

FREE HEALING JOURNEYS STUDY ABROAD WITH VIETNAM VETERANS VIETNAM TRILOGY VIETNAM TRILOGY

A Vietnam Trilogy, Vol. 2: Healing Journeys

Scurfield (social work, U. of Southern Mississippi-Gulf Coast) has been involved in treating post-traumatic stress disorder among veterans for nearly 40 years. This text is the second of three volumes in which he reflects upon his therapeutic career and recounts a trip to Vietnam in the year 2000, in which three Vietnam veterans returned to former

A Vietnam Trilogy, Vol. 3: War Trauma

A nationally renowned PTSD authority reveals the psychiatric impact of war on soldiers and veterans, dented or minimized by government and the military. Through efforts to treat veterans of past conflicts he illustrates the inevitability of lifelong psychiatric scars from today's conflicts as well.

A Vietnam Trilogy, Vol. I

The large numbers of psychiatric casualties from war used to be attributed to an underlying psychiatric disorder presenting the classic blame-the-victim scenario. When they were finally classified as what is now known as PTSD (post-traumatic stress disorder), the path was opened for more realistic and fruitful healing techniques. A Vietnam Trilogy, a three-volume work, describes a care-givers and numerous veterans perspectives of what happens to combatants during war, the therapeutic processes fostered by an innovative Department of Veteran Affairs treatment program directed by Dr. Scurfield, and the pioneering return trips he co-led to peace-time Vietnam in 1989 and 2000. Volume One relates the experiences of veterans and care-givers who participated in these therapeutic efforts, offering others an opportunity to gain a sense of what is entailed. For families, care-givers, students and teachers of history, and others, the book provides a glimpse from the participants view of the shock, the horrors, the overwhelming stress and the mindset that were so damaging to personnel in the war zone, as well as of the extraordinary courage and strength necessary to survive. Finally, it offers insight into creative therapeutic approaches and recommendations for veterans and those who wish to help them recover from the traumas of war. Through the wrenching stories of numerous veterans and the authors own understanding as a mental health professional who served in Vietnam, A Vietnam Trilogy reflects Scurfields three-fold experiences. He describes his and his comrades experiences in 1968, when he served as an Army social work officer attempting to help acute battlefield psychiatric casualties; Scurfield describes the healing process fostered by an innovative Department of Veteran Affairs treatment program and precedent-setting return trips he led to peace-time Vietnam in 1989 and 2000. A Vietnam Trilogy offers Vietnam veterans and other veterans a chance to share in the healing by relating the experiences of those who participated in these therapeutic efforts, and it offers recommendations to veterans and those who wish to help them. These therapy breakthroughs for veterans with Post Traumatic Stress Disorder are now the model for innovative programs across America; and they will be the foundation for programs to help todays veterans of the Iraq War. A Vietnam Trilogy is about a side of war that for decades pro-military and pro-defense advocates have systematically suppressed, minimized and denigrated as being falsely exaggerated the indelible and profound human cost of war on its participants that can and does persist for decades. The 3.14 million Vietnam war-zone veterans and 800,000 Vietnam-theater veterans suffering full or partial post-traumatic stress syndrome, and their families will find it invaluable. Especially in the post

9/11, post-Iraq world, this trilogy is important reading for academics and mental health professionals including graduate and under-grad students in history, psychology, social work and religion, and professionals in psychiatry, clinical nursing, counseling, and religion, and academic specialists interested in study-abroad programs.

Healing War Trauma

For those veterans who do not respond productively to, or who have little interest in office-based, regimented, and symptom-focused treatments, the innovative approaches laid out in *Healing War Trauma* is the guidebook clinicians need to chart new paths to healing.

New Perspectives on the Vietnam War

The Vietnam War was one of the most heavily documented conflicts of the twentieth century. Although the events themselves recede further into history every year, the political and cultural changes the war brought about continue to resonate, even as a new generation of Americans grapples with its own divisive conflict. *America and the Vietnam War: Re-examining the Culture and History of a Generation* reconsiders the social and cultural aspects of the conflict that helped to fundamentally change the nation. With chapters written by subject area specialists, *America and the Vietnam War* takes on subjects such as women's role in the war, the music and the films of the time, the Vietnamese perspective, race and the war, and veterans and post-traumatic stress disorder. Features include: chapter summaries timelines discussion questions guides to further reading a companion website with primary source documents and tools (such as music and movie playlists) for both instructors and students. Heavily illustrated and welcoming to students and scholars of this infamous and pivotal time, *America and the Vietnam War* is a perfect companion to any course on the Vietnam War Era.

