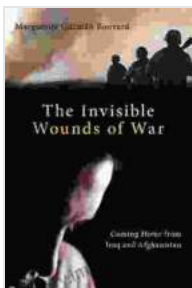


Invisible Wounds of War: The Untold Story of PTSD

War is hell. We've all heard that saying before, but what does it really mean? For many veterans, the horrors of war don't end when they come home. They continue to live with the invisible wounds of war, such as post-traumatic stress disorder (PTSD).



Invisible Wounds of War: Coming Home from Iraq and Afghanistan by Marguerite Guzman Bouvard

★★★★☆ 4.8 out of 5

Language : English
File size : 1449 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 248 pages
Screen Reader : Supported



PTSD is a mental health condition that can develop after someone has experienced a traumatic event, such as combat. Symptoms of PTSD can include flashbacks, nightmares, anxiety, depression, and difficulty sleeping. PTSD can be a debilitating condition, making it difficult to hold down a job, maintain relationships, and enjoy life.

Invisible Wounds of War is a groundbreaking book that explores the hidden toll of war on our veterans. It is a must-read for anyone who wants to understand the true cost of combat.

In *Invisible Wounds of War*, author David Finkel tells the stories of several veterans who are struggling with PTSD. These veterans come from all walks of life, but they all share a common experience: they have been traumatized by war.

Finkel's book is a powerful and moving account of the human cost of war. It is a story of courage, resilience, and hope. It is a story that needs to be told.

What is PTSD?

PTSD is a mental health condition that can develop after someone has experienced a traumatic event. Symptoms of PTSD can include:

- Flashbacks
- Nightmares
- Anxiety
- Depression
- Difficulty sleeping
- Irritability
- Concentration problems
- Avoidance of reminders of the trauma

PTSD can be a debilitating condition, making it difficult to hold down a job, maintain relationships, and enjoy life.

What causes PTSD?

PTSD is caused by exposure to a traumatic event. Traumatic events can include:

- Combat
- Natural disasters
- Terrorist attacks
- Sexual assault
- Child abuse
- Domestic violence

Not everyone who experiences a traumatic event will develop PTSD. However, certain factors can increase the risk of developing PTSD, such as:

- Exposure to severe or prolonged trauma
- A history of mental health problems
- Lack of social support

How is PTSD treated?

PTSD is treated with a combination of therapy and medication. Therapy can help veterans to process their trauma and learn coping mechanisms. Medication can help to reduce symptoms of PTSD, such as anxiety and depression.

There is no one-size-fits-all treatment for PTSD. The best treatment plan will vary depending on the individual veteran's needs.

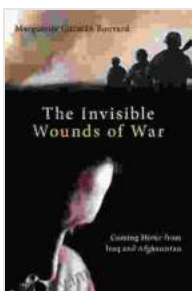
Invisible Wounds of War: A Must-Read for Anyone Who Wants to Understand the True Cost of Combat

Invisible Wounds of War is a powerful and moving account of the human cost of war. It is a story of courage, resilience, and hope. It is a story that needs to be told.

If you are a veteran who is struggling with PTSD, please know that you are not alone. There are many resources available to help you. Please reach out for help from a mental health professional or from a veterans' organization.

If you are not a veteran, but you want to learn more about the invisible wounds of war, please read Invisible Wounds of War. It is a book that will open your eyes to the true cost of combat.

Free Download your copy of Invisible Wounds of War today

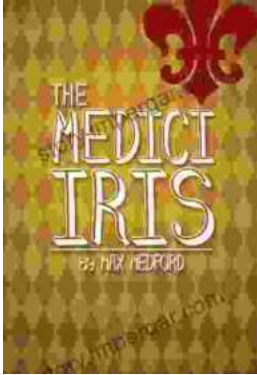


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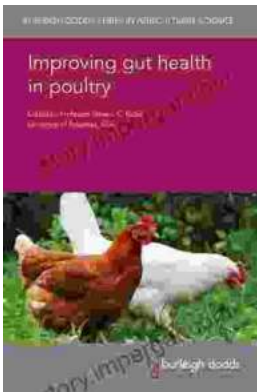
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