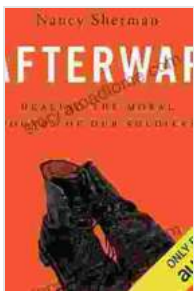


Afterwar: Healing the Moral Wounds of Our Soldiers

War is a profoundly traumatic experience. Soldiers who have seen combat often return home with serious psychological and emotional wounds. These wounds can be just as debilitating as physical injuries, and they can have a lasting impact on a soldier's life.



Afterwar: Healing the Moral Wounds of Our Soldiers

by Nancy Sherman

★★★★☆ 4.5 out of 5

Language : English
File size : 1986 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 234 pages
Lending : Enabled



One of the most common moral wounds suffered by soldiers is the feeling of guilt. Soldiers may feel guilty about killing enemy combatants, even if they know that they were acting in self-defense. They may also feel guilty about failing to prevent the deaths of their comrades.

Another common moral wound is the feeling of shame. Soldiers may feel ashamed of their actions in war, even if they were justified. They may also feel ashamed of their inability to live up to their own ideals.

Moral wounds can have a devastating impact on a soldier's life. They can lead to depression, anxiety, substance abuse, and relationship problems. They can also make it difficult for soldiers to reintegrate into civilian life.

There is no easy way to heal moral wounds. However, there are a number of things that can help. Therapy can be helpful for soldiers who are struggling with moral injuries. Support groups can also provide a safe space for soldiers to talk about their experiences and connect with others who understand what they have been through.

Time can also help to heal moral wounds. As soldiers distance themselves from the horrors of war, they may begin to find peace and healing.

Afterwar is a groundbreaking book that explores the moral wounds suffered by soldiers in war and offers a path to healing. Written by a combat veteran and renowned psychologist, *Afterwar* provides a unique and deeply personal perspective on the psychological and emotional toll of war.

Afterwar is an essential read for anyone who wants to understand the challenges faced by our veterans. It is also a powerful and inspiring story of hope and healing.

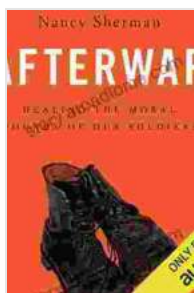
Praise for *Afterwar*:

"*Afterwar* is a must-read for anyone who wants to understand the challenges faced by our veterans. It is a powerful and inspiring story of hope and healing." - **General David Petraeus**

"*Afterwar* is a groundbreaking book that offers a unique and deeply personal perspective on the psychological and emotional toll of war. It is an

essential read for anyone who wants to understand the challenges faced by our veterans." - **Dr. Bessel van der Kolk**

"Afterwar is a powerful and moving account of the moral wounds suffered by soldiers in war. It is a must-read for anyone who wants to understand the challenges faced by our veterans and their families." - **Senator Elizabeth Warren**



Afterwar: Healing the Moral Wounds of Our Soldiers

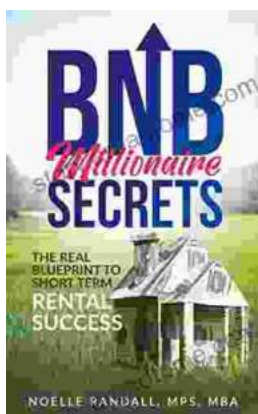
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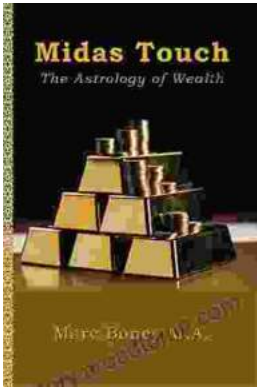
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