Return to Vietnam

Since the 1980s, thousands of American and Australian veterans have returned to Vietnam. This oral history tells their story.

The Deaths of Others

Americans are greatly concerned about the number of our troops killed in battle--100,000 dead in World War I; 300,000 in World War II; 33,000 in the Korean War; 58,000 in Vietnam; 4,500 in Iraq; over 1,000 in Afghanistan--and rightly so. But why are we so indifferent, often oblivious, to the far greater number of casualties suffered by those we fight and those we fight for? This is the compelling, largely unasked question John Tirman answers in *The Deaths of Others*. Between six and seven million people died in Korea, Vietnam, and Iraq alone, the majority of them civilians. And yet Americans devote little attention to these deaths. Other countries, however, do pay attention, and Tirman argues that if we want to understand why there is so much anti-Americanism around the world, the first place to look is how we conduct war. We understandably strive to protect our own troops, but our rules of engagement with the enemy are another matter. From atomic weapons and carpet bombing in World War II to napalm and daisy cutters in Vietnam and beyond, we have used our weapons intentionally to kill large numbers of civilians and terrorize our adversaries into surrender. Americans, however, are mostly ignorant of these facts, believing that American wars are essentially just, necessary, and "good." Tirman investigates the history of casualties caused by American forces in order to explain why America remains so unpopular and why US armed forces operate the way they do. Trenchant and passionate, *The Deaths of Others* forces readers to consider the tragic consequences of American military action not just for Americans, but especially for those we fight.

War Trauma and Its Wake

Decades after Charles Figley's landmark *Trauma and Its Wake* was published, our understanding of trauma has grown and deepened, but we still face considerable challenges when treating trauma survivors. This is especially the case for professionals who work with veterans and active-duty military personnel. *War Trauma and Its Wake*, then, is a vital book. The editors—one a Vietnam veteran who wrote the overview chapter on treatment for *Trauma and Its Wake*, the other an Army Reserve psychologist with four deployments—have produced a book that addresses both the specific needs of particular warrior communities as well as wider issues such as battlemind, guilt, suicide, and much, much more. The editors' and contributors' deep understanding of the issues that warriors face makes *War Trauma and Its Wake* a crucial book for understanding the military experience, and the lessons contained in its pages are essential for anyone committed to healing war trauma.

A Vietnam Trilogy, Vol. I

Through the stories of numerous veterans and the author's own understanding as a mental health professional, *A Vietnam Trilogy* studies the impact of war on veterans from a psychiatric/psychological, social, and cultural perspective, both during and decades after the violence. The book reflects Scurfield's three-fold experiences in Vietnam, in 1968 as an Army social work officer serving acute battlefield psychiatric casualties; in 1989 when he co-led the first Post-Traumatic-Stress-Disorder therapy group of veterans back to Vietnam; and in 2000, as co-faculty for an award-winning Vietnam history course including three combat veterans. The book offers Vietnam veterans and other veterans a vicarious "healing journey" by relating the experiences of those who participated in these therapeutic efforts; it offers recommendations to veterans and those who wish to help them; and offers ideas on how some important understandings can be shared to the wider public.

Healing from the War

Greg Burham, a Navy SEAL Vietnam combat veteran came home to an ungrateful nation. Carrying the invisible wounds of Post Traumatic Stress Disorder, Greg struggled to take the next steps in his life. This book traces his journey of discovery and healing as he walks from Alaska to Mexico.

