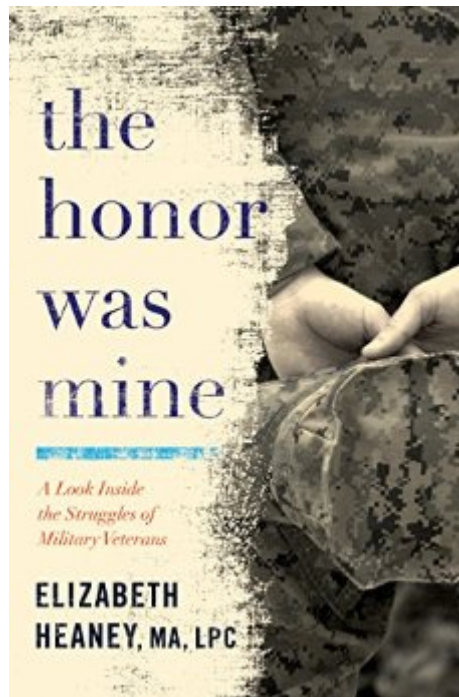


The book was found

The Honor Was Mine



Synopsis

A young combat veteran hides in his closet under a pile of clothes on bad nights. Another, home for five days, can't figure out how to talk to his wife. And a commander's spouse recounts the soul-draining effect of attending nearly one hundred memorial services. When therapist Elizabeth Heaney left her private practice to counsel military service members and their families, she came face-to-face with unheard-of struggles and fears. Emotions run deeply and often silently in the hearts of combat veterans in this eye-opening portrait of the complex, nuanced lives of service personnel, who return from battling the enemy and grapple with readjusting to civilian life. Presenting the soldiers' stories told in their own words as well as her own story of change, Heaney offers an intimate perspective, not of war itself but of its emotional aftermath. Some of these stories scrape the bone; others are hopeful, even comical. Every one reveals the sacrifices of those on the front lines and the courage, grace, and honor with which they serve.

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Customer Reviews

The prologue of this book sets a tone which should be remembered throughout the book. We see the reality of a soldier reacting to a new life after service. It honestly made me cry. In this book, the author tells her story of coming to counsel these soldiers (used as she did, a generic term to cross all branches rather than as the actual term) interspersed with short tales about people she met and spoke to. The stories are cleansed of identifying information; they still retain every drop of meaning and affect. In the interest of being completely honest, I am a relative of two service members. I am familiar with the terms that the author has to define for most readers. I understand the "family" perspective. I can identify with it. I like that the author was honest in the beginning. That she spoke of her ideas and predispositions about soldiers... That they're addicted to war... That they enjoy it. It makes the transition she goes through more moving and heartfelt. Soldiers do not crave war. They do not want to participate. They, however, do the hard job many of us cannot or will not. That should be remembered no matter a reader's personal view on war. This book handles that gap well and speaks to both sides of the war debate. Some quotes that spoke to me... "Success could be getting to know the person who came home and letting go of the person you were when you deployed." (Author) "They are expected to engage in the next task without hesitation or question - that's what soldiers do." (Author) "I don't know how to miss them so much." (Soldier) "They faced experiences many of us would never agree to face; they carried burdens that would break even the strongest among us."

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