

Olympian Michael Phelps Was a 'Train Wreck' Before God Intervened

The most decorated Olympian in world history hit "rock bottom" when photos surfaced of Michael Phelps taking a hit off a bong.

"I was like a time bomb, waiting to go off. I had no self-esteem, no self-worth. There were times (when) I didn't want to be here. It was not good. I felt lost," Phelps said.

Now as the 18-time gold medal winner prepares for the Rio Olympics, he tells ESPN what saved his "train wreck" of a life: Rick Warren's *The Purpose Driven Life*.

"It's turned me into believing there is a power greater than myself," Phelps says. "And there's a purpose for me on this planet."

Watch the video (begin at minute 9) to see more.