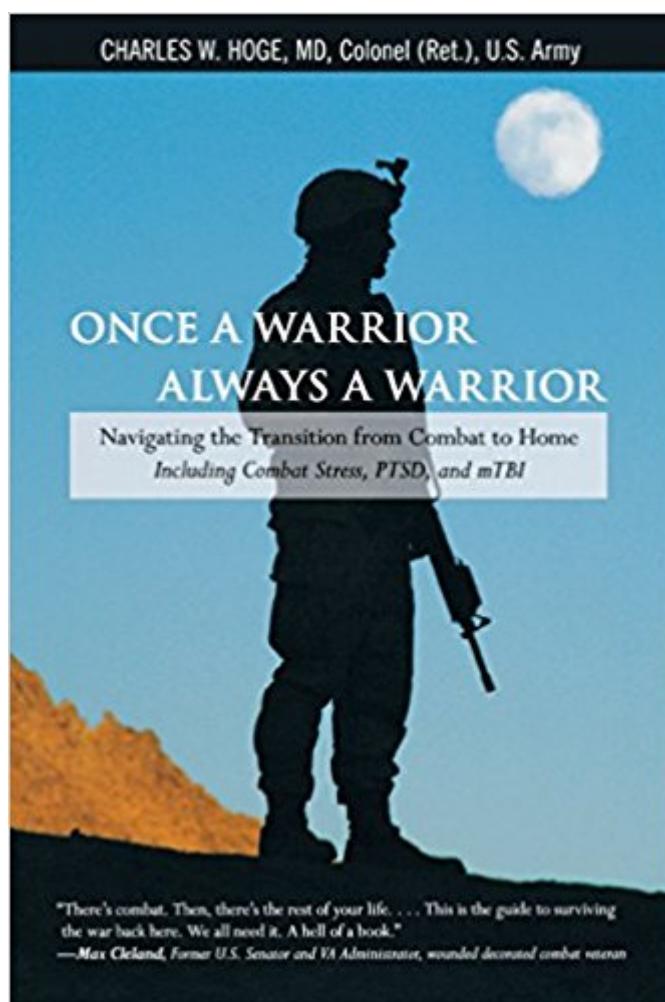


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# Once A Warrior--Always A Warrior: Navigating The Transition From Combat To Home--Including Combat Stress, Ptsd, And Mtbi



## Synopsis

The essential handbook for anyone who has ever returned from a war zone, and their spouse, partner, or family members. 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, MD, 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.

## Book Information

Paperback: 328 pages

Publisher: Lyons Press; 1 edition (February 23, 2010)

Language: English

ISBN-10: 0762754427

ISBN-13: 978-0762754427

Product Dimensions: 1 x 6 x 8.8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 119 customer reviews

Best Sellers Rank: #78,418 in Books (See Top 100 in Books) #88 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #203 in Books > Medical Books > Psychology > Neuropsychology #254 in Books > Health, Fitness & Dieting > Psychology & Counseling > Neuropsychology

## Customer Reviews

“Returning veterans who are affected by PTSD, traumatic brain injury (TBI), combat stress, and other war-related reactions will find both compassion and the resources needed to understand and get needed help for these troubling, and often disabling, conditions.”

Ã¢ ª ForeWord Magazine Ã¢ ª "There's combat. Then, there's the rest of your life. We need survival skills for each battle zone. This is the guide to surviving the war back here. We all need it. A hell of a book. The lucky get it."Ã¢ ª Max Cleland, former United States Senator from Georgia, former Administrator of the Veterans Administration, decorated wounded combat veteran of the Vietnam War "I've never met a mental health professional who 'gets it' as well as Colonel Charles Hoge. He's done the research, he's been shoulder-to-shoulder with warriors, and he's woven it together in language that is real and resonant. Once a WarriorÃ¢ ª Always a Warrior is a vital handbook for every leader, and it is a survival book for warriors-come-home."Ã¢ ª Nate Self, former Army Ranger Captain, author of Two Wars: One Hero's Fight on Two FrontsÃ¢ ª Abroad and Within Ã¢ ª "John Denver's lyrics about coming home to a place you've never been before sums up this book. A brilliant guide, and very much needed now."Ã¢ ª Gordon R. Roberts, Medal of Honor recipient Ã¢ ª "Of all the victimizing crap out there regarding what real warriors experience in battle, Dr. Hoge's deeply researched work stands a breed apart from anything in this genre. He has simply written the best, most comprehensive study of not only what those at the tip of spear have endured, but what they can expect to go through as they confront the realities of combat. Just as every warrior should drink water and clean their rifle in battle, every returning veteran should pack this book as they continue their journey home."Ã¢ ª Staff Sergeant David Bellavia, author of Ã¢ ª "House to House: An Epic Memoir of War"Ã¢ ª "Once a WarriorÃ¢ ª Always a Warrior provides a uniquely valuable addition to the subject of Post Traumatic Stress in the military population because it comes from a Soldier and a mental health professional who has years of real world, hands-on experience helping our warriors deal with these issues. Dr. Hoge possesses the rare gift of being able to translate the science from published research into the language of the warrior. As valuable as this book is for warriors coping with experiences that in many instances are normal responses to abnormal circumstances, it should also be required reading for mental health professionals to whom our warriors turn for assistance. It will help them strike the right chord with those they serve, even if they have not walked in their boots. Finally, it's a book for the warrior's family. It will help them to understand, participate in, and facilitate the warrior's journey, and realize that it can be a journey of growth."Ã¢ ª James B. Peake, M.D., Former Secretary of Veteran Affairs (2007-2009), 40th Surgeon General of the U.S. Army, decorated combat veteran Ã¢ ª "Dr Hoge has served his nation well by compiling a user friendly guide to issues this generation faces in the long wars of Iraq and Afghanistan. Written in a language warriors can understand he takes complex issues and delivers practical advice, tips and strategies that are the antidote to suffering. Ultimately no matter the experience, the warrior must

