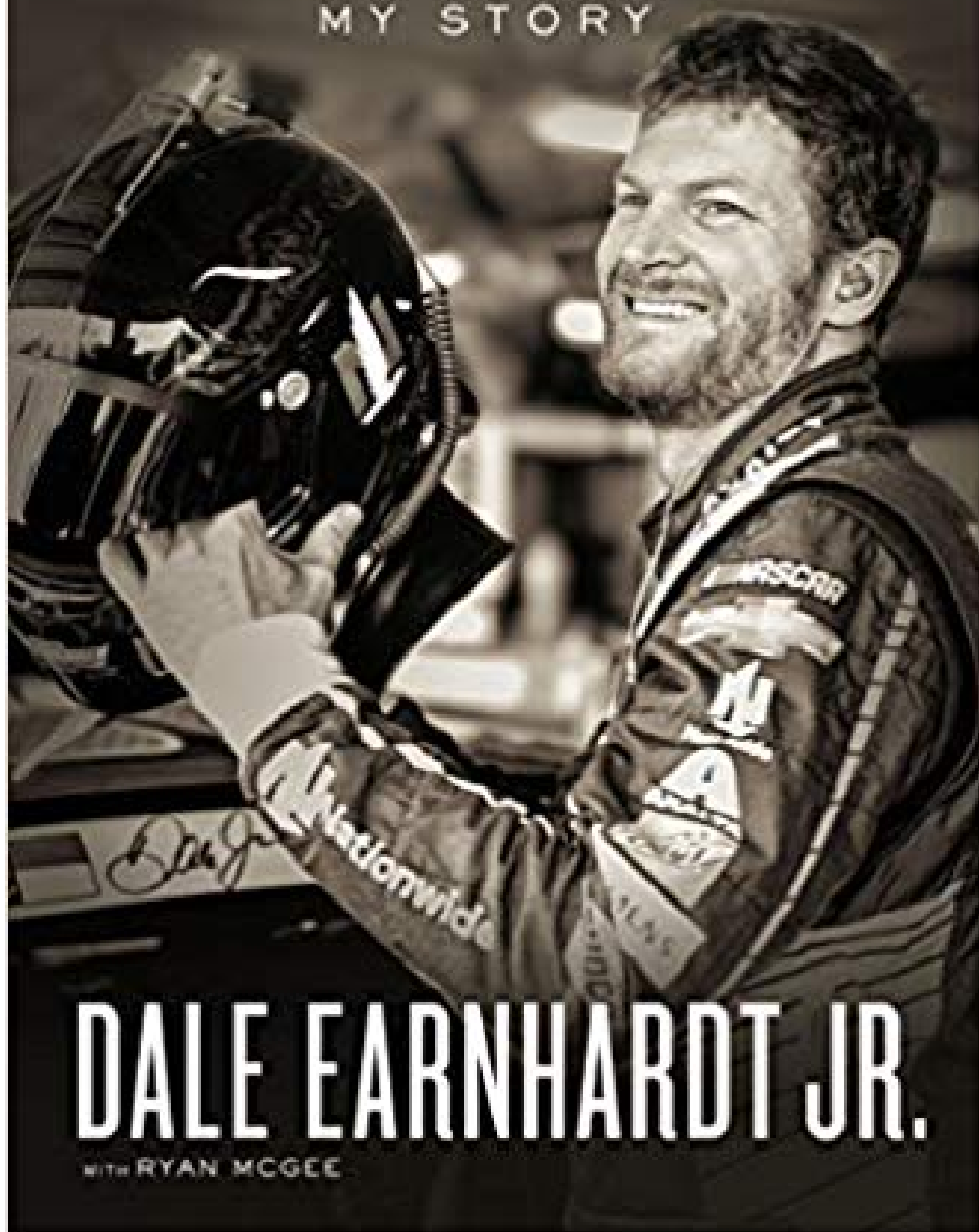


NEW YORK TIMES BESTSELLER

RACING TO THE FINISH

MY STORY



DALE EARNHARDT JR.

