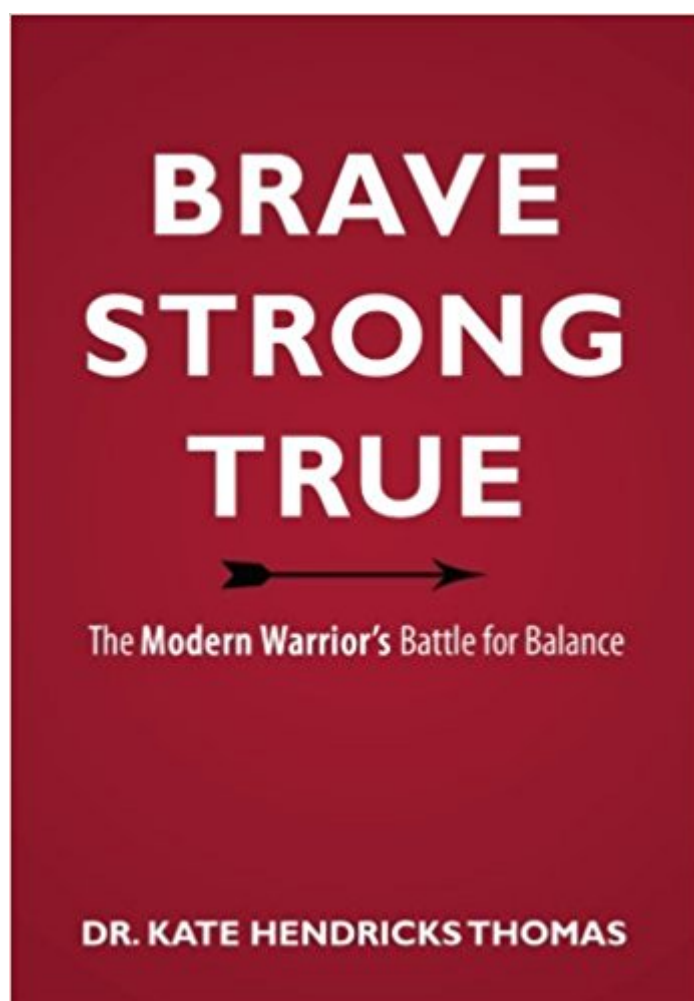


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BRAVE, STRONG, AND TRUE: THE MODERN WARRIOR'S BATTLE FOR BALANCE



Synopsis

Brave, Strong, True: The Modern Warrior's Battle for Balance is a practical call to health for America's modern military warriors and those who support them. Right now, what we hear repeatedly about veterans' mental health isn't always positive and is often far from accurate. With a unique blend of personal narratives and current research, author Dr. Kate Hendricks Thomas explores this question: what if we could train America's service members to success in mental battles as we do in physical ones? This book unpacks the possibility of mental fitness training programs that bulletproof the psyche and shift the paradigm from treatment to resilience. In an accessible and inspiring way, this Marine-turned-PhD outlines clear strategies - including social support, self care, and spiritual practice - for readers to meet the challenge of living purposeful lives. Her research offers a wealth of knowledge and practical guidance for veterans, their family members, military commands, mental health professionals, and everyday citizens who identify with the title "warrior." Resilience can be trained and cultivated in all of us.

Book Information

Paperback: 170 pages

Publisher: Innovo Publishing Llc (November 2, 2015)

Language: English

ISBN-10: 1613143095

ISBN-13: 978-1613143094

Product Dimensions: 5.8 x 0.4 x 8.4 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 25 customer reviews

Best Sellers Rank: #900,035 in Books (See Top 100 in Books) #138 in Books > Parenting & Relationships > Family Relationships > Military Families #2214 in Books > Self-Help > Stress Management #16805 in Books > Health, Fitness & Dieting > Mental Health

Customer Reviews

"Dr. Kate Hendricks Thomas has not written another lament about the problems facing our veterans after more than a decade of war. Instead, this is a reminder that veterans are resilient - and assets to the nation who will strengthen our communities in the years ahead." - Mike Erwin, Founder and Chairman of Team Red, White, and Blue; CEO of Quiet Leadership Institute
"Combining the latest research on military mental health with deft, authentic storytelling, Kate Hendricks Thomas invites us to think critically about how we typically discuss healing for veterans. She has written a call to

action that is both smart and brave." - Harold G. Koenig, M.D., Professor of Psychiatry & Behavioral Sciences & Associate Professor of Medicine and Director, of the Center for Spirituality, Theology and Health at Duke University Medical Center"Kate Hendricks Thomas has a rare gift of being able to blend poignant narratives with scholarly research in a way that brings both the narratives and science to life. She offers a wise, compassionate, and generous voice to the complexities of transitioning home from combat, warrior culture, neurobiology, stigma, balance, and faith." - Charles. W. Hoge, MD, Colonel (Ret.), U.S. Army, author of *Once a Warrior, Always a Warrior*

Dr. Kate Hendricks Thomas is a behavioral health researcher and an assistant professor of Health Promotion at Charleston Southern University. She is a veteran of the Marine Corps.

