



Combat Veterans: Bringing It Home: A Survival Guide for Combat Veterans and their Loved Ones

Bill DeWitt MA MFT

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This book is written specifically for Combat Veterans (and their Loved Ones) by one of their own. Combat Vets who have come home from past wars as well as those returning from Iraq/Afghanistan will find precious insights in these pages that honestly and accurately reflect their experience. They will also find a clear exploration of that huge leap every Vet must make as they leave the world of war and try to complete the journey home. This book offers Combat Vets a perspective into the universality of the human experience of war. Their Loved Ones will be given a glimpse into a world far different than their own. It is a glimpse that will help to engender understanding. This book is both broad and narrow in scope. We will take a direct look at the dark underbelly of combat. We'll look at the nasty stuff that normally gets pushed aside, kept politely out of sight. The process is painful and dark but the truth of it needs to be hauled out into the light. Again, it will help Loved Ones to begin to understand. We will explore the latest research that reveals new insights about stress, the brain, trauma and recovery. We'll explore the concept of 'Survivorship', how it applies to the Spiral of combat and what it all means to Combat Vets down the road. We will also identify specific strategies with which to protect your marriage and your family, and begin the healing journey. We will weave these threads together to create both insight and a practical helping hand in the process of Bringing It Home.

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