WITH RYAN MCGEE

Dale Earnhardt Jr.

Racing to the Finish: My Story



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Dale Earnhardt Jr. retired from professional stock car racing in 2017, he walked from his profession as a wholesome man.s just authorized publication revealing the inside track on his last calendar year of racing and retirement from the driver' “ My secrets had been about to be exposed to the world.Time was running from my charade...”Torn between a race-at-all-costs culture and the fear that something was terribly wrong, Earnhardt tried to pretend that everything was great, but the private notes about his escalating symptoms that he kept on his telephone reveal a vicious cycle: suffering accidental injuries on Sunday, struggling through the week, then recovering with time to competition again the following weekend.t know was that it could also end his traveling for the year. What he didn' He' Steering his way to the final checkered flag of his storied career became the most challenging race and most rewarding finish of his lifestyle.In this candid reflection, Earnhardt opens up about his frustration with the slow recovery, his admiration for the girl who stood by him through it all, and his determination to share his own experience so that others don'When NASCAR star Dale Earnhardt Jr.' But also for years, he had worried that the worsening ramifications of multiple racing-related concussions would end not merely his time on the monitor but his capability to live a full and happy lifestyle.It was a seemingly small crash at Michigan International Speedway in June 2016 that ended your day early for Dale Earnhardt Jr. For the first time, he shares these notes and completely reveals the physical and emotional struggles he faced as he fought to summarize his career on his own terms. And recovery could be brutal, and lengthy.t need to suffer in silence.d handled concussions prior to, but concussions are like snowflakes, no two are the same. s seat.



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Put A Towel On It And Rest It Off. Love Dale Jr and my brother in laws is a big lover.. And that's what makes "Racing To THE FINAL" such a remarkable and refreshing book. The book enables you to really look back in life and go maybe if? fan, I purchased the publication for my husband, but I knew that I'd read it as well. I recommend this book. Great Book Great book Racing to the finish It's an excellent book to learn. Now imagine being a racecar driver, present day gunslingers and the closest issue to being truly a ground bound jet fighter pilot there is, (racecars now have black boxes to calculate g-forces in wrecks), as well as your name is certainly Dale Earnhardt JR, boy of The Intimidator. After a very hard wall hit throughout a tire test things start going down hill rapidly vision issues (eyes going right, objects going remaining), sleep issues, nausea, no balance, and you are frightened to state anything to anybody for concern with being labeled "damaged goods". All of those items happened to Dale Jr. That's only the beginning; More wrecks came, even more concussions, worse symptoms, longer lasting issues, mood swings, and overwhelming dread. Concussions, the horror phrase in sports. Finished. no one wants to discuss. The career ending taboo topic. To bring recognition to head trauma so others can find help. transpired that rabbit hole and tells all in this publication. I am a retired Paramedic and a soccer coach, so I am well informed on the subject of concussions, Dale Jr. lays everything out for people to see and ideally are more aware of this type of injury. This was amazing in light of the ongoing problem of CTE in the NFL, and the high-profile tragedies of players like Junior Seau... A refreshing revelation of both Earnhardt and today's knowledge of concussions Dale Earnhardt, Jr. Was not disappointed from web page one all the way through Spread the word about CTE Outstanding! It makes you question how wide spread the concussion issue really is with NASCAR and the NFL. Yet, for all he's endured, he's hardly ever lost his sense of humility, and for all his recognition, has maintained a rather private, occasionally shy persona. I still left with a much greater respect for the man, and his bravery in sharing this story with others. Rub some dirt on it and walk it off. What Earnhardt and ESPN's Ryan McGee have accomplished here is a genuine and humble depiction of perhaps NASCAR's biggest name. He expresses regret over not telling those near him about the effects he was feeling, will go moment by minute through his recovery, and clears up many misconceptions about his recovery and his decision to eventually come out of the driver's seat. But, as Earnhardt himself says in the reserve, that isn't this tale. "Racing To The Finish" focuses almost exclusively about the most difficult chapter of the driver's career from 2012 through 2017, when a series of concussions began to meet up with him. It nearly reads as a confession of sorts, an explanation for why stuff played out the way they did. It would've been possible for Earnhardt to write about his entire career from start to finish, his victories on and off the track, and to put a smiley face along the way his career ended. Bought this publication to learn about Dale Jr. Unlike what one would expect from a reserve by a NASCAR driver, this is less of a tale about the activity and more on the subject of today's knowledge of concussions. What was most unexpected was the revelation that there is a whole body of medicine aimed toward overcoming concussion symptoms, that they involve exercises and teaching rather than invasive surgery, and these methods are becoming more effective as the years pass. Outstanding tale. This makes Earnhardt's story a lot more of an inspiration, not simply to race followers, but to those coping with similar conditions - there can be help, and people is going and look for it. By the end of this reserve, you will understand as best anybody can the pressure Earnhardt felt to execute, and why he previously to do what he did those last six years in elite competition. Actually those who've interviewed Earnhardt haven't succeeded in really understanding who he is, what motivates him, and what he's endured. There might be specific personal benefits in telling of particular events that had not previously been told nonetheless it is very clear this is simply not the intent of the book. Great personal insight This book is a humble and honest insight into the life of an individual who has likely carried more fan expectations than anyone in sports. Couldn't recommend it more. Came promptly and is what I expected. Sent to him as a gift and he loved it! Happiness always. The complete period he raced to love this reserve. He tells his tale