One Step at a Time

In "Home from the War," the award-winning author and noted psychiatrist Robert Jay Lifton offers a powerful critique of American militarism during the Vietnam War. Recognized as the ultimate text for those working with Vietnam veterans, the book's insights have had enormous influence among psychologists and psychiatrists all over the world. Lifton's new preface connects the experience of Vietnam veterans with that of veterans of the war in Iraq. Both were brought into the 'atrocities producing situations' that led to My Lai and Abu Ghraib. Lifton raises the possibility that Iraq veterans could experience the kind of healing transformation that many who fought in Vietnam were able to achieve. "Home from the War" is a work of major importance, integrating approaches derived from behavioral and social sciences, medicine, history and, above all, based upon a profound respect for humanity." -G.F. Solomon, M.D., "New England Journal of Medicine" "In a terrible way, "Home from the War" is about us all, whether we went to Vietnam or not. Read it carefully and if you cannot be moved by it or learn from it then you are probably dead." -Gloria Emerson, author of "Winners and Losers: Battles, Retreats, Gains, Losses, and Ruins from the Vietnam War"

Home from the War

A Marine's searing and intimate story—"A passionate, fascinating, and deeply humane memoir of both war and of the hard work of citizenship and healing in war's aftermath. A superb addition to our understanding of

the Vietnam War, and of its lessons” (Phil Klay, author of *Redeployment*). John Musgrave had a small-town midwestern childhood that embodied the idealized postwar America. Service, patriotism, faith, and civic pride were the values that guided his family and community, and like nearly all the boys he knew, Musgrave grew up looking forward to the day when he could enlist to serve his country as his father had done. There was no question in Musgrave’s mind: He was going to join the legendary Marine Corps as soon as he was eligible. In February of 1966, at age seventeen, during his senior year in high school, and with the Vietnam War already raging, he walked down to the local recruiting station, signed up, and set off for three years that would permanently reshape his life. In this electrifying memoir, he renders his wartime experience with a powerful intimacy and immediacy: from the rude awakening of boot camp, to daily life in the Vietnam jungle, to a chest injury that very nearly killed him. Musgrave also vividly describes the difficulty of returning home to a society rife with antiwar sentiment, his own survivor’s guilt, and the slow realization that he and his fellow veterans had been betrayed by the government they served. And he recounts how, ultimately, he found peace among his fellow veterans working to end the war. Musgrave writes honestly about his struggle to balance his deep love for the Marine Corps against his responsibility as a citizen to protect the very troops asked to protect America at all costs. Fiercely perceptive and candid, *The Education of Corporal John Musgrave* is one of the most powerful memoirs to emerge from the war.

The Education of Corporal John Musgrave

The essays in *Vision/Re-Vision* analyze in detail ten popular and important films adapted from contemporary American fiction by women, addressing the ways in which the writers’ latent or overt feminist messages are reinterpreted by the filmmakers who bring them to the screen, demonstrating that there is much to praise as well as much to fault in the adaptations and that the process of adaptation itself is instructive rather than destructive, since it enriches understanding about both media.

Vision/re-vision

As a therapist, Gretchen Schmelzer has watched far too many people quit during treatment for trauma recovery. They find it too difficult or frightening, or they decide that it’s just too late for them. Schmelzer wrote *Journey Through Trauma* specifically for survivors to help them understand the terrain of the healing process and stay on the path. She begins by laying out three important assumptions that support a survivor’s healing: that it is possible, that it requires courage and that it cannot be done alone. Traumas that happen more than once - child abuse, sexual abuse, domestic violence, gang violence, war - are all relational traumas. They are traumas that happen inside a relationship and therefore must be healed inside a relationship, whether that relationship is with a therapist or within a group. She then guides readers through the five phases that every survivor must negotiate: Preparation, Unintegration, Identification, Integration and Consolidation. She creates a mental map of the healing process that helps survivors recognize where they are in their journey to health, see where the hard parts occur and persevere in the process of getting well. Since the cycle of healing repeated trauma is not linear, the survivor comes to understand that circling back around to a previous stage actually means progress as well as facing new challenges. Ultimately, the healing journey is one of trust, as survivors come to trust their capacity to rely on help from others and to trust themselves and the work they have done.

Journey Through Trauma

The author writes from his experience as a young army officer in Vietnam who served with the Dauntless Black Lions of the 1st Infantry Division. His spouse and co-author describes her perspective as a wife and mother who has lived the past thirty years with a veteran who suffers from the physical, and more specifically, the mental scars of combat. You will become familiar with how PTSD affects the veterans and their families and explore strategies for living with PTSD.

