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# WHAT MADE MADDY RUN

THE SECRET STRUGGLES  
AND TRAGIC DEATH  
OF AN ALL-AMERICAN TEEN

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Kate Fagan

 columnist

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## What Made Maddy Run: The Secret Struggles and Tragic Death of an All-American Teen



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The heartbreaking story of college athlete Madison Holleran, whose life and death by suicide reveal the struggle of teenagers experiencing mental illness today in this #1 NY Times Sports activities and Fitness bestseller\*Instant New York Times Bestseller\*#1 New York Times Monthly Sports activities and Fitness bestseller.If you scrolled through the Instagram feed of 19-year-old Maddy Holleran, you'll see a perfect life: a freshman at an Ivy Little league school, recruited for the track team, who was simply also beautiful, popular, and fiercely intelligent. This is the story of Maddy Holleran's lifestyle, and her have a problem with depressive disorder, which also reveals the mounting pressures young people, and college athletes specifically, face to be ideal, especially in an age of relentless connection and social press saturation. Regardless of thousands of hours of practice and study, she contemplated transferring from the institution that acquired once been her desire. Previously indefatigable Maddy became withdrawn, and her thoughts devoted to how she could switch her life. However when Maddy began her long-awaited college career, her parents noticed something changed. When Maddy's dad, Jim, dropped her off for the first day time of springtime semester, she kept him another longer than typical. That would be the last time Jim would find his daughter. What began as a profile of an effective young athlete whose lifestyle finished in suicide became so much bigger when Fagan began to hear from additional college athletes also struggling with mental illness.WHAT MADE MADDY RUN began as a bit that Kate Fagan, a columnist for espnW, wrote on the subject of Maddy's life. This was a girl who succeeded at everything she attempted, and who was simply only getting started.



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I believe it's so important for tales like these to be away there because people often think .. Kate Fagan does an impressive work of telling this story, providing it the depth and inevitability of Greek tragedy - yet with today's feeling. You never know how another person could be struggling. I was drawn to Maddy's tale when it initial happened because I linked to it so very much & it broke my heart that she wasn't in a position to find her way out too. I believe it's so important for stories like these to be out there because people often think "it can't eventually me" because they're good parents, have money, live in good areas, kids seem successful, etc., but the the truth is that mental illness doesn't discriminate. This book did a really great job of telling Maddy's story as thoroughly as possible while also going for a broader look at college suicide aswell. yet it still happened to them. Maddy was CERTAINLY effective, but it still occurred to her. My heart broke for her dad when he took her back to college & stayed behind merely to make certain she seemed okay, planned to bring her back again for regular therapy appointments (Maddy had informed them she was fighting suicidal thoughts), & yet even with him doing everything he believed he could, he still got that heartbreaking phone call. The tale was well crafted, showing several sides to it, & Ms. There is a lot more of Kate's input in the story than I thought there will be.. Must Browse for All Parents Such a tragic story of a life trim short. Despite it being truly a very interesting subject to me, I found myself starting to skim through it. I came across myself skipping past her sections merely to get to the rest of Maddy's story. since it was excellent . I'd still highly recommend the book though - it certainly sheds light on a very important issue in a very personal, relatable way. Didn't be prepared to cry - but I did so I knew this tale well, having read a lot of the news insurance coverage from early 2014.(!), I was a college athlete! Some of her feelings brought back similar emotions I acquired when I attended my dream college and left after twelve months. Talking about Google. Google the original ESPN the Magazine content. Every friend, every family member agrees on that point, as Fagan documents so well. Eye Opening I actually am a sixty yr old girl with four kids and three grandchildren. I'm uncertain what made me buy this publication. I'm not usually a non-fiction reader. I think the topic of suicide leaves everyone feeling so empty and the idea of this type of loss is unimaginable. By our society's requirements, Mandy had it all; No matter what's happening in her existence, Megan is depressed. I can start to see the pressure that she places on herself for perfection and this book actually makes me take note of her behavior, her terms, her posts that much more. Heartbreaking story, but Ms..."Just how do we chat to our children and grand children so they will never help to make the same choice Maddy did? I finished college in four years ( my absolute guarantee to myself)but personally I made some poor options during this time period. Suicide hardly ever crossed my brain but I can tell you I was troubled and my self-confidence was low. After reading the book, I'm not certain I know the answer to that. I know that I will speak to them just like maddys parents did and hope and pray that they can never feel so desperate. I would definitely recommend this book Wish it were better I wish I could say that book was amazing nonetheless it was just ok. I went into it thinking she was simply the investigative reporter, but she shared a whole lot of her own story in there which We didn't relate with at all. I think the way it was written, it would have made an excellent magazine article but as a whole book it just didn't quite maintain my curiosity. A few chapters in and I was prepared to move on. Writer (Kate) lacks grace and self-recognition. but I had to stop. . Maddy's parents seemed to perform everything they could & The author delves into Maddy's trip from senior high school to university and paints a revealing picture of a young woman trying to downplay her unpredictable manner into anxiety and despair; Teachers, instructors, counselors, and actually anyone who spends any time with young adults should as well. The writer did an excellent job of piecing together the pieces of Maddy's life that were kept distinct before by circumstance and by Maddy herself. At the same time, the writer takes step back and looks at this suicide in the context of the college experience and illustrates the way the increasing focus on overall performance creates a pressure cooker environment for many young people thrust in to the college/sports activities arena.." That's what is so scary. Amazing and incredibly profound

