



Book Synopsis



TEARS OF A WARRIOR

A Family's Story of Combat and Living with PTSD

Many of our young vets returning from Iraq and Afghanistan are seeing their homeland worlds very differently than when they left. In Iraq, our fighting troops had to be on constant alert for car bombings and roadside ambushes. Living in such hostile environments during months of combat changes perceptions and reactions. When these soldiers come home they may be unable to smoothly adjust back into normal life. Vietnam veterans and soldiers from previous wars have experienced similar trauma after returning from combat.

The emotional toll of war can cause invisible wounds which manifest as brutal panic attacks, nightmares, and flashbacks of being in battle, ongoing feelings of anxiety, depression and often hopelessness. These characteristics are the hallmarks of Post Traumatic Stress Disorder (PTSD).

This book, *Tears of a Soldier: A Family's Story of Combat and Living with PTSD*, is a true story of a veteran affected with PTSD, and the trials of his wife and children as they learned to understand and cope with the effects of his condition. It includes vital information on PTSD, including the characteristics of PTSD, how PTSD affects the veteran and the family, along with helpful suggestions and strategies for living with PTSD.

When co-author Tony Seahorn came home from Vietnam wounded and decorated for heroism, no one mentioned that things would never be the same again. No one gave him any kind of a roadmap of how to transition from being a military person one day and a civilian the next.

Seahorn writes from his experience as a young army officer in Vietnam who served with the Black Lions of the First Infantry Division, which fought in some of the bloodiest battles of the war. He was wounded in action and continues to recover from the physical and emotional scars of combat.

Tony's personal story of his tour of duty begins with the 22 hour flight to Vietnam. He enters the airplane a young man filled with bravery, pride, hope, and a sense of invincibility. From the moment the plane lands and he sees the multitude of coffins lined up in military formation on the runway, a new reality settles in.

As his story of the next year unfolds, Tony unflinchingly describes the sequence of horrific events, along with his associated emotions. He courageously lets the reader into the thoughts and emotions which color his reactions. For months he operates on pure adrenalin and animal instincts, his brain newly wired only for survival. With all he experienced during this year, he returns home a changed man.

His wife and co-author, Dr. Janet Seahorn, gives an honest and personal account of how Tony's PTSD symptoms affected her and their family. She writes from both the perspective of a wife who has lived for thirty years with a veteran with PTSD, and as a professional in human development and neuroscience.

During the early years of their marriage and family life, not much was known of the emotional toll of war. Dr. Seahorn researched the effects that PTSD has on the brain, body, and spirit. With patience, love, and time, she learned ways of coping and living with someone with PTSD, and various healing suggestions for the emotionally wounded soldier.

This book includes loads of information about PTSD, including the characteristics of PTSD, the chemical changes in the brain, the effects on the veteran and the family, along with helpful suggestions and tried-and-true strategies for living with PTSD. Family and friends need to understand that PTSD is not looked at as a condition that can be cured. It is a condition that can only be managed or kept under some degree of control.

Post Traumatic Stress Disorder (PTSD) isn't just about the wounds of the warrior. It is about everyone around him or her. This book is a valuable resource for all combat veterans and the families, friends and co-workers who care about them. It is also for health care professionals who treat veterans with emotional trauma. Society needs to understand the aftermath of combat and how to prepare for warriors who return home. This book offers hope, encouragement, and inspiration to anyone touched by PTSD.