Tears of a Warrior

Unearthing fifty years of repressed memories with stunning accuracy and raw details, *Jumping from Helicopters* is a vivid and moving Vietnam memoir that will open your eyes to the realities of what our brave young men witnessed and endured, and why they returned facing a lifetime of often unspoken unrest, persistent nightmares, and forced normalcy.

Jumping from Helicopters

A stunning psychological thriller about friendship, drugs, and murder from the author of *The Vanishing*. Egon Wagter and Axel van de Graaf met when they were both fourteen and on vacation in Belgium. Axel is fascinating, filled with an amoral energy by which the more prudent, less adventurous Egon is both mesmerized and repelled. Even as a teen, Axel has a strange power over those around him. He defies authority, seduces women, breaks the law. Axel chooses Egon as a friend, a friendship that somehow endures over time and ends up determining Egon's fate. During his university studies, Egon frequents Axel's house in Amsterdam, where there is a party every night and women fill the rooms. Though Egon chooses geology over Axel's life of avarice and drug dealing, he remains intrigued by his friend's conviction that the only law that counts is the law he makes himself. Egon believes that Axel is a demonic figure who tempts others only because he knows they want to be tempted. By the time he is in his forties, Egon finds himself divorced and with few professional prospects. He turns for help to Axel, who sends him to Ratanakiri, a fictional country in Southeast Asia. Axel gives Egon a suitcase to deliver-and Egon never returns. Utterly compelling and resonant, *The Cave* is an unforgettable story of betrayal in the spirit of Tim Krabbé's remarkable first novel, *The Vanishing*.

The Cave

War and PTSD are on the public's mind as news stories regularly describe insurgency attacks in Iraq and paint grim portraits of the lives of returning soldiers afflicted with PTSD. These vets have recurrent nightmares and problems with intimacy, can't sustain jobs or relationships, and won't leave home, imagining "the enemy" is everywhere. Dr. Edward Tick has spent decades developing healing techniques so effective that clinicians, clergy, spiritual leaders, and veterans' organizations all over the country are studying them. This book, presented here in an audio version, shows that healing depends on our understanding of PTSD not as a mere stress disorder, but as a disorder of identity itself. In the terror of war, the very soul can flee, sometimes for life. Tick's methods draw on compelling case studies and ancient warrior traditions worldwide to restore the soul so that the veteran can truly come home to community, family, and self.

War and the Soul

A portrait of the American recon platoon of the 101st Airborne Division describes their sixty-day fight for survival during the 1968 Tet Offensive, tracing their postwar difficulties with acclimating into a peacetime America that did not want to hear their story.

The Odyssey of Echo Company

Born on the Fourth of July details the author's life story - from a patriotic soldier in Vietnam, to his severe battlefield injury, to his role as America's most outspoken anti-Vietnam War advocate, spreading his message from his wheelchair.

Born on the Fourth of July

National bestseller 2017 National Book Critics Circle (NBCC) Finalist ABA Indies Introduce Winter / Spring 2017 Selection Barnes & Noble Discover Great New Writers Spring 2017 Selection ALA 2018

Notable Books Selection An intimate and poignant graphic novel portraying one family's journey from war-torn Vietnam, from debut author Thi Bui. This beautifully illustrated and emotional story is an evocative memoir about the search for a better future and a longing for the past. Exploring the anguish of immigration and the lasting effects that displacement has on a child and her family, Bui documents the story of her family's daring escape after the fall of South Vietnam in the 1970s, and the difficulties they faced building new lives for themselves. At the heart of Bui's story is a universal struggle: While adjusting to life as a first-time mother, she ultimately discovers what it means to be a parent—the endless sacrifices, the unnoticed gestures, and the depths of unspoken love. Despite how impossible it seems to take on the simultaneous roles of both parent and child, Bui pushes through. With haunting, poetic writing and breathtaking art, she examines the strength of family, the importance of identity, and the meaning of home. In what Pulitzer Prize-winning novelist Viet Thanh Nguyen calls “a book to break your heart and heal it,” *The Best We Could Do* brings to life Thi Bui's journey of understanding, and provides inspiration to all of those who search for a better future while longing for a simpler past.

