



# The Courage to Walk Away

*Jonathan Martin*

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## **The Courage to Walk Away** Jonathan Martin

Inside the story that rocked the NFL: former Miami Dolphins lineman Jonathan Martin reveals the extreme bullying he experienced at the hands of his teammates, which caused him to walk away. In this unfettered and exclusive critique of the NFL's culture of violence, Martin offers helpful insights into the chronic issue of bullying in our world.

In *The Courage to Walk Away*, Jonathan Martin candidly recounts his coming-of-age as a shy and depressed kid, and years later the most humiliating and dark period in his young life: how what began as rookie hazing and boyish hijinks from his fellow NFL teammates escalated into extreme harassment and violent bullying. Martin was a standout on the football field and instead of making history as the fourth generation African American in his family to attend Harvard, he chose to play football at Stanford. Normally mild-mannered and reserved, the field transformed Martin to a confrontational and aggressive player who intimidated his opponents—willing to do anything to gain a competitive edge. He never imagined that he'd come face-to-face with belligerent aggression off the field from his fellow NFL players.

On October 31, 2013, Martin reached his breaking point. After over a year of suffering systematic abuse from his teammates, the offensive lineman for the Miami Dolphins abruptly walked out of the team facilities. When the sports media got wind of the story, early reports stated Martin had left for “emotional reasons.” For Martin, that explanation just skimmed the surface; in truth he was severely depressed and the emotional abuse he'd endured was taking a terrible toll. One year later, just twenty-five-years-old, Martin retired from the NFL.

In this deeply personal and revealing memoir, Martin tells how his experience in the NFL transformed him and how his decision to leave gave him a new sense of purpose. A strong voice against bullying, he encourages victims of all ages to learn how to best protect themselves. Martin's story is a powerful lesson about the importance of having compassion for others and an inspiring tale of courage and survival.

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