, working with children who had been injured.

It's been a long journey, but I'm finally in a good place. I'm happy with my life and I'm grateful for the experiences I've had. I know that I wouldn't be where I am today without my injury. It's made me stronger, more resilient, and more compassionate.

If you're struggling with adversity, I want you to know that you're not alone. There are people who care about you and want to help you. Please don't give up. Keep fighting. You can overcome anything.

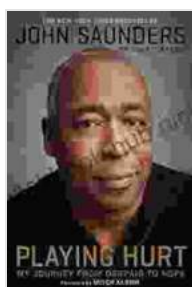
Here are some things that helped me on my journey from despair to hope:

- **Therapy:** Therapy was a great way for me to process my emotions and develop coping mechanisms.
- **Books:** I read a lot of books about overcoming adversity. These books helped me to see that I wasn't alone and that there were other people

who had gone through similar experiences.

- **Support system:** I had a lot of people who loved and supported me during this difficult time. Their love and support helped me to get through the tough times.
- **Volunteering:** Volunteering helped me to find purpose and meaning in my life. It also helped me to connect with other people who had been through similar experiences.

I hope that my story inspires you to never give up on your dreams. No matter what obstacles you face, you can overcome them. Just keep fighting. You can do it.



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