The Best We Could Do

Vietnam: Or War - Our Peace brings together 44 stories from the Vietnam veteran's community.

Vietnam

This book focuses on the 'Vietnam Syndrome' - the effects for the United States of the American defeat in the Vietnam War. It argues that a full understanding of the Syndrome requires a proper appreciation of key shaping elements in Vietnamese and American history. Attention is given to the racial genocide that attended the birth of the United States, to US imperialism and capitalism, and to the Cold War framework. The nature of America as a plutocracy is emphasised, followed by profiles of policy options and three specific issues: post-war Vietnam, El Salvador and Iraq.

The Vietnam Syndrome

As the United States debates launching another war in the Middle East, this passionate diary paired with a pondered discussion provides a reality check on how governments goad citizens into going to war and gives a forthright look at the hideous results for civilian casualties. Who bears the responsibility for decisions made in a \"democracy\" when our leaders or the media exaggerate the threat and downplay the harm our actions will cause? In this agonizing diary, a survivor of the 1945 atomic bombing of Hiroshima relates the horror of searching through smoldering rubble for signs of her family. She documents for the world the selfless compassion of the youngest victims. The children Okuda tried to save stunned her with their dignity and enduring will to help others and to hold their families together. She, and the children, generously insist on avoiding bitterness and blame. But as responsible citizens, we still have to face ourselves in the mirror. A thoughtful introduction and supporting essays provide this harrowing memoir with a context in history and social psychology.

Subject Guide to Books in Print

In 1967 Larry Heinemann was sent to Vietnam as an ordinary soldier. It was the most horrific year of his life, truly altering him—and his family—forever. In his powerful memoir, Heinemann returns to Vietnam, riding the train from Hanoi to Ho Chi Minh city and confronting the memories of his war year. *Black Virgin Mountain* confirms Heinemann's legendary plain-spoken reputation as one of the essential chroniclers of our war in Vietnam

A Dimly Burning Wick

“A precisely crafted and bracingly honest” memoir of war and its aftershocks from the New York Times–bestselling author of *Matterhorn* (The Atlantic). In 1968, at the age of twenty-three, Karl Marlantes was dropped into the highland jungle of Vietnam, an inexperienced lieutenant in command of forty Marines who would live or die by his decisions. In his thirteen-month tour he saw intense combat, killing the enemy and watching friends die. Marlantes survived, but like many of his brothers in arms, he has spent the last forty years dealing with his experiences. In *What It Is Like to Go to War*, Marlantes takes a candid look at these experiences and critically examines how we might better prepare young soldiers for war. In the past, warriors were prepared for battle by ritual, religion, and literature—which also helped bring them home. While contemplating ancient works from Homer to the Mahabharata, Marlantes writes of the daily contradictions modern warriors are subject to, of being haunted by the face of a young North Vietnamese soldier he killed at close quarters, and of how he finally found a way to make peace with his past. Through it all, he demonstrates just how poorly prepared our nineteen-year-old warriors are for the psychological and spiritual aspects of the journey. In this memoir, the New York Times–bestselling author of *Matterhorn* offers “a well-crafted and forcefully argued work that contains fresh and important insights into what it’s like to be in a war and what it does to the human psyche” (The Washington Post).

