



Running for My Life

Warrick Dunn, Don Yaeger

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Warrick Dunn was only eighteen when his mother, a Baton Rouge police officer, was shot and killed. Yet somehow he managed to enroll at Florida State University and help his team to a national championship during his freshman year—while also caring for his five brothers and sisters. Despite his modest size, Dunn went on to a storied NFL career with the Tampa Bay Buccaneers and the Atlanta Falcons, becoming one of only twenty-three running backs in NFL history to exceed the 10,000-yard career rushing mark. Off the field, he created the Warrick Dunn Foundation and its Homes for the Holidays program, helping single parents achieve first-time home ownership. But in his drive to help others, the one person Dunn neglected was himself, as the pain of his mother's loss led to a spiraling depression that went untreated for years.

Running for My Life details Dunn's struggle to confront his past and face the grief that consumed him for far too long. Thought-provoking and uplifting, it is the story of an exceptional athlete's secret torment and inspiring courage.

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