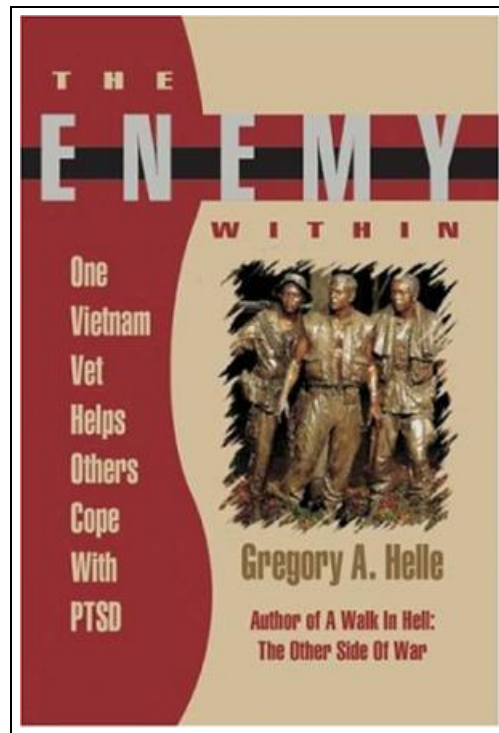


The Enemy Within: One Vietnam Veteran Helps Others Cope with PTSD



Filesize: 8.16 MB

Reviews

Completely essential read through publication. It normally does not expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Morris Cruickshank)

THE ENEMY WITHIN: ONE VIETNAM VETERAN HELPS OTHERS COPE WITH PTSD

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AUTHORHOUSE, United States, 2004. Paperback. Book Condition: New. 228 x 146 mm. Language: English . Brand New Book ***** Print on Demand *****.Why would you want to read this book? There are several reasons. First of all, it is my hope that victims of all types of traumas, whether war-related or not, can find some comfort in these pages. If you are a victim of PTSD, you need to know that there is hope for a better quality of life. That is one of the core messages in this book. There is no cure for PTSD, but through medications and counseling, it is possible to exercise more control over the illness. But you must take the first step and be your own best advocate. You will hear me say this more than once. If you do not advocate for your own needs, it is unlikely that you will achieve your goals. I hope that some of the information in these pages will guide PTSD victims to seek the help they need. I feel this book also has much to offer those who don't suffer from PTSD. It is the story of how a normal eighteen-year-old farm boy from a small town in Iowa went to war and, over thirty years later - at the age of fifty-two - became totally disabled with PTSD. It is my hope that this will help the public understand not only Vietnam vets, but also vets from all wars, as well as victims of other traumas such as I mentioned above. There are so many fears that hold PTSD victims back from seeking help or even admitting to themselves that they need help. Even though all those around them can see the changes in the victim, it is hard for the victim to admit...

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