Black Virgin Mountain

The author, as a writer of memoir and collector of memoirs of others, has masterfully transformed what could have been one veteran's story into a chorus of voices on different topics relating to war and its aftermath. Here are chilling, first person accounts of a base overrun. Elsewhere, an MP describes the astonishing attempted escape of a handcuffed Viet Cong. A grunt relates in vivid detail his months long recovery from grievous wounds. After the war, a man is interrogated by the same U.S. army he fought with in Vietnam. In fast-paced postwar traveler's tales the war nips at the narrator's heels at every step. Veterans say what they feel about “Thank you for your service.” About using drugs on patrols. A sampling of grunts' grisly humor pulls no punches. Fake vets are unmasked. The author has breakfast with Muhammad Ali. He interviews the Vietnamese writer Bao Ninh. As does another man nearly twenty years later. A half dozen war poems round out this solid collection on war and its aftermath by those who were there. _____ “In this book Marc Levy, who...takes us so far beyond rituals and salutes and “thank you for your service,” far beyond any “baby killer” confessional, to the everyday sounds and smells of that war, starting with the “dim rustling of one hundred packs, helmets, weapons, reluctantly lifted, slung, shifted to place” (“The Quiet Time”). Marc has been writing reminiscences, poetry, fiction, and analysis for decades...----partly for himself to externalize and process what happened while working on his (considerable) craft, but also with the archivist's sense of social purpose. He has made his memories available to all on his website, and elicits personal accounts and essays from fellow veterans. Marc's essays and poetry tell us of the intimate costs of war, how it creeps into the soul, and the complexity and contradictions of an Army medic's experience within the massive structure of the military machine.” Janet McIntosh, Chair Department of Anthropology, Brandeis University

What It Is Like to Go to War

Originally published: New York: Holt, Rinehart and Winston, 1977.

The Best of Medic in the Green Time

As American troops continue their steady exodus on the last day of their ground war in Vietnam, Lieutenant Joe Tallon is shot down by an enemy missile. Forced to eject at a dangerously low altitude from their OV-1 Mohawk, Joe and his tactical observer, Specialist-5 Daniel Richards, land in the flaming wreckage. Lieutenant Tallon survives but Specialist Richards does not. Stateside, Lieutenant Tallon begins to heal and proceed with his life-but the loss of his tactical observer is never far from his mind. Forty years later, Joe embarks on a quest to bring recognition to the sacrifice of Daniel Richards and secure a Purple Heart for his family. Painstakingly recreated from wartime letters and remembrances and contextualized by contemporary news accounts, *100 Days in Vietnam* is a collaboration between Joe and his son Matt-also an Army veteran.

Here we experience the war through the emotions of the man who survived it: the drudgery and monotony of airfield life, the heartache of a newlywed missing his wife, the terror of combat missions, the agony of injury and rehabilitation, and the bittersweet relief from the completion of his final mission to bring recognition to his fallen comrade.

A Rumor of War

"Few people understand the centrality of the Vietnam War to our situation as much as Christian Appy." —Ken Burns The critically acclaimed author of *Patriots* offers profound insights into Vietnam's place in America's self-image. How did the Vietnam War change the way we think of ourselves as a people and a nation? Christian G. Appy, author of the widely praised oral history of the Vietnam War *Patriots*, now examines the relationship between the war's realities and myths and its impact on our national identity, conscience, pride, shame, popular culture, and postwar foreign policy. Drawing on a vast variety of sources from movies, songs, and novels to official documents, media coverage, and contemporary commentary, Appy offers an original interpretation of the war and its far-reaching consequences. Authoritative, insightful, sometimes surprising, and controversial, *American Reckoning* is a fascinating mix of political and cultural reporting that offers a completely fresh account of the meaning of the Vietnam War.

100 Days in Vietnam

A weekly review of politics, literature, theology, and art.

On Cassette

In a new and updated second edition, this book--first published in 1983--provides a detailed review of the end of the Vietnam War. Drawing on the author's eyewitness reporting and extensive research, the book relies on carefully reported facts, not partisan myths, to reconstruct the war's last years and harrowing final months. The catastrophic suffering those events brought to ordinary Vietnamese civilians and soldiers is vividly portrayed. The largely unremembered wars in Cambodia and Laos are examined as well, while new material in an updated final chapter points out troubling parallels between the Vietnam War and America's wars in Iraq and Afghanistan.

American Reckoning

In 1970, John Kowalski is one of many young, naive teenage soldiers sent to Vietnam to fight in an unpopular war. Dubbed "Cherries" by their more seasoned peers, these newbies suddenly found themselves thrust into the middle of a terrible nightmare - literally forced to become men overnight. On-the-job-training is intense, however, most of these teenagers were hardly ready to absorb the harsh mental, emotional, and physical stress of war. When coming under enemy fire for the first time and witnessing death first-hand, a life changing transition begins...one that can't be reversed. The author is an excellent story teller, readers testify that they are right there with the characters, joining them in their quest for survival, sharing the fear, awe, drama, and sorrow, witnessing bravery and sometimes, even laughing at their humor. It's a story that is hard to put down. When soldiers return home from war, all are different - changed for life. "Cherries" tells it like it is and when finished, readers will better understand what these young men had to endure, and why change is imminent.