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In an age of seemingly unending war, this is a timely book which offers a valuable conceptual framework for warriors seeking an enduring means of meeting their mission while leading a balanced and fruitful life. These "warriors" are not military or first responders alone; they could be any of us who have dealt with chronic loads of workplace stress and who desperately seek ways to repair and refine the machinery we use to process such psychological, physical, and spiritual burdens. The author blends a broad understanding of the academics of resilience training with a deeply personal and authentic narrative style. Dr. Thomas' background as a Marine Officer, physical trainer, wellness specialist, and academic give this book a multidimensional quality that I've not seen in other works on the subject. *Brave, Strong, and True* is well worth your time if you are in the business of leading warriors of any type on modern battlefields, from Third World back streets to First World boardrooms. It's also a refreshing point of departure for military veterans who may desire resilience methods that eschew the block and tackle approach favored by military leadership or the "hold this flower and smile" methods of many in the burgeoning wellness industry. Of note: this book offers a few specific solutions, methods, and exercises for building warrior resilience, but it is not a programmatic book. It's more foundational work for beginning one's wellness journey, and a series of guideposts for the resilient warrior.

I always have doubts when reaching for books that attempt to present psychological struggles of military personnel. As a former soldier myself, I often find them oversimplifying reality, superficial, and at times, a little insulting. This book is exactly the opposite. It is a painfully truthful personal story that many soldiers can identify with, I know I do. It clearly explains how the same values and

traits we are so proud of - strength, "embracing the suck," and holding on no matter what, can become our biggest problems. Great, GREAT book for both military and civilians.

This is an excellent, informed, and important work. Dr. Kate Hendricks Thomas offers a pro-active solution by way of teaching resilience to active duty military before they transition out of the service. She identifies the issues, having lived them first hand, and has the research to support a simple and effective plan to save lives. I was also drawn to the concept of being able to remove the D from PTSD - it helps to know sometimes that you may not have a permanent diagnosis or disorder, a label that then colors your ability to hope, but that you may instead have a temporary event from which you can recover and go onto a healthy and enjoyable and normal life. My take-away is that the author is not promising yet more bandaids but is offering to get to the root of the issues surrounding veteran suicides and other very real challenges veterans face through researched and proven concepts that can be taught to support mental health, not illness. Brave, Strong, and True is an excellent read and a must if you care about our military and our veterans.

A good read for all military leaders, military family members and service supporters. Backed by academic study and her personal experiences as a US Marine, Dr. Hendricks addresses the pandemic of mental health issues facing active duty and veterans alike. Her approach to treatment and prevention is holistic, based in common sense and is executable. BLUF: prepare our service members for the stress they will deal with when they get out while they are still in.

What an amazing book!!! All aspects of resiliency are addressed in detail, with real-world stories and application. As a veteran who has served in multiple branches, both enlisted and officer, as well as in various civilian professions, I was amazed at how accurate the context was. This book will motivate all of it's readers to open their eyes and minds to the reality of our military's current "lack of resiliency training" situation, and ultimately spark the necessary flame for change. Now read it, and get out there and help somebody!

A must read for every service member and civilian alike. The compelling content not only informs the reader, but will move you to self-reflect and seek ways to connect with your community and the warfighter.

What a wonderful story that has been shared by Dr. Kate Thomas! She has opened her life, her

heart, and her mind to help veterans understand the many challenges they will face when they return from "the sandbox". I recommend this book for everyone who has a loved one serving our country.

This book does not leave my bedside! I keep rereading chapters (otherwise I'd be completely finished by now) so I'm finally at Chapter 9. I've already gifted 2 copies of the book, and I've asked our Brigade Chaplain to stock the book. There are so many times that anxiety and depression tell me that I'm failing, not good enough, not going to survive on my own...some days are real chemical (inexplicable triggered stress reactions) and mental struggles and I have to periodically repave the path to resilience and mood management through trial and error, but luckily not alone. This book nails exactly why Service Members and Veterans try to troubleshoot themselves, get caught up in drinking to manage pain, and are reluctant to heal through pill popping (even if it helps) or go to another counseling session (b/c finding a good counselor is another tiring challenge sometimes). Even more than that the book is useful, I can communicate concepts to myself and my fellow Veterans better, and it gives me hope that life will be more than taking meds so I can function. I'm have more confidence that all this crap will make me more resilient, and it does help me realize that things have improving. I will be saving up to order this book in bulk b/c I know a dozen more people I want to share it with. I'd love to get my (Army Veteran) copy and one for my brother (a Marine) signed if that's possible. I'm so glad Task and Purpose led me to this book, I haven't put it down since I bought it.

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