



The Human War: Ptsd Recovery Guide for Returning Soldiers

By Douglas H. Ruben

Outskirts Press. Paperback. Book Condition: New. Paperback. 68 pages. Dimensions: 9.0in. x 6.1in. x 0.3in. Army leaders are expressing increased alarm about the mental health of soldiers sent back to the front again and again under duress. Among combat troops sent to Iraq for the third or fourth time, more than one in four show signs of anxiety, depression or acute stress, all symptoms of PTSD. Other soldiers poorly adjust when they get home. This self-help manual provides urgent relief to the soldiers of long and multiple deployments in Iraq or just returning home. Chapters are first-aid kits of fast, practical and effective strategies to defuse stress and feel emotionally alive again. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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