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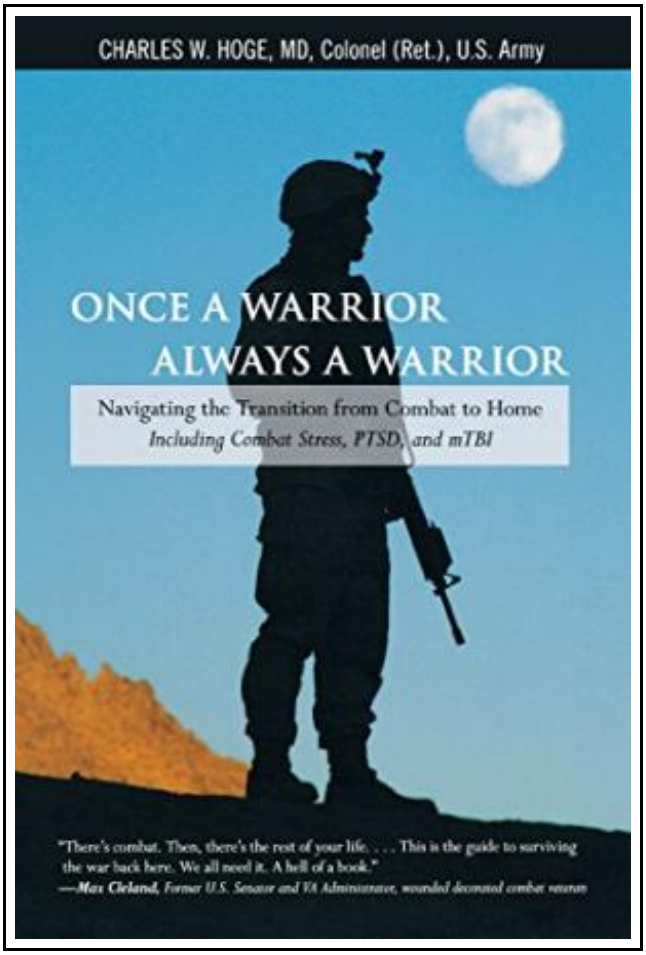

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Rowman & Littlefield. Paperback. Book Condition: new. BRAND NEW, Once a Warrior-Always a Warrior: Navigating the Transition from Combat to Home-Including Combat Stress, PTSD, and MTBI, Charles W. Hoge, The essential handbook for anyone who has ever returned from a war zone, and their spouse, partner, or family members. Being back home can be as difficult, if not more so, than the time spent serving in a combat zone. It's with this truth that Colonel Charles W. Hoge, MD, a leading advocate for eliminating the stigma of mental health care, presents Once a Warrior-Always a Warrior, a groundbreaking resource with essential new insights for anyone who has ever returned home from a war zone. In clear practical language, Dr. Hoge explores the latest knowledge in combat stress, PTSD (post-traumatic stress disorder), mTBI (mild traumatic brain injury), other physiological reactions to war, and their treatment options. Recognizing that warriors and family members both change during deployment, he helps them better understand each other's experience, especially living with enduring survival skills from the combat environment that are often viewed as "symptoms" back home. The heart of this book focuses on what's necessary to successfully navigate the transition-"LANDNAV" for the home front. Once a Warrior-Always a Warrior shows how a warrior's knowledge and skills are vital for living at peace in an insane world.

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