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The War at Home: One Family's Fight Against PTSD

Shawn J. Gourley

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When your soldier returns home to you, it should be a happy and joyful time. You are glad your spouse is safe and sound back home and can't wait to get your life going again. Everything should be great! But what if the homecoming is anything but great? What if suddenly you can't connect, or you feel worlds apart? What if your vet is no longer interested in going out or being around other people? Maybe your spouse isn't sleeping well, or worse, becoming violent while asleep. Your vet may not be reconnecting with the kids and may seem uninterested in any new additions to the family. What if your spouse gets angry at small things or even becomes violent? What do you do? Do you ignore it and keep thinking it will get better if you give it more time? In February 2003, Shawn Gourley's husband, Justin, returned home from his tour in the Middle East where his ship was deployed to assist Operation Enduring Freedom. Cracks were already showing in his personality, cracks that would widen dramatically into full-on fractures by the time he returned home in June 2004 from his third tour that marked the end of his military career. For the next 4 1/2 years their relationship was very difficult, and at times, downright terrifying for her and the children. It wasn't until January 2009 that Justin was able to get treatment. He was finally diagnosed with PTSD in August 2009. Those are the broad strokes of their story, but the details of how Shawn fought to save her family will leave you transfixed until the end.

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From reader reviews:

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Spent a free time for you to be fun activity to perform! A lot of people spent their free time with their family, or their very own friends. Usually they performing activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Can be reading a book might be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the reserve untitled The War at Home: One Family's Fight Against PTSD can be good book to read. May be it may be best activity to you.

Alexander Snider:

The reason why? Because this The War at Home: One Family's Fight Against PTSD is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will jolt you with the secret this inside. Reading this book next to it was fantastic author who else write the book in such incredible way makes the content on the inside easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of gains than the other book possess such as help improving your ability and your critical thinking means. So , still want to postpone having that book? If I were you I will go to the e-book store hurriedly.

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