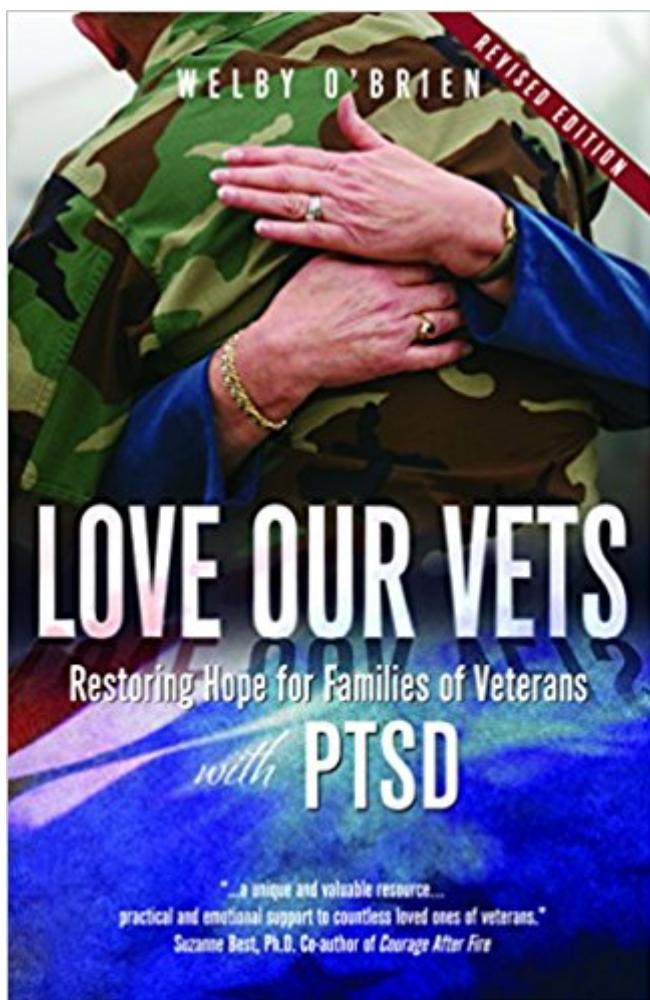


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# Love Our Vets: Restoring Hope For Families Of Veterans With PTSD: 2nd Edition



## **Synopsis**

Chances are that if your loved one has seen war, he or she has Post-traumatic Stress Disorder at some level, and you who love your veteran will also be deeply and profoundly affected. Finally, the cries and needs of the loved ones have been addressed in this comprehensive, practical book, now newly updated in its 2nd Edition! Love Our Vets answers more than 60 heartfelt questions, providing down-to-earth wisdom and much-needed tips for taking care of yourself. Sharing as a counselor and from her personal experience of living with a 100% disabled veteran with PTSD, Welby O'Brien gives hope, encouragement, and practical help for families and loved ones who are caught in the wake of the trauma. This book addresses a broad spectrum of issues and concerns and offers realistic wisdom from a wide variety of individuals who share from real hearts and lives. Now newly revised and updated with additional material, the 2nd Edition of Love Our Vets continues to be enthusiastically welcomed by VA and other counselors. This is not just another book about PTSD; rather, it is a tremendous resource for families and loved ones who struggle heroically along with their vets to face the day-to-day challenges.

## **Book Information**

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## **Customer Reviews**

Ã¢â€Å“Wow, where have you been?! A lot of the PTSD books and information do a good job of addressing the vet, but the spouse (a key figure in recovery), at least mine, feels a little left outÃ¢â€Å“in the dark, so to speak. Thank you! -Dr. Bob Lantrip, pointman outpost leader, Semper Fi Ã¢â€Å“Couldn't put this book down! Powerful. Loved the humor too. What a read! We finally

