



# The Shame of Me, One Man's Journey to Depression and Back

*Ryan Lefebvre, Jeffery Flanagan*

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"I am alone, trembling on the floor in my closet. It is dark. There is no sound. I picture the cars driving away. They are leaving...that image. I begin to sob, breaking the silence. They are leaving. I am alone."

Kansas City Royals' broadcaster Ryan Lefebvre seems to have it all - a dream sports job of announcing Major League Baseball, a huge house on a lake, plenty of expensive toys, good looks, and the admiration of friends and fans. But depression is seldom deterred by such superficial trappings. And depression's grip on Ryan was so strong and so unyielding that he nearly ended his life.

In one moment, he's a glib play-by-play announcer...the next, he's a tormented soul on the floor of his closet. And that's just the beginning of *The Shame of Me*, the spell-binding story of Ryan's descent into the darkness of depression, his courageous struggle to recover, and his new perspectives on living a balanced and healthy life.

Told with intimacy and immediacy, Ryan's story is a must-read for anyone who has ever struggled with inner doubts. It is especially powerful for men who may be feeling lost, but are too embarrassed to confront their problems. Ryan, the son of former Major League player and manager Jim Lefebvre, and co-author Jefferey Flanagan take us through living hell before Ryan's recovery and redemption give us hope for anyone who suffers from the debilitating disease Major Depressive Disorder.

The *Shame of Me* represents Ryan's sincere wish to help others by sharing his shocking story.



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#### **Yvonne Speight:**

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Is it anyone who having spare time then spend it whole day simply by watching television programs or just resting on the bed? Do you need something new? This The Shame of Me, One Man's Journey to Depression and Back can be the response, oh how comes? A fresh book you know. You are and so out of date, spending your spare time by reading in this brand new era is common not a nerd activity. So what these publications have than the others?

#### **Donna Robinson:**

Some people said that they feel uninterested when they reading a guide. They are directly felt that when they get a half portions of the book. You can choose the actual book The Shame of Me, One Man's Journey to Depression and Back to make your own personal reading is interesting. Your personal skill of reading talent is developing when you like reading. Try to choose simple book to make you enjoy to read it and mingle the impression about book and studying especially. It is to be initial opinion for you to like to open up a book and go through it. Beside that the book The Shame of Me, One Man's Journey to Depression and Back can to be your new friend when you're really feel alone and confuse in what must you're doing of their time.

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