



# Scars

*Richard Berg, CSC*

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**Scars** Richard Berg, CSC

Scars: the effects of Post Traumatic Stress on Family, Relationships and Work.

"The rapid-fire format of this work is much like an automatic weapon, but this weapon does not spit out metal rounds, it discharges love, understanding and compassion. I know from first-hand experience that survival is not won from our own efforts, it is won in collaboration with family, friends and professionals who care, and with the love of God that is always present, but not always sought out. This book will inspire those who suffer PTS and their loved ones to take the steps necessary to get better. It will also help the rest of us to better understand our responsibility for those we send off to war and who then return filled with experiences and scars that will forever shape them. I know I would have benefited from this book if I had read it after my return from Vietnam over 40 years ago. The military that teaches soldiers how to kill failed to later teach us how to live. It is good that the situation is changing for our returning warriors. Perhaps this book will cause that change to quicken even more. I hope so for the lives of those scarred by PTS. The healing process is extremely slow, is never complete, and can be painful for all involved. This book will be a source of healing for many." - John A. Riherd, First Lieutenant, U.S. Army, Vietnam, Bronze Star Medal recipient

"SCARS captures vivid emotions, events and people realistically. We hold our troops in our hearts, and our imaginations carry us along in compassion and prayer. This story gives a real picture of real people...all the stuff of their hearts, their pain and suffering, the endurance, the anger, the horror, the support team in the war zone and at home. A great read, but oh so painful and yet so hopeful." -Mary Sue Richen, M.A., Catholic Chaplain

"This multi-perspective story portrays the impact of combat on hearts and minds with painful realism. Here we learn to pray as we think of the suffering our soldiers, their families and loved ones endure under the strain and scars of war." - Paula Liddell, MSN, Senior Performance Consultant, Northwest Permanente

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#### **Debra Riggs:**

This Scars book is just not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is definitely information inside this reserve incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. That Scars without we understand teach the one who studying it become critical in thinking and analyzing. Don't be worry Scars can bring when you are and not make your bag space or bookshelves' turn into full because you can have it in the lovely laptop even telephone. This Scars having good arrangement in word in addition to layout, so you will not truly feel uninterested in reading.

#### **James Rohrbach:**

Playing with family within a park, coming to see the ocean world or hanging out with friends is thing that usually you may have done when you have spare time, and then why you don't try issue that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Scars, you can enjoy both. It is great combination right, you still would like to miss it? What kind of hangout type is it? Oh come on its mind hangout guys. What? Still don't understand it, oh come on its known as reading friends.

#### **Regina Hash:**

This Scars is great guide for you because the content which is full of information for you who also always deal with world and possess to make decision every minute. This kind of book reveal it information accurately using great coordinate word or we can claim no rambling sentences within it. So if you are read the item hurriedly you can have whole facts in it. Doesn't mean it only gives you straight forward sentences but hard core information with wonderful delivering sentences. Having Scars in your hand like obtaining the world in your arm, facts in it is not ridiculous one. We can say that no book that offer you world inside ten or fifteen moment right but this e-book already do that. So , this can be good reading book. Hello Mr. and Mrs. hectic do you still doubt that will?

#### **Kristi Rowden:**

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