have a book that deals with the reality, courage, faith and real hope for loved ones of PTSD survivors. -Linda White, wife of a Vietnam Veteran "For those of us under the stress of being caregiver to a loved one who suffers from PTSD, Welby provides a priceless resource of strength. This insightful book offers a place to start rebuilding a spiritual foundation for our own strength and healing, and a better relationship with our PTSD loved one." - Cheryl, Mother of Afghanistan Veteran "I've picked up countless books about PTSD, thumbed through them, and thrown them down. I'm so glad to know there are REAL PEOPLE, going through some REALITY out there and I'm not alone. And there is real help and real advice. Thank you!" -Irene, loved one of PTSD Veteran "This is an amazing resource for military spouses! A lot of time the focus is on the Vet, and sometimes the caretakers and loved ones get pushed under the rug. This book is for them, for us. Great stories to help you know that you are not alone, and resources we could all use!" -Hayley Kolb "I think it's the best book I have ever read! I am very impressed!" -Rebecca McCoy

"A unique and valuable resource" practical and emotional support to countless loved ones of veterans. -Suzanne Best, PhD, co-author of *Courage After Fire* "This is the best book on PTSD and vets I've ever read. Anyone who works with vets or is related to a vet needs this book. You won't regret it. As a professor, this book is definitely at the top of my reading list on PTSD. Welby O'Brien is honest, insightful and incredibly compassionate. Gutsy and sensitive. Absolutely fantastic!" -Dr. Steve Stephens, PhD, counselor, professor and author "Love Our Vets offers insight not found in previous publications. Being a Vietnam vet diagnosed with the disorder, I can appreciate Welby's call for support from those closest to the problem. Those that love us!" -Jerry W. Keen, Command Master Chief, USN (Ret); chairman, Clark County Veterans Assistance Center "Full of real questions and real answers, with practical, authentic wisdom, this book comes out of the life and experiences of veterans' wives, partners, and all loved ones who are learning a day at a time to live and thrive in spite of PTSD." -Eric E. Mueller, PhD, Clinical Psychologist

Especially if you are married to or in a relationship with a veteran with PTSD, this book is a must. O'Brien explains PTSD in understandable terms and also offers strategies. Some of the 64 questions she addresses are: job retention, abuse vs. understanding, taking meds, sleep and communicating. O'Brien also has a section, Reflect; thoughts from others who are caregivers to vets with PTSD. It is a somewhat short book packed with wisdom and compassion. It is an easy read as

well as a reference book when difficult times pop into our lives. This book won't solve any problems but will help you enable you to take them on with more confidence and calm. And you won't feel so alone. Superb is an understatement.

This book continues to be a tremendous resource for those seeking viable information about relationships, military service resulting in Posttraumatic Stress Disorder (PTSD). Many spouses whose veteran has experienced, or continues to experience symptoms of PTSD, are able to glean from the wisdom and insight provided by Welby O'Brien. I personally have given this book away to those spouses who are struggling to understand what is going on with their veteran spouse and how best to maintain their own well-being. In today's world, these precious spouses need to have a "go-by" and this is IT! I recommend this book as a MUST READ for every spouse of an active-duty military member or a veteran with PTSD! Awesome resource and makes a great gift! - Dr. Susan Ruiz

This book was my first resource in learning about Combat PTSD as a significant other. It has been a foundation that I have built upon and it is an excellent one. I recommend starting here, as this book answers the questions you will likely have when you experience PTSD with your loved one. And trust me, Welby KNOWS what it is about as she has been going through it for decades.

Such a great resource for those who have a Veteran going through PTSD. Life as a loved one isn't easy and that could not be anymore true for those of us who are struggling with how to help someone who's returned from war. Full of information and tools that are USEFUL.

Great resource for caregivers. Don't look for medical advice here. This book is mainly to help caregivers cope with the enormous stress they deal with when living with a vet with PTSD. Helps you to open your heart to them, and feel compassion for them, so that you can better accept and have an understanding of what is behind their angry outbursts and other symptoms they deal with.

My brother, a Vietnam veteran, suffers from PTSD. I read this to understand what he's going through. Thank you for writing it, I learned a lot! I also recognized that my father, a WWII veteran, suffered from PTSD, as well. How much better life would have been for him, my mother and our family if we had understood what he was going through.

Haven't made it thru the first paragraph yet, I will try again tonight..

Good information about a subject close to my heart. Great start to learning ways help those I love and myself.

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