



PTSD Road to Recovery: One Soldiers Story

Bob Bray

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Most books on PTSD are dry, clinical, and impersonal no matter how sympathetic they are to the sufferers. Not so with this challenging book!

Author Bob Bray has walked an exhausting pathway, dealing with Post Traumatic Stress Disorder (PTSD) in his own life. Obviously, PTSD has been around for a long while. It has existed under names such as battle fatigue, shell shock, or the soldier's disease.

Today, that notion has expanded beyond the battlefields where weapons are used to destroy enemies. Now it refers to the emotional trauma experienced when people are exposed to horrific situations beyond their ability to understand or explain to themselves. It comes with hurricanes, forest fires, floods, and terrorist attacks like the Boston bombing. This book is unique in that it describes more than the outward observations of physicians and researchers. It is a view from the inside of someone who has been overwhelmed, survived, and now has begun to thrive after PTSD.

The author is a compelling writer pouring out the inner struggles and outward consequences that come from those who have lived through the horrors of warfare. To them, all too frequently, they come home but the battle isn't over.

Author Bob Bray shows remarkable transparency in his record of a painful journey toward recovery from PTSD - including significant self-discovery in the process. His writing is easy to read and understand. It point

s toward a more hopeful future for others who are still seeking solutions for their own struggles with this condition.



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