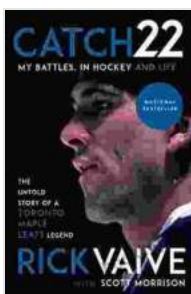


Catch 22: My Battles In Hockey And Life

Doug Wilson's memoir, *Catch 22: My Battles In Hockey And Life*, is a raw and honest account of his struggles with mental health and addiction. Wilson, a former NHL player and coach, writes about the challenges he faced both on and off the ice, including depression, anxiety, and alcoholism.

Wilson's story is a powerful reminder that mental health issues can affect anyone, regardless of their success or status. He writes about the stigma associated with mental illness, and the importance of seeking help. Wilson's memoir is a valuable resource for anyone who is struggling with mental health issues, or who knows someone who is.

Doug Wilson's Struggles With Mental Health



Catch 22: My Battles, in Hockey and Life by Rick Vaive

★★★★☆ 4.3 out of 5

Language	: English
File size	: 20855 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 262 pages



Wilson's struggles with mental health began in childhood. He was bullied and ostracized by his peers, and he developed a negative self-image. As

he got older, Wilson's mental health problems worsened. He began to experience depression and anxiety, and he turned to alcohol to cope.

Wilson's mental health problems had a significant impact on his hockey career. He was often unable to focus or perform at his best, and he was frequently in trouble with his coaches and teammates. Wilson's mental health problems also led to problems in his personal life. He was divorced twice, and he lost custody of his children.

Wilson's Journey To Recovery

Wilson's journey to recovery began in 2003, when he was diagnosed with depression. He started seeing a therapist and taking medication, and he began to make progress in managing his mental health.

In 2008, Wilson was hired as the coach of the San Jose Sharks. He led the Sharks to the Stanley Cup Finals in 2016, and he was named the NHL's Coach of the Year in 2019.

Wilson's story is a testament to the power of recovery. He has overcome his mental health challenges and gone on to achieve great success in his career and personal life.

The Importance Of Seeking Help

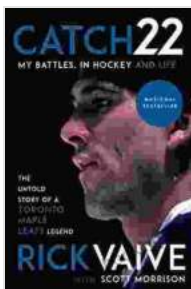
Wilson's memoir is a valuable resource for anyone who is struggling with mental health issues. He writes about the importance of seeking help, and he provides hope that recovery is possible.

If you are struggling with mental health issues, please know that you are not alone. There are many resources available to help you, and you can recover.

Here are some tips for seeking help:

- Talk to your doctor or a mental health professional.
- Join a support group.
- Reach out to a friend or family member.
- Call a crisis hotline.

There is help available, and you can recover.



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