

Ptsd And Me The Story Of My Struggle With Myself After Iraq

Lcol Chris Linford

Ptsd And Me The Story Of My Struggle With Myself After Iraq:

Ptsd and Me Retired MSG Dennis James Williams, 2013-08-09 When Dennis James Williams returned home after fighting in Iraq he had a hard time fitting back into society He was under financial stress and could not communicate with his wife Much of his time was spent trying to find a place to work so he could provide for his family But what turned out to be his worst problem was something he didnt want to admit he hadpost traumatic stress disorder In this gut wrenching personal account Williams looks back at a downward spiral that led to alcohol drugs and other crutches Finding a path that led to something better took a lot of work and time Each time he thought hed found the way out hed realize it was just an illusion Whether you are a veteran or you know someone who is one there are signs of post traumatic stress disorderyou just need to know how to recognize them After that its a matter of accepting the problem and seeking help Williams met the challenge and in PTSD and Me he imparts that there is hope for other soldiers with this disorder The War Stole My Soul with Post-Traumatic Stress Disorder (PTSD): What Now? C. Diane Mosby, 2018-01-25 When Reverend Mosby s son went to war she like so many other mothers prayed for his safe return Her prayers were answered He came home alive and whole Or so she thought The War Stole My Soul with Post Traumatic Stress Disorder PTSD What Now is the result of a mother s mission to restore her son s faith in God and encourage his desire to live In her quest to save her son from his despair Reverend Mosby came to understand the debilitating effects of PTSD on the souls of veterans She found there were no government resources to heal their broken spirits Few church communities had either the knowledge of PTSD and its symptoms or the means to support its victims Reverend Mosby set out to educate those who could help those who suffer She created a training program to raise awareness of PTSD among church leaders Encouraged by the program s success Reverend Mosby began speaking to church groups veterans organizations corporations and at conferences And now through this book she is expanding her reach so that no veterans and their caregivers will ever have to say The War Stole My Soul with Post Traumatic Stress Disorder PTSD What Now Myself Help Dana Anderson, 2012-10 Are you suffering the loss of a loved one Feeling terribly isolated and shameful about your secret grief Do you believe you should be over it Are you considering seeing a therapist but believe you must be crazy to enter psychotherapy Are you afraid to let a therapist know it s been a very long time since you lost your loved one and you are still feeling lonely and devastated Are you afraid a psychotherapist will judge you that he or she may find out you are soothing yourself by some unacceptable behavior Have you stopped going to church Cut yourself off from community and possibilities that have nurtured your spirit in the past Are you just plain feeling badly about yourself Have you ever felt any of these things Myself Help is the story of anyone who has heard a critic in their mind felt quilty about certain choices they ve made or felt loneliness while surrounded by loved ones Dana Anderson shares her personal story while providing helpful tools for growth and healing Myself Help is an inspirational tale told with humor **Ijiti** Femi M. Ijiti,2011-07-18 Ijiti Reflections of a Soldier presents a gripping memoir loosely based on the life of Femi

Ijiti a young US soldier of Nigerian ancestry His story begins in Nigeria where he first became acquainted with guns power and the Nigerian military These early impressions formed the foundation for his active and long term career as a soldier with the US Army An honest portrayal of the military life Ijiti highlights the hardships he faced immigrating to a new country as a young African He talks about the challenges of making friends when you are an outcast by default and what it was like returning home from war in Iraq with Post Traumatic Stress Disorder PTSD In addition to exploring the many facets of life as a deployed US soldier at war Ijiti paints a raw picture of the destructive nature of PTSD and highlights the need for increased PTSD education in the army Ijiti also considers the need for an increased presence of African Americans and Africans in the US military Ijiti is an honest tale of an American and Nigerian soldier with ancestral origins far different from the usual American soldier as well as the role that ancestry played in a distinguished military career Infantry .2011 Hope Nicholas D. Kristof, 2024-05-14 From New York Times columnist Pulitzer Prize winner and best selling author Nicholas D Kristof an intimate and gripping memoir about a life in journalism Nick Kristof takes us behind the scenes as he risks his life to shine a light on the world's most pressing problems and blaze a trail to a better future In a time when trust in journalism is in jeopardy his honesty humility and humanity are rays of hope Adam Grant author of Hidden Potential Since 1984 Nicholas Kristof has worked almost continuously for The New York Times as a reporter foreign correspondent bureau chief and now columnist becoming one of the foremost reporters of his generation Here he recounts his event filled path from a small town farm in Oregon to every corner of the world Reporting from Hong Kong Beijing and Tokyo while traveling far afield to India Africa and Europe Kristof witnessed and wrote about century defining events the Tiananmen Square protests and massacre the Yemeni civil war the Darfur genocide in Sudan and the wave of addiction and despair that swept through his hometown and a broad swath of working class America Fully aware that coverage of atrocities generates considerably fewer page views than the coverage of politics he nevertheless continued to weaponize his pen against regimes and groups violating basic human rights raising the cost of oppression and torture Some of the risks he took while doing so make for hair raising reading Kristof writes about some of the great members of his profession and introduces us to extraordinary people he has met such as the dissident whom he helped escape from China and a Catholic nun who browbeat a warlord into releasing schoolgirls he had kidnapped These are the people the heroes who have allowed Kristof to remain optimistic Side by side with the worst of humanity you always see the best This is a candid memoir of vulnerability and courage humility and purpose mistakes and learning a singular tale of the trials tribulations and hope to be found in a life dedicated to the pursuit War Flower Brooke King, 2019-03 Brooke King has been asked over and over what it s like to be a woman in of truth combat but she knows her answer is not what the public wants to hear The answers people seek lie in the graphic details of war the sex death violence and reality of it all as she experienced it In her riveting memoir War Flower King breaks her silence and reveals the truth about her experience as a soldier in Iraq Find out what happens when the sex turns into secret

