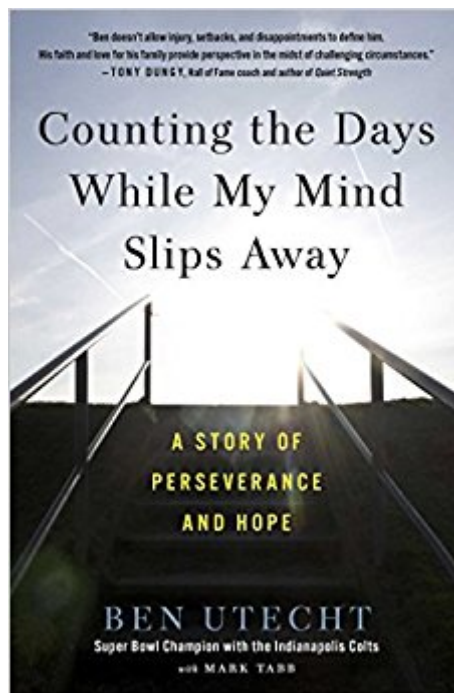




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# Counting The Days While My Mind Slips Away: A Story Of Perseverance And Hope



## Synopsis

After five major concussions, NFL tight-end Ben Utecht of the Indianapolis Colts and Cincinnati Bengals is losing his memories. This is his powerful and emotional love letter to his wife and daughters—whom he someday may not recognize—and an inspiring message for all to live every moment fully. Ben Utecht has accumulated a vast treasure of memories: tossing a football in the yard with his father, meeting his wife, with whom he'd build a loving partnership and bring four beautiful daughters into the world, writing and performing music, catching touchdown passes from quarterback Peyton Manning, and playing a Super Bowl Championship watched by ninety-three million people. But the game he has built his living on, the game he fell in love with as a child, is taking its toll in a devastating way. After at least five major concussions—and an untold number of micro-concussions—Ben suffered multiple mild traumatic brain injuries that have erased important memories. Knowing that his wife and daughters could someday be beyond his reach and desperate for them to understand how much he loves them, he recorded his memories for them to hold on to after his essential self is gone. *Counting the Days While My Mind Slips Away* chronicles his remarkable journey from his early days throwing a football back and forth with his father to speaking about the long-term effects of concussions before Congress, and how his faith keeps him strong and grounded as he looks toward an uncertain future. Ben recounts the experiences that have shaped his life and imparts the lessons he's learned along the way. Emotionally powerful, inspiring, and uplifting, Ben's story will captivate and encourage you to make the most of every day and treasure all of your memories.

## Book Information

Paperback: 272 pages

Publisher: Howard Books; Reprint edition (April 25, 2017)

Language: English

ISBN-10: 1501137743

ISBN-13: 978-1501137747

Product Dimensions: 5.5 x 0.7 x 8.4 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 43 customer reviews

Best Sellers Rank: #217,822 in Books (See Top 100 in Books) #134 in Books > Biographies & Memoirs > Sports & Outdoors > Football #329 in Books > Sports & Outdoors > Football

## Customer Reviews

"In this book, Ben doesn't allow injury, setbacks, and disappointments to define him. His faith and love for his family provide perspective in the midst of challenging circumstances." (Tony Dungy, Hall of Fame Coach and author of *Quiet Strength*) "I strongly encourage every parent, every child and every person who plays or plans to play football and other high impact contact sports to read this book and become enlightened and empowered by Ben's powerful story." (Dr. Bennet Omalu, featured in the movie *Concussion*) --This text refers to the Hardcover edition.

Ben Utecht is a previous tight end for the Indianapolis Colts and Cincinnati Bengals. As a national speaker, author, and advocate for brain health, Utecht has worked diligently to spread education and awareness regarding concussions, and recently accepted the Ambassador Award presented by the Minnesota Brain Injury Alliance. He was the national spokesperson on concussion for the American Academy of Neurology and sits on the board for the American Brain Foundation. The AAN awarded him the 2014 Public Leadership In Neurology Award, which is their most prestigious award. Mark Tabb has authored and co-authored over twenty books, including *Living with Less*, the *Upside of Downsizing Your Life* (B&H), and the 2004 Gold Medallion finalist, *Out of the Whirlwind* (B&H). He also collaborated with Stephen Baldwin on the New York Times bestseller, *The Unusual Suspect* (FaithWords). Mark is currently working with Alec Baldwin on his book, *A Promise to Ourselves* (St. Martin's Press).

Ben is an inspiration! His story is uplifting, faith-filled and courageous. If you're a football fan, his story will pull back the curtain to show you a captivating perspective into life as an elite Division 1 and NFL athlete. Even if you have no interest in football, you'll love this story. It's not just a book about sports or concussions; it's a book about love, hope, faith and courage. Ben's real-life journey provides an inspiring backdrop for these powerful lessons; and as you read, you'll find inspiration on every page to help you apply these same principles to your own life, career and relationships.

A heartfelt book written by a man of faith who loves his family. Ben Utecht was a TE for the Indianapolis Colts and the Cincinnati Bengals. He loved the game of football, even though the same beloved game left him with multiple concussions and a permanent deficit in cognitive functions.

Although he expressed very low times, his faith in the Lord sustains him. A must read for football fans.

I heard about this book after listening to Ben on a radio show a few days ago. I had a little trepidation about reading this book because I suffer from Multiple Sclerosis, and my symptoms started to appear after traumatic brain injury when I was younger. But I remember drafting him in my fantasy football league and thought I would go for it. Seemed like fate. Many of the symptoms he suffers from rang true to me from my concussion and hemorrhage. And lying in bed rings close to home. The book is very honest, and even if you aren't a fan, which I am, it is a great read. And this is a very inspiring story, I am sure I will draw from it for strength as well. Ironically, after losing my job to symptoms I wrote a book too. Life gives you lemons. I wholeheartedly recommend this book, and appreciate the effort he makes.

For the first third of this book I was luke warm. The story felt scattered and jumped around a lot. But then I realized he is writing this from a perspective of memories. Memories aren't necessarily linear or chronological. You can feel the emotion and passion he has attached to the memories he tells. Once I realized and embraced that, the book became highly captivating and a roller coaster of emotion.

I often purchase a book read a little put it down and by the time I pick it back up I start over. However this I started and could not put down. It made me see that over the years that the NFL was maybe a little lax in the way they treated concussions. Ben Utech did something to change that after having several of them. Hopefully he is able to see his children grow up and will enjoy his life after football.

Simply an a Amazing and Inspiring journey. A must read for everyone!

Not much of a football fan, but I still was able to connect to the story. The book is very moving. I would recommend it to everyone.

I loved this book. Once I started reading it, I couldn't put it down. I loved reading about Ben's struggles with his faith but in the end his faith always won. Thankfully, the NFL is taking concussions more seriously. He's a fighter who will never give up. May God bless him and his family.

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