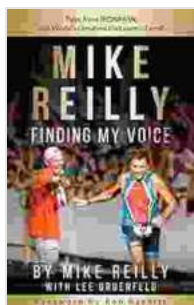


Mike Reilly Finding My Voice: The Journey of a Hockey Star

Mike Reilly's autobiography, Finding My Voice, is an inspiring read for anyone interested in hockey, mental health, or personal growth. Reilly, a former NHL player, shares his experiences with mental health, addiction, and the challenges he faced both on and off the ice. The book is a candid and honest account of Reilly's life, and it offers valuable insights into the challenges that professional athletes face.



MIKE REILLY Finding My Voice: Tales From IRONMAN, the World's Greatest Endurance Event by Mike Reilly

★★★★☆ 4.8 out of 5

| | |
|----------------------|-------------|
| Language | : English |
| File size | : 10112 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| X-Ray | : Enabled |
| Word Wise | : Enabled |
| Print length | : 323 pages |



Reilly begins the book by describing his early days in hockey. He grew up in a small town in Minnesota, and he started playing hockey at a young age. Reilly was a natural talent, and he quickly rose through the ranks of youth hockey. He eventually earned a scholarship to play hockey at the University of Minnesota, and he was drafted by the Columbus Blue Jackets in the first round of the 2011 NHL Entry Draft.

Reilly's NHL career was both successful and challenging. He played for several teams, including the Blue Jackets, the Minnesota Wild, and the Montreal Canadiens. He also represented the United States at the World Championships and the Olympics. However, Reilly also struggled with mental health issues and addiction. He was diagnosed with anxiety and depression, and he also developed an addiction to alcohol. Reilly's struggles with mental health and addiction eventually led to his retirement from hockey in 2019.

In *Finding My Voice*, Reilly shares his experiences with mental health and addiction in detail. He talks about the challenges he faced, and he offers valuable insights into the importance of seeking help. Reilly also discusses the stigma surrounding mental health and addiction, and he encourages others to speak out about their struggles. Reilly's book is a powerful and inspiring message of hope. He shows that it is possible to overcome challenges, and he encourages others to never give up on their dreams.

Finding My Voice is a must-read for anyone interested in hockey, mental health, or personal growth. Reilly's story is inspiring and moving, and it offers valuable insights into the challenges that professional athletes face. Reilly's book is a reminder that we are all capable of overcoming challenges, and it encourages us to never give up on our dreams.

Reviews

"Mike Reilly's *Finding My Voice* is an inspiring and candid account of his life both on and off the ice. Reilly's honesty and vulnerability are refreshing, and his story is a reminder that we are all capable of overcoming challenges." - The Hockey News

"Reilly's book is a must-read for anyone interested in hockey, mental health, or personal growth. Reilly's story is inspiring and moving, and it offers valuable insights into the challenges that professional athletes face."

- Sports Illustrated

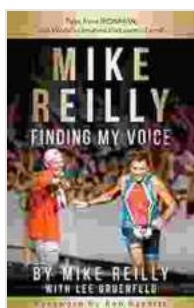
"Finding My Voice is a powerful and inspiring message of hope. Reilly shows that it is possible to overcome challenges, and he encourages others to never give up on their dreams." - The Washington Post

About the Author

Mike Reilly is a former NHL player who played for the Columbus Blue Jackets, the Minnesota Wild, and the Montreal Canadiens. He was drafted by the Blue Jackets in the first round of the 2011 NHL Entry Draft. Reilly retired from hockey in 2019 due to mental health issues and addiction. He is now a mental health advocate and speaker.

Free Download Your Copy Today!

Mike Reilly Finding My Voice is available now at all major bookstores. Free Download your copy today and start reading the inspiring story of a hockey star who overcame challenges to find his voice.



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