

Books about the War, Trauma, and PTSD

Clinical or Therapeutic:

1. Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and their Families. Keith Armstrong, L.C.S.W., Suzanne Best, Ph.D., Paula Domenici, Ph.D.. Ulysses Press; 1 edition (December 12, 2005).
2. On Combat, The Psychology and Physiology of Deadly Conflict in War and in Peace. Dave Grossman & Loren W. Christensen. Warrior Science Publications; 3rd edition (October 1, 2008).
3. Posttraumatic Stress Disorder: A Victim's Guide to Healing and Recovery. Raymond B. Flanner, Jr., Chevron Pub Corp, 2nd Edition (Feb, 2004).
4. Trauma and Recovery. Judith Herman. Basic Books; 14th printing edition (May 30, 1997).

Reporting on the War:

1. The Good Soldier. By David Finkel
2. War. By Sebastian Junger
3. Fiasco: The American Military Adventure in Iraq. By Thomas E. Ricks

Personal Narratives:

1. Ghosts of War: The True Story of a 19-Year-Old GI. By Ryan Smithson
2. Joker One: A Marine Platoon's Story of Courage, Leadership, and Brotherhood. By Donovan Campbell
3. The Unforgiving Minute: A Soldier's Education. By Craig M. Mullaney
4. Kaboom: Embracing the Suck in a Savage Little War. By Matt Gallagher

Suggested Websites

The National Center for PTSD: www.ptsd.va.gov

A comprehensive website that includes both useful and current information for today's veteran's and their families, but also for clinicians and researchers. A complete database of research articles is available on their Pilot's Databse.

www.afterdeployment.org: An online resource supporting service member, veterans and their families with common post-deployment concerns. The website provides self-care solutions targeting posttraumatic stress, depression, anger, sleep, relationship concerns, and other mental health challenges.

DVD's about the Current Conflict

1. RESTEPRO:

"This is hard, hard duty. A 15-month tour. Our admiration for these men grows. Their jobs seem beyond conceiving. I cannot imagine a civilian thinking he could perform them."

– Roger Ebert, *Chicago Sun-Times*

2. LIONESS:

"Powerful and provocative, LIONESS traces the stories of five female support soldiers who served in Iraq in various capacities mechanic, supply clerk, engineer and ultimately became the first women in American history to be sent into direct ground combat."

(Review from Amazon.com)

3. COMBAT DIARY: THE MARINES OF LIMA COMPANY (2006)

"Combat Diary makes no political statements; conservatives and liberals can read their own messages into the movie's stark, simple remembrances. But every American should watch Combat Diary and see, in the eyes of these men, what happens on the ground when a nation decides to go to war." (Review from Amazon.com)

4. ALIVE DAY MEMORIES: HOME FROM IRAQ

"Both tragic and profoundly uplifting, Alive Day Memories: Home From Iraq is a series of interviews with ten Iraq war veterans who have lost limbs, been blinded, been brain-damaged, or suffer from post-traumatic stress disorder. This documentary is only an hour long, but in that hour it unveils a range of emotion that a four-hour fictional movie could only begin to explore. The interviews, conducted by James Gandolfini (The Sopranos), capture these soldiers' resolve, their humor, their regrets, their passion for life, and much, much more" (Review from Amazon.com)

5. THE GROUND TRUTH

"Shocking and heartbreaking, The Ground Truth is an Iraq war documentary that is truly essential viewing. A story of the U.S. battle against an often-phantom insurgency, told from the perspective of ordinary Americans who found themselves participating in a daily slaughter of innocent Iraqi civilians, The Ground Truth is the view kept off American televisions since 2003." (Review from Amazon.com)

6. FRONTLINE: The Wounded Platoon

"Tells the dark tale of the men of Third Platoon, Charlie Company, 1st battalion of the 506th infantry; and how the war followed them home. It is a story of heroism, grief, vicious combat, depression, drugs, alcohol and brutal murder; an investigation into the Army's mental health services; and a powerful portrait of what multiple tours and post-traumatic stress are doing to a generation of young American soldiers." (Review from Amazon.com)