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This book was my first introduction to reading about the experiences of other PTSD partners and how their families have been uniquely affected by PTSD. If you found this post helpful, please consider sharing it through your favourite social channel below.

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The Post-Traumatic Stress Disorder Sourcebook. This book covers PTSD very well - from the "hows" and "whys" to different treatment options. Many Veterans, family members, and others who suffer from PTSD have found it extremely helpful. Down Range: To Iraq & Back. This book is being given to many soldiers returning from Iraq or Afghanistan at

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Military PTSD Books Operation We Are Here

PTSD: A Fifteen Minute Guide to Combat Related Post-Traumatic Stress Disorder is an easy-to-read book which quickly covers key topics about this disorder including what combat PTSD is, what it "looks" like, how PTSD changes the brain, treatment options, where to get help, and where to find additional info and support.

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Our gratitude to these experts for contributing to PTSD-related training, as well as to additional professionals who are identified within a specific course.

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