



Just Keep Breathing

By Reggie Dabbs, John Driver

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“I get abused and hurt so much, and no one seems to care...”

These are real words written by a real girl. There are thousands more just like her. Her pain is real. Her story is true. But her voice has been hidden... until now.

For those who will dare to listen to the truth, tragedy, and triumph found in the desperate words of a generation eclipsed by the white noise of a culture too busy to care, there are incredible stories to be unearthed. This book is a shocking, inspirational exposé of just a few of these stories—hidden in plain sight. It is written in response to thousands of personal letters and messages, both for those in crisis *and* for those who share that crisis with them everyday. These are the stories, the responses, and ultimately the hope that we all should own for each other.

As one of the most sought-after public speakers in the world, Reggie Dabbs has shared his own incredible story with millions of adults and students each year for the past twenty-five years. Because of social media, many of them share their own stories with him in return. These letters contain their stories with names and details changed to protect their anonymity, having otherwise been kept in their original form. They are followed by Reggie’s actual response of hope to that individual. John Driver, MS—a former public secondary educator, as well as a fifteen-year community youth advocate and mentor—adds additional insight and “Breathable Moments” for educators, parents, friends, and family.

Equipping readers to help those in crisis continue breathing another day, *Just Keep Breathing* provides both the *inspiration* and the *information* needed to respond confidently and appropriately—and see those we care about make it to another sunrise.

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Editorial Review

Review

Publisher's Weekly Review (11/09/2015)

Dabbs (*Reggie*) and Driver join forces to compile a bevy of heartrending letters written by teens going through hardship, and to offer advice for the downtrodden. Dabbs, who speaks to millions about overcoming challenges each year, explains that it is his personal mission to bring hope to those struggling by telling his own story and explaining the stories of others who have overcome adversity. This startling text is filled with letters from hurting young people and also includes Dabbs's answers and powerful action steps for readers to consider. The text is insightful but heavy, featuring candid accounts of suicide attempts, rape, abuse, abandonment, bullying, low self-esteem, and much more. Dabbs and Driver offer both practical and spiritual advice for each situation. Readers who need a resource for understanding and approaching the life-changing pitfalls of youth will find much to take away from the book. Dabbs spills his giant-sized heart over every page and challenges readers to begin doing the same as they work to engage with the young folks in their community. (Jan.)

About the Author

Reggie Dabbs has been one of the most sought-after public school and event speakers in the United States and the world for more than two decades. From professional athletes and stay-at-home moms to high school students, Reggie relentlessly chases his personal passion around the globe by sharing his own astonishing story of tragedy, redemption, and hope with millions of people each year. An acclaimed saxophonist, Reggie lives with Michelle, his wife of twenty years, and their son Dominic.

John Driver is a husband, father, pastor, author, and songwriter. He lives with his wife, Laura, and their young daughter, Sadie.

Users Review

From reader reviews:

Jewel Williams:

Have you spare time for a day? What do you do when you have much more or little spare time? Yes, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a go walking, shopping, or went to the particular Mall. How about open or read a book called Just Keep Breathing? Maybe it is to be best activity for you. You understand beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with the opinion or you have some other opinion?

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Juli Gadberry:

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