to you so you understand why he retired. Great read Exceptional book. If he halted racing after his father passed no-one would of blamed him, but he kept heading. Sent as something special and it was a big Strike! But to kept racing feeling therefore badly shows his love and passion for the sport.Dale Jr. But easily had gotten an effective exam then probably my high school times wouldn't of been so rough? Being a fan of NASCAR and a Dale Jr. Makes a whole lot sense right now and luckily I haven't any lasting effects. As a avid horseback rider in my own youth competing in barrel racing ,I got some nasty spills.Just how many times did coaches say that? Usually will end up being. This ain't ideal. You don't have to be considered a Junior or NASCAR enthusiast to read this book. I have always been your lover and always will end up being.Hope it helps someone who has suffered a concussion like Jr do. I'm proud to wear your quantity. The importance of not really waiting, to obtain help and admit. Wonderful You don't need to be NASCAR fan who's followed Dale Jr. The book is how I expected it to look. The story reveals Dale's considerable development as a person and the acceptance of responsibility in using his talents to help others. For the competition world after that himself.. All the best Dale, on another Chapter! Great Read! He even provides notes he held to himself as he tracked his symptoms, defined with such details that it will obtain the reader to examine his personal motor functions. is among the most intriguing personalities in professional stock car racing.! I struggled in school a lot and makes me question if probably that was the reason why?You have to tough it out, never show that you are hurt. I love Dale Jr and after scanning this book, we both have got a deeper respect for him. We never understood he was going through so much through the years due to the concussions he got because of the crashes.Most of us have heard those terms (as a trainer, I said them). Interesting Good browse! In or out the car your a class work.Good Lord only offers you one brain,take care of it. I saw and witnessed the crashes, I was constantly therefore scared for him, wishing he'd be okay.Dale Jr. He tells his tale about experiencing about 15 - 20 concussions from crashes and how he held it a secret therefore he could still competition. Fortunately, he smarten up after a very critical concussion and got out of racing. But he ended up with long term results. He's amassed among the largest enthusiast bases NASCAR offers ever known, a "Junior Nation" that rallied around him following the loss of life of his famous father in 2001.Even though it came to head injuries, it was downplayed. It explains what was going on with Junior during the last 6 years with all the concussions. His followers appreciate him taking the time to address this with them and with the general public.



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