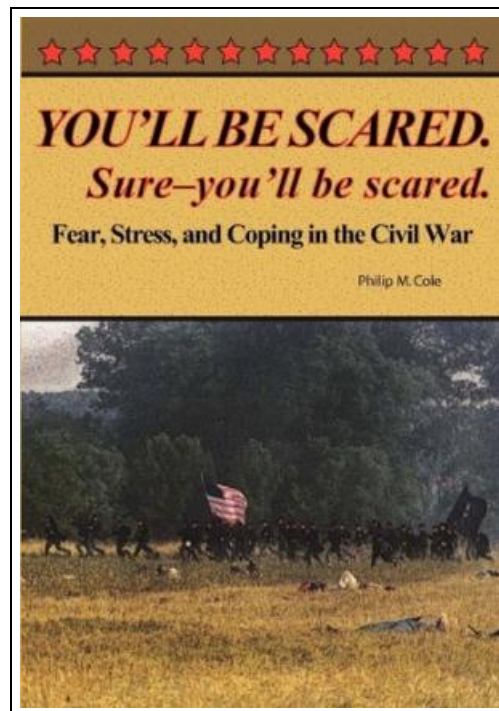


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YOULL BE SCARED. SURE-YOULL BE SCARED - FEAR, STRESS, AND COPING IN THE CIVIL WAR



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Colecraft Industries. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 9.6in. x 6.7in. x 0.4in. Fear is contagious, but so is courage. Fear-its merely a warning to the senses of potential injury or threat. It directs actions away from danger and increases the chances of survival. It grips every soldiers heart as he draws near the enemy. But before that happens, this emotion has been altered by a concoction of physical and mental stresses that affect the reaction to danger and the ability to manage fear. Stressors such as physical fatigue, lack of sleep, hunger, conflict of values, the clash between self-preservation and the obligations to duty and fellow soldiers all shape responses to actions. How did they struggle through combat yet still manage to perform Proper motivation, morale, discipline, and training all helped. Diversions aided soldiers by directing their attention away from fear. Some managed fear through denial, others by acclimation, or some simply accepted their destiny as fate. This work explores how fear and stress challenged soldiers in the Civil War and the means used to cope through their desperate situations. It includes many eyewitness accounts and observations of what soldiers experienced as they approached battlefields, engaged in combat, and the impressions stamped into their minds that lasted a lifetime. This work, likely to become quite popular, provides descriptions of every facet of fear soldiers involved in any major conflict might experience. Philip Cole dissects fear with an expertise that is hard to match. He takes an intangible emotion and breathes life into it. Fear influences our thoughts and actions frequently without our knowledge. Using this premise, he explores factors influencing fear. Additionally he describes the cause-and-effect relationship between fear and stress. Understanding these factors is extremely important in order for commanders to be effective. Weather, fatigue and lack...



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