



Combat Trauma: A Personal Look at Long-Term Consequences

James D. Johnson

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Much has been written of the short-term experience of combat trauma. Almost nothing has been documented about how that trauma impacts individuals years after their first conflict experiences and into later life. Here, Johnson relates the stories of fifteen of his combat brothers to share with the world what their terror of four decades ago has done to them and how it affects them to this day. With candor and vivid detail, they reveal how their combat trauma symptoms still infect their thoughts, feelings, and behaviors on a daily basis. Those returning from battle now and their family and friends will find here a roadmap of what to expect from those suffering from PTSD as a result of combat. With this knowledge, today's veterans and those who love and care for them can tackle the issues and challenges so that symptoms may be minimized and addressed. Those who still carry these wounds will find that they are not alone, and that there are ways of dealing with the horror, no matter how long ago it may have been. Johnson concludes the book with resources for obtaining help and mending the spirit in the face of what can be debilitating thoughts and fears.

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