



# **I Always Sit with My Back to the Wall: Managing Traumatic Stress and Combat PTSD**

*Dr. Harry A. Croft MD, Rev. Chrys L. Parker JD*

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Sound, authoritative, and filled with positive, practical information, *I Always Sit with My Back to the Wall* is the only book of its kind to embrace the whole person of warriors and others with PTSD ready to take charge of their lives. The book is aimed at people who suffer from PTSD and their families or caregivers. It is a magical fusion of two outstanding minds and empathic hearts truly dedicated to soldiers and their families. It provides the straight story on combat trauma and PTSD that you will find nowhere else. You will learn how to manage your PTSD and combat trauma through the R-E-C-O-V-E-R approach: 1) Recognizing when PTSD is in your life. 2) Educating yourself about PTSD. 3) Connecting biology to your psychology. 4) Organizing a comprehensive care plan for PTSD. 5) Viewing your issues in a new light. 6) Empowering yourself through strong systems of support. 7) Redefining the meaning of your life: posttraumatic growth.

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