



Soldier's Heart: Close-up Today with PTSD in Vietnam Veterans (Praeger Security International)

William Schroder, Ronald Dawe

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Living in the shadowy interior of the brain's limbic system and invisible to the untrained eye, Post Traumatic Stress Disorder can not only torture its victims for a lifetime, but reaches beyond victims to negatively influence family members and loved ones. *Soldier's Heart*, titled after one of the early names for PTSD, delves into the lives of otherwise normal American veterans who, seemingly for no reason, display lasting patterns of bad choices and erratic, self-destructive behavior. Analysis of the life portraits of combat veterans brings the myriad symptoms of PTSD to light, equipping the lay reader to recognize the disorder and gain a thorough understanding that can be the foundation for steps to facilitate healing. Four men and one woman who served in Vietnam describe how PTSD still tears at their lives 30 years later. The symptoms of PTSD are conveyed in non-technical language by the veterans featured in this absorbing work, presented by authors Schroder and Dawe, both Vietnam veterans and, respectively, now a writer-businessman and a mental health counselor.

To fully explore the lifelong effects of war trauma in the 20th century, the focus must be on Vietnam veterans, explain Schroder and Dawe. Profound statements on the human condition, the narratives of the five featured veterans, from across branches of the military, offer emotional and intellectual comfort to millions of Americans whose relatives and friends have served the country in time of war. This book, which also includes a glossary of military terms, will be of interest to veterans and their families, as well as to counselors, therapists, psychologists, veteran care workers and students of studies in trauma, psychopathology, and treatment. These are more than war stories, because for these veterans the lingering war is internal?and it may never end.



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