



# **Among the Walking Wounded: Soldiers, Survival, and PTSD**

*Colonel John Conrad*

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# Among the Walking Wounded: Soldiers, Survival, and PTSD

*Colonel John Conrad*

**Among the Walking Wounded: Soldiers, Survival, and PTSD** Colonel John Conrad

**A gripping account of PTSD, and a stark reminder that, for many, wars go on long after the last shot is fired.**

In the shadows of army life is a world where friends become monsters, where kindness twists into assault, and where self-loathing and despair become constant companions. Whether you know it by old names like “soldier’s heart,” “shell shock,” or “combat fatigue,” post-traumatic stress disorder has left deep and silent wounds throughout history in the ranks of fighting forces.

*Among the Walking Wounded* tells one veteran’s experience of PTSD through an intimate personal account, as visceral as it is blunt. In a courageous story of descent and triumph, it tackles the stigma of PTSD head-on and brings an enduring message of struggle and hope for wounded Canadian veterans. This book is a must-read for anyone who cares about Canadian veterans and the dark war they face long after their combat service is ended.

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