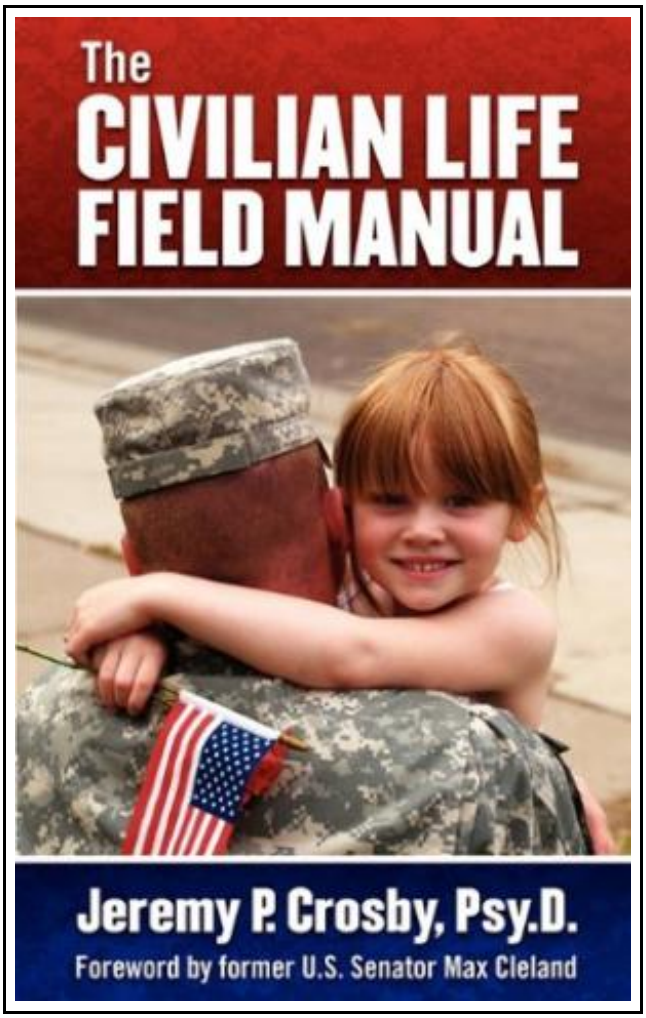
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Dog Ear Publishing, LLC. Paperback. Book Condition: New. Paperback. 84 pages. Dimensions: 7.8in. x 4.9in. x 0.2in.We all have friends, family members, or neighbors who have recently returned from a military deployment. Upon reentering civilian life, military veterans face many challenges. Previous generations have had to fend for themselves when it came to making the adjustment to civilian roles, relationships, and employment. Now, veterans and their family members have a distinct advantage through this book, which outlines the obstacles to a healthy adjustment and the tools needed to overcome them. Inside this book are: Strategies for dealing with stress and daily challenges Techniques for applying old and new skills Perspectives for understanding and coping with the civilian world Common problems and how to overcome them Keys for how to support a veteran friend or family member This book is for any veteran who is beginning (or continuing) to readjust after their military service. A free electronic version of this book is available online at http: drjeremycrosby. com. Psychologist and author Dr. Jeremy P. Crosby specializes in the treatment of PTSD and trauma-related disorders. With this book intended to help veterans and their families, he expands on previous intensive trauma-recovery work by focusing on wider-ranging issues affecting all military veterans and society at large. Dr. Crosby provides seminars on trauma recovery, personal growth, performance and achievement, and other topics for professional and lay audiences. He lives with his family near the Air Capital of the World. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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