The Spectator

Fearful Odds is a no holds barred narrative told in three parts. It is the true story of a young Army officer, groomed for command and assigned to lead a platoon on a reconnaissance mission in the A Shau Valley, Vietnam in 1968. An otherwise routine mission is complicated by the contradiction of an inept chain of

command. The resulting casualties devastate the platoon and the graphic images and memories of the action and the grueling months that follow, lead Chuck Newhall to a lifetime of severe trauma, guilt, grief and anger. Returning home, Newhall embarks on an extraordinary entrepreneurial career bringing great wealth, prestige and security, despite severe episodes of depression and anxiety which would hobble others from achieving such levels of success. And yet a few years later, and seemingly without warning, the family that he had worked so hard to create and support is suddenly ripped apart by tragedy intensifying an emotional upheaval that revisits the pain and anguish he first felt during his time in Vietnam. After decades of experience in managing the long-term effects of trauma and with the support of his family, Chuck Newhall has successfully come to terms with his past and the effects of PTSD. Fearful Odds offers hope, inspiration and valuable coping tools for anyone, or their families, who has been affected by post-traumatic stress, depression, mild traumatic brain disorder or the suicide of a loved one. Fearful Odds is a story of perseverance in the face of insurmountable odds and will offer a guiding hand to others who are facing challenges on the battlefield, boardroom or back at home. "Chuck Newhall's compelling narrative account of combat action in Vietnam takes you to one of the darkest hellholes on earth -- the A Shau Valley in 1968. Just when you thought that the war was over, Fearful Odds packs a punch in the gut you will be feeling for a long time." Joseph L. Galloway, author of We Were Soldiers Once...and Young "If you care about America's warriors, and about how we as a society can help them come home after war, then you should read this book." Nathaniel Fick, author of One Bullet Away "The illuminating depictions of sessions with your psychiatrist Dr. Kaiser can be regarded as almost a manual for understanding PTSD and learning how to overcome it. However, unlike the majority of books on the subject, you explain how PTSD can be addressed via depictions of how your own efforts have succeeded to varying extents. Readers will learn far more from your book, which is "real life," than from others." Solomon H. Snyder, M.D. Distinguished Service Professor of Neuroscience, Pharmacology and Psychiatry, Johns Hopkins University

Without Honor

A superb new graphic memoir in which an inspired artist/storyteller reveals the road that brought his family to where they are today: Vietnamerica GB Tran is a young Vietnamese American artist who grew up distant from (and largely indifferent to) his family's history. Born and raised in South Carolina as a son of immigrants, he knew that his parents had fled Vietnam during the fall of Saigon. But even as they struggled to adapt to life in America, they preferred to forget the past—and to focus on their children's future. It was only in his late twenties that GB began to learn their extraordinary story. When his last surviving grandparents die within months of each other, GB visits Vietnam for the first time and begins to learn the tragic history of his family, and of the homeland they left behind. In this family saga played out in the shadow of history, GB uncovers the root of his father's remoteness and why his mother had remained in an often fractious marriage; why his grandfather had abandoned his own family to fight for the Viet Cong; why his grandmother had had an affair with a French soldier. GB learns that his parents had taken harrowing flight from Saigon during the final hours of the war not because they thought America was better but because they were afraid of what would happen if they stayed. They entered America—a foreign land they couldn't even imagine—where family connections dissolved and shared history was lost within a span of a single generation. In telling his family's story, GB finds his own place in this saga of hardship and heroism. Vietnamerica is a visually stunning portrait of survival, escape, and reinvention—and of the gift of the American immigrants' dream, passed on to their children. Vietnamerica is an unforgettable story of family revelation and reconnection—and a new graphic-memoir classic.

Cherries

Fearful Odds

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