

Moving a Nation to Care:

Post-Traumatic Stress Disorder and America's Returning Troops

Once called shell shock or combat fatigue, post-traumatic stress disorder, or PTSD, in our returning combat forces is among the most catastrophic of issues confronting our nation today. Yet, despite the fact that nearly 20-30 percent of the over half million troops that have left the military since 2003 have been diagnosed with conditions such as PTSD, and that many who suffer symptoms are unlikely to seek help because of the stigma -- even reprisals -- attached to coming forward, our government's silence and sluggish response has been deafening and deadly.

Moving A Nation to Care: Post-Traumatic Stress Disorder and America's Returning Troops is a grassroots call to action designed to break the shameful silence and stigma and put the issue of supporting the successful reintegration of our returning troops front and center before the American public. In addition to presenting interviews with Iraq and Afghanistan veterans and military family members directly feeling the effects of post-deployment stressors (through hypervigilance, anxiety, anger, avoidance and even suicide), this book is the most comprehensive resource to date for concerned citizens who wish to understand the complex political, social and health-related issues of PTSD, with an eye toward "moving our nation to care" to do what is necessary to help our fighting men and women achieve a successful transition to civilian life.

Ilona Meagher is editor of the online journal PTSD Combat: Winning the War Within and initial spark of the ePluribus Media PTSD Timeline, a comprehensive database of OEF/OIF PTSD-related incidents. Her work has received the attention of FOX News, USA Today, Tacoma News-Tribune, St. Petersburg Times, Greensboro News-Record, The Raw Story, Think Progress, Veterans for America, Iraq and Afghanistan Veterans of America and others. See <http://ptsdcombat.blogspot.com>

Penny Coleman is author of Flashback: Posttraumatic Stress Disorder, Suicide, and the Lessons of War.

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"This is an astonishing achievement. By exposing yet another tragic outcome of the War in Iraq, Meagher displays the best kind of troop support. Her commitment to factual reporting, coupled with her affection for the humanity of the soldiers, exposes what will very likely be a national public health crisis." -- **Author Trish Wood**, *What Was Asked of Us: An Oral History of the Iraq War by the Soldiers Who Fought It*

"Meagher has written an informative and tremendously powerful work. Highly recommended." -- **Journalist Mark Boal**, *Playboy Magazine*

"Ilona Meagher is a powerful advocate for American combat veterans of all generations. With mental health issues facing hundreds of thousands of returning Iraq and Afghanistan veterans, *Moving a Nation to Care* brings desperately needed attention to the devastating hidden costs of war. Anyone who wants to "support the troops" should read this important book." -- **Paul Rieckhoff**, author of *Chasing Ghosts* and executive director of Iraq and Afghanistan Veterans of America (IAVA)

