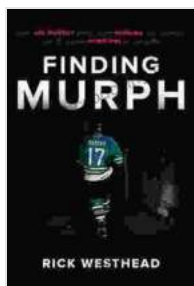


# From Glory to Despair: The Extraordinary Journey of Joe Murphy

Joe Murphy was a football star, a premiership player, and a Brownlow Medalist. That is not a bad resume for anyone, but Joe's story is far from ordinary. The highs and lows of his life are extraordinary and, ultimately, he hit rock bottom. After leaving the game, Joe's life spiralled rapidly downwards after a series of disastrous career and investment decisions, he lost everything and wound up living rough in the bush. As he gradually rebuilt his life, Joe discovered a new sense of purpose, and realized that his greatest triumph was not on the football field, but in overcoming the adversity he faced off it.



## Finding Murph: How Joe Murphy Went From Winning a Championship to Living Homeless in the Bush

by Rick Westhead

★★★★☆ 4.6 out of 5

Language : English  
File size : 20533 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 360 pages



**From Football Star to Living on the Streets**

Joe Murphy was born in 1957 in the small town of Yarrawonga, Victoria. He was a talented footballer from a young age, and he quickly rose through the ranks, playing for the local team before being recruited by the AFL's North Melbourne Football Club. Murphy made his debut for North Melbourne in 1977, and he quickly became one of the team's most important players, playing primarily as a ruckman and forward. Tough and courageous, he was also an accomplished goalkicker. In 1978, just his second AFL season, Murphy helped North Melbourne break a 19-year premiership drought when the Kangaroos upset Carlton in the Grand Final. He had an outstanding game that day, kicking five goals and taking a series of courageous marks in a match highlighted by a torrential downpour in the final quarter. Murphy's performance was crucial in the Kangaroos' drought-breaking 19-point victory.

In 1982, Murphy won the Brownlow Medal, the AFL's most prestigious individual award. He also represented Victoria in state of origin football. Murphy played 174 games for North Melbourne and kicked 310 goals. He was inducted into the North Melbourne Hall of Fame in 1996 and the AFL Hall of Fame in 2014.

After retiring from football, Murphy worked as a commentator and coach. However, his life began to unravel in the late 1990s when a series of bad investments and poor career decisions cost him his fortune. Murphy lost his home, his car, and all of his money. He was forced to live on the streets, and he struggled with alcoholism and depression.

## **A New Beginning**

In 2001, Murphy hit rock bottom. He was living in a tent in the bush, and he was drinking heavily. One day, he was approached by a Salvation Army

worker who offered him help. Murphy accepted, and he began the long road to recovery.

With the help of the Salvation Army, Murphy got his life back on track. He got a job, he found a place to live, and he started to rebuild his relationships with his family and friends.

## **Living with Bipolar Disorder**

An important part of Murphy's recovery was coming to terms with his bipolar disorder. Murphy was diagnosed with bipolar disorder in 2001 (back then known as manic depression). Bipolar disorder is a mental illness that causes extreme mood swings, from mania to depression. Murphy's bipolar disorder had a significant impact on his life, both on and off the field.

During his football career, Murphy's bipolar disorder helped him to perform at his best. He was able to use his mania to his advantage, giving him the energy and focus to play at the highest level. However, Murphy's bipolar disorder also led to some reckless behavior off the field. He made poor financial decisions and he struggled with alcohol abuse.

After retiring from football, Murphy's bipolar disorder spiralled out of control. He lost his job, his home, and his family. He was living on the streets and drinking heavily.

With the help of the Salvation Army, Murphy got his bipolar disorder under control. He started taking medication and he began to see

a therapist. Murphy's bipolar disorder is now well-managed, and he is able to live a full and happy life.

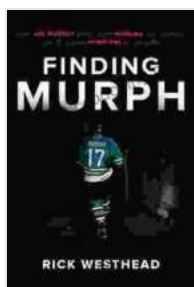
## A New Purpose

After rebuilding his life, Murphy discovered a new sense of purpose. He wanted to help others who were struggling with mental illness. In 2007, he founded the Joe Murphy Foundation, a charity that provides support to people with mental illness.

The Joe Murphy Foundation has helped thousands of people with mental illness. The foundation provides a range of services, including counseling, support groups, and employment training.

Murphy is a passionate advocate for people with mental illness. He believes that everyone deserves a chance to recover and live a full and happy life.

Joe Murphy's story is an inspiration to us all. It is a story of triumph and tragedy, of despair and hope. But ultimately, it is a story of redemption. Murphy's journey from football star to living on the streets is a reminder that anyone can hit rock bottom. But it is also a reminder that with the right help, anyone can recover and rebuild their life.



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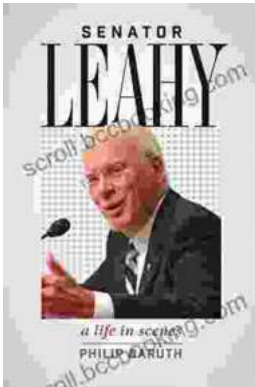
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