memoir in regards to a young girl who . Amazing and very profound memoir in regards to a young girl who appeared to have everything choosing her. Incredible story and good, thoughtful information on the huge influence pressure to attain has on teenagers today. Also the author gives a good accounts of the influence of social mass media and how it affects college students as they struggle to make sense of the highly competitive nature of sports, college pressure and the demands placed on them to succeed. I recommend this insightful and poignant book. Must-Read for each Parent of a Child Athlete Recommend this book to any parent whose child plays competitive sports and aspires to play in college. They did everything "correct. Fagan handles it gracefully while presenting insightful study on the prevalence of perfectionism among elite sports athletes, and how challenging it could be to go from being the best in high school to not being good enough in college amongst others who are also used to winning. on her behalf parents to be willing to talk about their heartache in such details will definitely impact. Parents of/ and teens and college students should read this.Great insight- great read. Fagan uses Madison Holleran's existence as a prop for Fagan's life tale and sexuality (over 1/3 is certainly in the first person talking about Fagan's unrelated issues), just dipping into Madison's life and struggles where it helps Fagan's convenient "poor Maddy" pity party. Suicide as prop for writer's autobio. Tragedy porn, natural and simple. My heart goes out to Maddy's family members. Madison Holleran, however, had not been at all depressed until she arrived at Penn. WE deserve more. How could such an amazing gal take her own lifestyle? This will stick with me for a long time. It's all about Kate In what self-absorbed world does the writer of a book in regards to a young track/academic shining star that committed suicide manage to make it about herself? Maybe some people would be more interested in Kate's tale, but it just wasn't for me.We believe that anyone who reads this will see Maddys story thus compelling and truly something they are able to relate to... Are you happy? A compassionate account of a tragic suicide tale along with a deeper look at why tales like these have grown to be more common and what people can do to try to prevent them? from happening. It's insane. I didn't expect to be surprised. It made me anxious about my very own children, runners in highschool, today in college. My go to parent line . For example, the lengthy interview with Megan Armstrong, on pp.. It's different than when we were developing up.. Listen to your kids.. CAUTION Before Allowing Emotion TO GET This Book Kate Fagan is an excellent writer who interrupts a superb read with boring, benign and utterly ineffective personal anecdotes about her own athletic "profession", which is supposed to draw a parallel (I really believe) between her and the topic and instead shows up off as the article writer screaming "GOOGLE ME! Also, I know some people in Bergen County NJ who understood Maddy or her family members. Important read. Would not Recommend I gave this book 4 stars . Students have so much tension. I didn't be prepared to cry. Tough and Heartbreaking Read This was a hardcore, heartbreaking read. But I couldn't stop crying throughout the final chapters, by which I mean chapters 8, 9, and 10 (not "the rules of suicide", discover below).. So: Why just four stars, instead of five? I must agree with other reviewers that Fagan cushioned her manuscript with a whole lot of unneeded stuff.. 23 - 38 - SIXTEEN PAGES - is usually irrelevant and distracting. Megan Armstrong has struggled with suicidal depression most of her existence. a loving family, a huge group of friends to offer support, a God provided talent to run, yet, it wasn't more than enough. Madison deserved even more. Every salient fine detail you need to know and experience this story will there be.. I did really like the publication cover and the title and applaud the writer for covering an excellent topic. Truly a shame that she was entrusted with such delicate and essential task.. Maddy "seemed" to really have the perfect existence, an Instagram story fit for a teenage princess. But the truth lies beneath the smile that she placed on for everyone, for the perfect Insta life. This story in general touched me, understanding that my daughter deals with a high level of stress (and takes medication) because of school, grades, dating, work, etc. Her poor family members. I also spoke to her relating to this problem and I plan to have her go through this following, being that she is college bound next fall. The just parts that didn't really grab me per state, were the chapters that didn't really have to

do with Maddy (maybe in theory) and her life. MUST READ Tough read, but a must for just about any coach or anyone with a child. I simply wanted to learn more. But this important one. Fagan sheds light on the real risk of suicide attempt among those feeling the most pressure, and/or overworked, and the effects of social mass media on college life experience idealization, and also evidence that our students' levels of empathy are reducing while suicide risk is definitely increasing and few schools are equipped to handle it. it explains how so many symptoms were missed without attempting to lay blame or provide reasons. The total amount of academics and heartfelt story telling was great! Continually be kind and considerate. Absolutely heartbreaking story, however the reason why I am going in to the field I am. Kate Fagan did a lovely and respectful work in informing this tragic tale, humbly asking the tough questions, trying to comprehend.. Excellent read While a depressing and upsetting subject material, this book gives a very sensitive and academic view of what happened with this young girl and how she got there. Deaths like Madison Holleran's have become daily occurrences. As the mother or father of a college student athlete I found it a significant read relating to the pressures they face and how overwhelmed children can get. So I wished to read the publication, for more information.



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