

Re-Entry: Surviving Life After War (Paperback)

Filesize: 8.65 MB

Reviews

The best book i actually go through. It can be full of wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding. (Prof. Greg Herzog)

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RE-ENTRY: SURVIVING LIFE AFTER WAR (PAPERBACK)



iUniverse, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When author Michelle Matthews came home from war, she thought returning alive meant the worst was over. She was mistaken; surviving life after war proved to be equally challenging. Matthews returned a changed person. In Re-entry, she narrates a poignant account of the war in Iraq, its tragic aftermath, and her courageous journey to heal emotionally. Based on journal entries and e-mails sent before, during, and after her service in Iraq, this memoir provides a firsthand account of the trials and tribulations she experienced by her service and gives insight into her emotional journey. Upon her return, Matthews struggled with anxiety and depression and began overeating and abusing alcohol. She tells how she wrestled with thoughts of suicide as she found normal life overwhelming following the abnormal rhythm of war. Re-entry shows that how, through counseling, physical and recreational therapy, journaling, meditating, exercising, and support from family and friends, Matthews found herself again.

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