

# The Blue Cascade

Mike Scotti

READ BY THE AUTHOR

As one of the Marines on the front lines of Operation Iraqi Freedom and Operation Enduring Freedom (Afghanistan), Lieutenant Mike Scotti was taught that weakness is what gets you killed; never hesitate; focus your energies on your objective; and complete the mission. Upon returning from war, Scotti approached his new life the same way. He charged ahead toward his goal of getting an MBA, securing a high-paying finance job, and retiring young and rich. However, he was also ignoring the creeping depression and cascading numbness that were eating him away inside, and scenes of drunken emotion and raging violence were becoming more and more frequent. Years after returning from active combat, he eventually found himself contemplating suicide.

Through a series of powerful events, Scotti was ultimately able to find a path to healing and begin his journey back to life, finally emerging with the following wisdom for fellow sufferers of post-traumatic stress: *It's OK if you are not OK.*

**MIKE SCOTTI** is the subject, coproducer, and narrator of *Severe Clear*, the critically acclaimed, award-winning documentary film created from the extensive footage he shot with a video camera kept around his neck while serving in Iraq. Scotti is a CNN op-ed contributor, has been profiled in the *New York Times* and interviewed by BBC World Service, *Newsweek*, and NPR, and has appeared on *Last Call with Carson Daly*, among other media outlets. He founded the NYU Stern Military Veterans Club, serves on the board of directors for ReserveAid, and speaks to veterans' groups around the country.



Running Time: Approx. 8.5 Hours • Unabridged

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Mike Scotti



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