



Surviving the Shadows: A Journey of Hope into Post-Traumatic Stress

Bob Delaney, Dave Scheiber

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"Filled with examples of courage, wisdom, and innovation, Surviving the Shadows is a must-read for anyone in the military, anyone associated with the military, or anyone protected by the military."

-Nate Self, Army Ranger, Captain (ret.), decorated Iraq and Afghanistan War hero, author of Two Wars: One Hero's Fight on Two Fronts-Abroad and Within

"The news Bob Delaney brings...is poignant, up-to-date, well earned, and maybe lifesaving: You are not alone; sharing yourself with others can transform your very existence."

-James S. Gordon , M.D., author of Unstuck: Your Guide to the Seven-Stage Journey Out of Depression

"Bob Delaney was very effective in addressing our personnel...His perspective as a former law enforcement officer who suffered through PTSD was eye-opening and comforting for our men and women."

-Jane E . Castor , Chief of Police, City of Tampa Police Department

"Surviving the Shadows is a must-read for all those who serve their city, county, state, or country. Post-Traumatic Stress for too long has been treated like a secret-this book helps to remove that stigma and provides education, awareness, and hope."

-Don O'Leary , New York City Fire Department Captain (retired)

We are all touched by PTSD in some way-husbands and wives, fathers and mothers, brothers and sisters, families and friends.

Too often we have questions without answers, or don't know where to turn for help. But the truth is, what we really need is each other.

Surviving the Shadows is an uplifting journey through powerful and inspiring stories-marked by perseverance and personal courage-about an array of people who have suffered directly or indirectly from Post-Traumatic Stress. Along the way, PTSD education and awareness leader Bob Delaney introduces you to medical experts who have developed groundbreaking methods in dealing with the disorder, and profiles one-of-a-kind programs around the country devoted to assisting PTSD sufferers.

The first step to healing is one person away. The stories within Surviving the Shadows will help you understand the truth about Post-Traumatic Stress, and how we can help each other overcome it every day.

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Maureen Harris:

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Sheila Nathan:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you want to try to find a new activity that is look different you can read a book. It is really fun for you personally. If you enjoy the book which you read you can spent the whole day to reading a guide. The book Surviving the Shadows: A Journey of Hope into Post-Traumatic Stress it doesn't matter what good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. If you did not have enough space bringing this book you can buy the particular e-book. You can m0ore simply to read this book from the smart phone. The price is not to cover but this book possesses high quality.

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