

# SOULS UNDER SIEGE

The Effects of Multiple Troop Deployments -  
and How to Weather the Storm

Bridget C. Cantrell, Ph.D.

Read by Ray Porter

Everyone is looking for a quick fix for the current war—to win it, fight it, or end it! In the meantime, the resiliency of the dedicated men and women serving our country has been stretched thin by another concern—the “siege of their souls” as they go through the revolving door of seemingly endless combat tours.

The most voracious enemy for today’s troops and their families is time, attrition, and unpreparedness. These elements continue to eat away at every level of their lives. It is all in the makeup of living under siege, and those under siege need to find ways to hold their ground as long as the war lasts. They need to prepare well in advance for the inevitability of multiple deployments.

It has been confirmed that warriors on their third and fourth tours of duty have much greater rates of mental health challenges than those on their first or second deployments. Time, and the wear and tear, has become a daunting enemy.

For the families—the weight of these deployments is magnified when they are ill-prepared for the tremendous emotional change and upheaval that may develop from these circumstances.

Dr. Bridget C. Cantrell, Ph.D. is the author of *Down Range to Iraq and Back* and *Once a Warrior: Wired For Life* and she now brings you *Souls under Siege: The Effects of Multiple Troop Deployments—and How to Weather the Storm*. It is a book that will help us all find ways to support and tend to those living with the pressures of multiple deployments.

Its’ thrust is to not only expand awareness of the issues involved, but to also outline sensible tools for finding relief in these trying times.

*Souls under Siege* is not a book to sit idle on your shelf. It will become a useful guide to be used over and over again.



Running Time: Approx. 4 Hours • Unabridged

© 2011 Bridget C. Cantrell © 2011 Hearts Toward Home International.  
All rights reserved. [www.heartstorwardhome.com](http://www.heartstorwardhome.com)

PLAYAWAY®

Playaway is a better listening experience combining an easy-to-use player with an entire audiobook.

[WWW.PLAYAWAY.COM](http://WWW.PLAYAWAY.COM)  
© 2011 Playaway. Patented. All rights reserved.  
Designed in Ohio. Made in China.



LIGHT

PLAYAWAY®

SOULS UNDER SIEGE  
The Effects of Multiple Troop Deployments -  
and How to Weather the Storm  
Bridget C. Cantrell, Ph.D.



PLAYAWAY®  
THE ALL-IN-ONE AUDIOBOOK