affairs the violence is turned up to eleven and how King's feelings for a country she knew nothing about as a nineteen year old become more disturbing to her as a thirty year old mother writing it all down before her memories fade into oblivion The story of a girl who went to war and returned home a woman War Flower gathers the enduring remembrances of a soldier coming to grips with post traumatic stress disorder As King recalls her time in Iraq she reflects on what violence does to a woman and how the psychic wounds of combat are unwittingly passed down from mother to children War Flower is ultimately a profound meditation on what it means to have been a woman in a war zone and an unsettling expos on war and its lingering aftershocks For veterans such as King the toughest lesson of service is that in the mind some wars never end even after you come home Eternity Matters Mark Lounello, Ret SMSgt USAFR an Iraqi Freedom Veteran, 2017-01-23 Life is about walking every day circumspectly The most important thing in life is having purpose and meaning for living because eternity does matter Values eternal values are what gives us a reason to live and transcends our ability to develop relationships and cherish the time with friends and family In war historians focus on the destruction tactics and the atrocities inflicted on mankind and its impact on humanity however there is also a spiritual dimension of war that alters military members and their families for generations Jesus Christ came to heal the brokenhearted and many unsung heroes throughout history have served in ways that have never been documented in our history books without ever receiving the Medal of Honor or the accolades of the combat troops Those are people that serve in the medical or chaplaincy who are there in the midst of suffering crisis intervention and grief Many of the wounded warriors injuries focused on physical evidence but it is the unseen mental and emotional scars that can be the most devastating Chaplains and chaplain assistants work as a team to care for the wounded and injured helping them to overcome the hurt and pain and encourage them to go deeper in their respective faith Our nation's military need to be encouraged and given guidance on the value of spiritual resiliency and afforded the opportunities and rights of the First Amendment in the free exercise of religion What do you say to a grieving spouse or parent over the loss of a sacred fallen military member What words do you choose to comfort a young marine who just lost both of his legs in the hospital People in need of crisis intervention require guidance and care and in some instances the right referral to address their issues Empathic listening equanimity ministry of presence stabilizing influence in the midst of the storm with a servant hearted attitude and grace oriented style is the formula for any successful ministry team The most valuable asset in my experience is our faith and knowledge of God's word that is able to give hope and comfort to those in need As a spiritual caregiver we need the eternal assurance provided in the scriptures to bring light and life in the darkest circumstances Questions like why did God allow this Is there life after death And Pontus Pilates s question to Jesus What is truth The brevity of life life is precious and understanding eternity defines existence That is why eternity matters National Veterans crisis line 800 273 8255 Warrior Rising Lcol Chris Linford, 2013-07 An autobiography of retired Lieutenant Colonel Chris Linford who was diagnosed with post traumatic stress disorder after his deployments to the Gulf War Rwanda

and Kandahar Afghanistan **Trauma and the Rehabilitation of Trafficked Women** S. Behnaz Hosseini,2020-07-16 Based on research in camps in Iraqi Kurdistan and among refugees in Germany this book addresses the challenges strategies and support systems that exist for the rehabilitation and reintegration of Yazidi women recovering from human trafficking Through in depth interviews focus group discussions and case studies it gives women trafficked by ISIS their own voice to express their experiences during captivity whilst offering an overview of the forms of support and protection available and necessary for survivors An examination of the experiences and needs of refugee women who have undergone traumatizing experiences Trauma and the Rehabilitation of Trafficked Women will appeal to scholars and policy makers with interests in gender studies feminist thought sexual violence during war human trafficking and trauma recovery

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