



# Just Keep Breathing

*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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Spent a free time and energy to be fun activity to perform! A lot of people spent their leisure time with their family, or their very own friends. Usually they carrying out activity like watching television, going to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could be reading a book might be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the publication untitled Just Keep Breathing can be excellent book to read. May be it is usually best activity to you.

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