

ONCE A WARRIOR—ALWAYS A WARRIOR

CHARLES W. HOGE, M.D.,
Colonel, U.S. Army (Ret.)

READ BY JOHN PRUDEN

"Once a Warrior—Always a Warrior is a vital handbook for every leader, and it is a survival book for warriors-come-home."

—NATE SELF, author of *Two Wars*

Being back home can be as difficult, if not more so, than the time spent serving in a combat zone. It's with this truth that Colonel Charles W. Hoge, M.D., a leading advocate for eliminating the stigma of mental health care, presents *Once a Warrior—Always a Warrior*, a groundbreaking resource with essential new insights for anyone who has ever returned home from a war zone.

In clear, practical language, Dr. Hoge explores the latest knowledge in combat stress, PTSD (post-traumatic stress disorder), mTBI (mild traumatic brain injury), other physiological reactions to war, and their treatment options. Recognizing that warriors and family members both change during deployment, he helps them better understand each other's experience, especially living with enduring survival skills from the combat environment that are often viewed as "symptoms" back home. The heart of this book focuses on what's necessary to successfully navigate the transition—"LANDNAV" for the home front. *Once a Warrior—Always a Warrior* shows how a warrior's knowledge and skills are vital for living at peace in an insane world.

Charles W. Hoge, M.D., is former director of the top U.S. research program at Walter Reed Army Institute of Research on the psychological and neurological consequences of the Iraq and Afghanistan wars. Dr. Hoge has appeared on a number of radio and television programs, including *The Paula Zahn Show* and *Talk of the Nation*.

John Pruden is a professional voice actor who has recorded numerous audiobooks, as well as radio and television commercials. His titles include the *Washington Post* Best Audiobook *The Killing of Crazy Horse* by Thomas Powers and *Pearl Harbor* by Steven M. Gillon.



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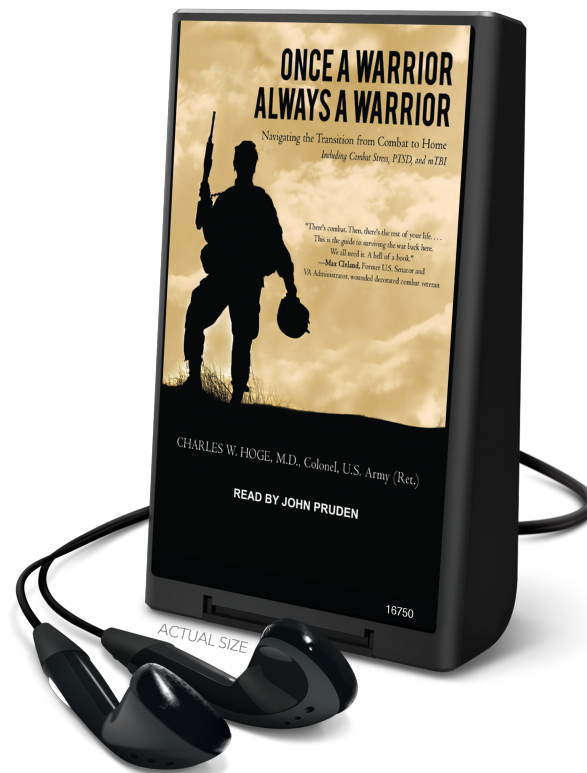
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