



# MILITARY WRITERS SOCIETY OF AMERICA

April 30, 2006

David W. Powell,

Thank you for the opportunity to review your memoir. The following is your official review from Military Writers Society of America (MWSA)

## ***My Tour In Hell***

Author: David W. Powell

Publisher: Loving Healing Press

Reviewer: Bill McDonald – President of the MWSA

### ***A Vietnam Veteran's Battle with PTSD – A Success Story!***

Author David W. Powell was a U.S. Marine enlisted man who saw his share of combat in Vietnam around the same time period that I did in late 1966 - 67. He writes a moving chronicle of his experiences there and his subsequent return back to civilian life in his book "My Tour In Hell – A Marine's Battle with Combat Trauma."

The story of his life is at times, hard hitting, sad, remorseful, angry and lonely. But always hidden in the fabric of his tale, you will find hope. He may have been traumatized by battles and war and much worse – but he continues to move forward looking for his life's purpose. He doesn't give up when others may have thrown in the towel. His story is about a man who had his compassion and faith almost destroyed by events beyond his control. His reactions lead to self-destructive behaviors as he tried to self-medicate his feelings, fears and depression with booze and activity.

There is an inner spiritual hunger that Powell had, and still has, that keeps him pushing onward with his life in spite of how he was feeling, or being treated by the world around him. You can feel his heart reaching out to be "hugged" and appreciated. He seems to find rejection, lack of compassion in others and very little understanding of what he went through and was feeling. That is why his struggles for loving acceptance and for inner peace strike the reader so powerfully.

I could feel his pain and know how he felt with the homecoming reception he got when he returned. I think almost every Vietnam veteran can identify with the massive social rejection we received. That was the worse part for us young men coming home. I think we could have lived without parades but most of us did not even get loving hugs from our own families. No one wanted to listen to our stories about what happened to us. And no one ever asked how we really felt emotionally. I think Powell's book speaks not only for his own personal life experiences, but they also speak out for a generation of warriors like him. His voice needs to be heard and responded to before we lose another generation of veterans coming home from wars in the Middle East.

This book should be required reading by all those who were around in the 1960's and 1970's that fully understand the sacrifices that these American heroes gave so bravely of themselves. Those peace marching heroes of the "hippie generation" will never be able to walk in their shadow. These men were America's best! So on behalf of all veterans, I say to the author and the others who served, "Welcome Home!"

This book is highly recommended for those who are personally dealing with any combat trauma (PTSD) and for their families and friends so they can achieve some level of real understanding and compassion for what it means. This book is well written. The author writes in a style that makes it both easy to read and understand. He tells his story in a brutally honest manner – even when it does not shine a good light on his own actions or thoughts. His book will change lives and will bring some veterans in for help.

This book is highly recommended and is given *The Military Writer's Society of America's* **Highest Book Rating of FIVE STARS!**

This book also receives my *personal endorsement*. Buy it. Read it. Then share it with those who need assistance in finding their way home!