

RACING TO THE FINISH

MY STORY



DALE EARNHARDT JR.

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Put A Towel ONTO IT And Rest It Off... Rub some dirt onto it and walk it off. Just how many times did instructors say that? You need to tough it out, by no means show you are hurt. Most of us have heard those words (as a coach, I said them). Dale Jr. Wonderful You don't have to be NASCAR fan who's followed Dale Jr. Good Lord only offers you one brain, take care of it. All those issues happened to Dale Jr. That is only the beginning; More wrecks came, even more concussions, worse symptoms, longer lasting issues, mood swings, and overwhelming fear. Dale Sr. But if I had gotten a proper exam then probably my high school days wouldn't of been therefore rough? It helped me in just reading it and offering understanding of concussions. Even when it found head injuries, it had been downplayed. We never knew he was going right through so much over the years due to the concussions he got due to the crashes. We am a retired Paramedic and a soccer coach, therefore i am well informed about concussions, Dale Jr. lays it all out for folks to see and hopefully are more aware of this kind of injury. Outstanding story.. Being a enthusiast of NASCAR and a Dale Jr. But, as Earnhardt himself says in the publication, that isn't this story. is one of the most intriguing personalities in professional share car racing. Came on time and is what We expected. Yet, for all he's endured, he's under no circumstances lost his feeling of humility, and for all his reputation, has maintained a rather private, sometimes shy persona. Even those who've interviewed Earnhardt haven't succeeded in really understanding who he is, what motivates him, and what he's endured. If he halted racing after his dad passed no-one would of blamed him, but he kept heading. All the best Dale, on another Chapter! It almost reads as a confession of sorts, an explanation for why stuff played out just how they did. A refreshing revelation of both Earnhardt and today's knowledge of concussions Dale Earnhardt, Jr. He actually provides notes he kept to himself as he tracked his symptoms, described with such detail that it will obtain the reader to examine his personal motor features. It would've been easy for Earnhardt to write about his entire career from start to finish, his victories on / off the track, also to place a smiley face along the way his career ended. This was fascinating in light of the ongoing problem of CTE in the NFL, and the high-profile tragedies of players like Junior Seau. "Racing To The Finish" focuses almost exclusively in the most difficult chapter of the driver's career from 2012 through 2017, when a series of concussions begun to meet up with him. Contrary to what you might expect from a publication by a NASCAR driver, this is less of a tale about the activity and more about 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 training rather than invasive surgery, and that these methods are becoming more effective as the years move. He expresses regret over not really telling those near him about the consequences he was feeling, goes 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 chair. This makes Earnhardt's story a lot more of an inspiration, not simply to race fans, but to those coping with similar circumstances - there can be help, and people should go and seek it. By the finish of this book, you will understand as best any of us can the pressure Earnhardt felt to perform, and why he had to accomplish what he did those last six years in elite competition. I left with an even greater respect for the man, and his bravery in sharing this story with others. Couldn't recommend it more. I struggled in college a lot and makes me question if probably that was the reason? There may be particular personal benefits in telling of particular events that had not previously been told but it is very clear this is simply not the intent of the book. The main thing I sense in this book is Dale's sincerity and the always down-to-earth descriptions and verbiage. What Earnhardt and ESPN's Ryan McGee have accomplished here's a genuine and humble depiction of probably NASCAR's biggest name. Today imagine being a racecar driver, present day gunslingers and the closest thing to being truly a ground bound plane fighter pilot there is certainly, (racecars now have black boxes to calculate g-forces in wrecks), as well as your name is certainly Dale Earnhardt JR, child of The Intimidator. The complete time he raced to appreciate this book. He tells his story for you so you realize why he retired. I

saw and witnessed the crashes, I was always therefore scared for him, hoping he'd be okay. And that's why is "Racing To The Finish" such an extraordinary and refreshing reserve. For the race globe then himself. But to held racing feeling so badly shows his love and passion for the activity. I'm proud to wear your number. As a avid horseback rider in my own youth competing in barrel racing ,I had taken some nasty spills. Great personal insight This book is a humble and honest insight into the life of a person who has likely carried more fan expectations than anyone in sports. Makes a whole lot sense now and luckily I haven't any lasting effects. The thing no one wants to talk about. The book enables you to really look back life and go maybe if? The importance of not waiting, to obtain help and admit. This ain't right.Dale Jr. I've always been your enthusiast and always will be. In or out the car your a class work. To bring awareness to head trauma so others will get help. Constantly will be. It is simple to tell Dale wrote this publication to help others. I'm a lifelong lover of Dale Jr & Concussions, the horror term in sports. They've always been my heroes. I feel this book is certainly sincere and truthful. The story reveals Dale's considerable development as a person and the acceptance of responsibility in using his talents to help others. Happiness constantly. I feel he had not been looking for any "glory" here, but rather trying to explain his true feelings. Fantastic book and I'm convinced it can help others. The career endingtaboo topic. Good book Interesting book a good bra fit just want i needed it too The book is how I expected it to appear. He's amassed among the largest fan bases NASCAR provides ever known, a "Junior Nation" that rallied around him following the death of his famous father in 2001. Sent as a gift and it had been a big HIT! Like Dale Jr and my brother in legislation is a big fan. Sent to him as a gift and he adored it! Great Read! Bought this publication to learn about Dale Jr. Was not disappointed from page one completely Spread the word about CTE Outstanding!! fan, I purchased the reserve for my hubby, but I understood that I would read it as well. I love Dale Jr and after reading this book, we both have got a deeper respect for him. transpired that rabbit hole and tells all in this publication. I highly recommend this book. Interesting Good read!Hope it helps anyone who has experienced a concussion like Jr do.After an extremely hard wall hit throughout a tire test things start heading down hill rapidlyvision issues (eyes going best, objects going left), sleep issues, nausea, simply no balance,and you are frightened to state anything to anybody for fear of being labled "damaged goods".



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