



# Recovering from the War: A Guide for All Veterans, Family Members, Friends and Therapists

*Patience H. C. Mason*

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## **Recovering from the War: A Guide for All Veterans, Family Members, Friends and Therapists**

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A book every veteran will want to give his or her spouse, and every spouse will want to give his or her veteran.

Recovering from the War is a systematic investigation of the costs of war for veterans and their families, including information on how to recover from combat trauma. The examples are from Vietnam, but the experience is universal, so the book is helpful to active duty service members.

Part One, Vietnam: What it was, consists of a series of chapters containing interviews with Vietnam veterans: Who Went, In the Rear, In the Pipeline and Forward Bases, Going Forth: Aviation and Mechanized Combat, In the Field, and Back in the World. Each chapter covers one type of Vietnam experience, followed by questions to help the reader understand what veterans go through. The details are from Vietnam but the experiences are universal, applicable to any war where the enemy can't be easily identified and anyone can kill you.

Part Two, The Aftereffects, begins with "What's So Different About Vietnam", a guerilla war with no front line and no way to identify the enemy, conditions which apply to Iraq and Afghanistan. The next chapter, "Post-Traumatic Stress Disorder," contains a clear discussion of the symptoms of PTSD along with suggestions for beginning to get help. "Our Problems" finishes the section and discusses how PTSD impacts the family.

Part Three, Help Yourself has three chapters, First Aid, Listening, and Changing. These are designed to put your feet on the path that will lead to your recovery, whether you are a family member, friend or veteran. They contain a lot of personal experiences.

There is a list of sources, suggested further reading, other sources of help, guidelines for a 12 step group for families of veterans and an index.

" I am reading your book right now. I picked it up in Kuwait coming back from leave. It has been very good ... I have learned a lot. I just want to say this book of yours is just awesome it brings tears to my eyes as I write this to you. I wish I had it long time ago. I have to tell you that I truly believe as a kid of a vet that we, ourself, end up with ptsd. I act so much like my father it is scary." -Iraq "IED hunter" combat engineer.

"I am writing because I recently read your book, and it brought to light a few areas that were lacking in my Family Readiness Group discussions and re-integration training. My platoon leaders and platoon sergeants have all read the book, and (against copyright laws, sorry) we have photocopied appropriate excerpts for all soldiers to read. I have 26 of 100 soldiers still married (deployed at 38 of 100, 2nd deployments are tough on young couples) and I plan on personally buying each of them a copy of your book and mailing it to the spouse before we re-deploy. Thank you so much for your help".-T R, Captain, writing from Iraq.

Learn what your veterans faced, the normal effects of war, how Post-traumatic reactions affect families, and how to get better.

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