decide which path they will choose. They can go down a negative path that leads to dysfunction and suffering or they can chose to own their experience, rather than being owned by it. This book and the skills within it can serve as a first step in a journey toward resilience and positive growth. *Steve Robinson, SFC (Retired), Army Ranger, Veteran Advocate*

Dr. Hoge explains cutting edge medical discoveries in plain English, and describes the psychological and physiological mechanisms underlying post-deployment transition challenges. In essence, he tells us two things: there are good reasons why it is hard to adjust to “normal” life after combat, and understanding those reasons empowers us and makes us more likely to succeed at adjusting and integrating combat experiences into a healthy psychological and emotional life. This understanding is essential for our growing ranks of combat veterans and their loved ones, mental health professionals, policy makers, and concerned citizens, and this book is the way to get it. *Gabriel Ledeen, Former Captain, U.S. Marine Corps, 2-tour Iraq Combat Veteran, Senior Fellow, Vets For Freedom*

Dr. Charles Hoge has provided those who defend us a road map for treatment and support of their unseen wounds. The burden is heavy among those returning from deployment and the system they must navigate is complex. Barriers jump up at many points along the way. Our warriors are provided with the very best guidance on the battlefield so they may find their way to safety and victory; Dr. Hoge has provided our returning warriors guidance for gaining victory over the pain within. *Dan G. Blazer, MD, PhD, JP Gibbons Professor of Psychiatry and Behavioral Sciences, Duke University Medical Center*

“Once a Warrior” is the answer to the question “Where can I get great advice to help me adjust to returning home? Charles Hoge shares his experience as a soldier and his wealth of knowledge as a physician and mental health expert with the aim of easing the transition from the battleground to civilian life. The book is fact-filled, authoritative, and immensely practical. It is a must read for returning military personnel, their families and friends, and anyone who provides care to active duty personnel and veterans. *Murray B. Stein MD, MPH, Professor of Psychiatry and Family & Preventive Medicine, University of California San Diego; Staff Psychiatrist, VA San Diego Healthcare System; Volunteer Staff Psychiatrist, Naval Medical Center San Diego*

“Finally, a respected military leader and mental health professional brings a no-bullshit, common-sense approach to the discussions on combat stress, resilience and warrior adaptations. Colonel Hoge’s integrity and deep commitment to supporting America’s service members are clearly expressed in this book. It is an excellent starting point for anyone who wants to understand and navigate their own adaptations to operational stress and adversity, or those of the people they care about. This is

a great resource for warriors of all backgrounds and generations.Ã¢â€¢Ã¢â€¢Dan Taslitz, former Reconnaissance Marine, Iraq combat veteran.

Col. Charles W. Hoge, M.D., Colonel U.S. Army (Retired), served as Director, Division of Psychiatry and Neuroscience at Walter Reed Army Institute of Research from November 2004 until his retirement in summer 2009. Since 2000, Colonel Hoge has directed a comprehensive research program at the Walter Reed Army Institute of Research (WRAIR) focused on mitigating the mental health impact of the current wars in Iraq and Afghanistan. His program has been responsible for the Mental Health Advisory Team (MHAT) assessments in Iraq and Afghanistan, research that led to the DoD Post-Deployment Health Reassessment Program, and the development of novel educational efforts to reduce stigma and promote psychological health after deployment, including Battlemind Training. In addition, he maintains a clinical practice caring for soldiers and family members with war-related mental health conditions. Col. Hoge is also a national spokesperson for the Department of Defense (DoD) on war-related mental health issues and traumatic brain injury. He has been interviewed on hundreds of occasions by major news organizations on camera, radio, or in print, including NBC, CBS, ABC, CNN, C-SPAN, NPR, Reuters, AP News, New York Times, Washington Post, USA Today, Newsweek, and numerous others, including the Diane Rehm Show, the Paula Zahn Show, and the Dr. Oz Show. He has published over 90 peer-reviewed articles, letters, and chapters. His most widely cited articles pertain to the mental health impact of the wars in Iraq and Afghanistan and to mild traumatic brain injury among U.S. troops returning from Iraq. He is the recipient of numerous awards in his field, including the U.S. Army Achievement Medal for Psychiatric Research; the U.S. Army Commendation Medal for selection as finalist for Bailey K. Ashford Research Award, Walter Reed Medical Center; the Iraq Campaign Medal, OIF-2, Mental Health Advisory Team Member; the U.S. Army Meritorious Service Medal for General Officer Mental Health Summit, and, in 2006, the U.S. Army Medical Research and Materiel Command Combat Casualty Care Program Award for Excellence in research to support the mental health of deployed forces.

