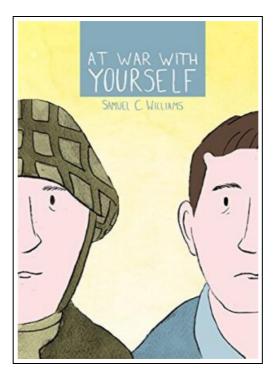
# At War with Yourself: A Comic about Post-Traumatic Stress and the Military (Paperback)



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## Reviews

This is actually the finest ebook we have go through until now. It is writter in straightforward words and phrases instead of difficult to understand. Its been designed in an remarkably straightforward way and is particularly just following i finished reading through this book by which basically changed me, change the way in my opinion.

(Gillian Wisoky)

# AT WAR WITH YOURSELF: A COMIC ABOUT POST-TRAUMATIC STRESS AND THE MILITARY (PAPERBACK)



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JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2016. Paperback. Condition: New. Language: English. Brand New Book. I had the idea to make a comic about your experience of PTSD. I d like to understand more about it and I think it could help other people too. In this illustrated conversation between Samuel C. Williams and his friend, Matt, they talk candidly about Matt s struggles with post-traumatic stress disorder. From scoping out quick exits in coffee shops to re-experiencing traumatic events through triggers as seemingly insignificant as a sound or smell, Matt describes his unique experiences of the condition, how he has learnt to cope with it, and his new career path. This comic will offer support and understanding to anyone who has been affected by PTSD no matter what the cause.

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