We are beyond reading this at our house. We usually have 2 or 3 copies at home and frequently give them to Soldiers around us we know could benefit from this one. Writing is well done and presented in a way that makes it easy to follow...or easy to skip around to the content you need. Very happy with this book. Thanks, Dr. Hogue!

It is true , as the title says , Once a Warrior Always a Warrior . Military service changes you for the rest of your life IMO . It is a unique form of a University-one where you learn strengths and skills you never thought you had-like jumping out of airplane or finding your way through the jungle with a map and compass . Warriors , male and female , do not lose those strengths and confidence as life goes on . The military made me better as a civilian because I had more confidence in my ability to see things through . Also , they brought out teamwork and perseverance that I didn't know I had . But this is about COL Hoge's book . I met him at a Vets conference in Ft Lauderdale and he explained why he choose his title in spite of opposition from the Publisher . It's just true he said , and most importantly for the therapist caring for veterans , we will fall back on those old skills from active duty to help us pull through the most difficult times . Most Americans ,71 % say they have a disconnect with the military and its lifestyle > Col Hoge served in Iraq and has first hand knowledge of what PTSD is all about . He is also an experienced psychiatrist who knows his patients . He gives several practical treatment guidelines that will benefit those who know little about military service but wish to serve those who have borne 13 years of constant battle . He says that the skills you learned in becoming a warrior will be a strength in helping you find your warrior find their way Home .

A great resource for every combat veteran, regardless of how long you've been back. I really appreciated the discussion of the permanent physiological changes to the brain and how the learned survival skills are a normal response for those in long sustained combat operations, as well as what we need to do to be more aware of the physiological factors that influence our responses. The author provides effective methods of how to manage it by dialing it up or down according to the situation and better cope with the very different world we came "home" to. We can't undo what's been done, but this book provides a better understanding of how to live a better life by managing it more effectively. This book is more clinical in nature than other books I have read, which really helps explain what's really going on and what helps and what methods of coping we gravitated to actually worsens the condition. A must read for love ones so they aren't left in the dark and what they can do to help rather than worsen the situation. Too bad this book wasn't available when we returned. Probably wouldn't have prevented an inevitable train wreck divorce, but it absolutely would have helped me immensely in better dealing with it and in my understanding of the heightened feelings of betrayal, as well as reduce the short term impact of it on my kids. I believe it would also have helped me in not feeling like a ghost walking in the land of the living for far too long. For those looking to go down the path of healing, to learn to live again, to be happy, to trust, to love again, this book is a invaluable resource. Good luck and God Bless those who served their country!

As a volunteer therapist for The Soldiers Project, I have recently begun working with warriors returning from Iraq and Afghanistan. This book was invaluable in helping me to understand military culture, combat related PTSD and mTBI, and the struggles faced by these brave men and women as they navigate their journey home. It is also an excellent "handbook" for the soldiers themselves and can be used to assist them in this process whether they are in therapy or not. The section devoted to family members and their role in the healing process as well as information on how to cope with their own changing roles in the family and the life of the soldier is insightful and informative. This book pulls no punches. The approach is honest and straightforward; one that can be understood and appreciated by therapists, soldiers, families and all those whose lives have been touched by a warrior.

This is an outstanding work. The whole idea of ptsd is fraught with myth and nonsense but with the vast numbers of returning veterans from Iraq first and now Afghanistan, most with multiple tours, there is an avalanche poised to fall in every country that contributes troops to that sorry exercise. This book is timely, because at the end of the day, in my experience as a Vietnam vet, the burden of coping with the trauma post deployment falls on the veteran. The author has had the experience and he understands the problems we face clearly. The book is a great guide and source of critical information. Networks of other vets and professional help all have to be part of the mix, but recovery or adaptation are an inside job. The book also offers insight and guidance to the other half of the equation those to whom the veteran returns. It should be handed out as part of the readjustment package provided to all returning veterans

This book has a lot of different information covering a lot of complex areas that we as combat veterans can use to better our lives when we have returned from a deployment. It also helps those who are closest to us to better relate to, and help work with us without having to walk on eggshells. There is also a part in this book that will help the veteran to deal with returning to their family which I think is totally awesome . I strongly recommend this book to any and all combat veterans, spouses, loved ones, Etc to help them get past the difficulty of a combat veteran returning home. Awesome book filled with lots of information.

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