



# **A Stranger In My Bed: 8 Steps to Taking Your Life Back From the Contagious Effects of Your Veteran's Post-Traumatic Stress Disorder**

*Debbie Sprague*

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Combat-related PTSD and its effects on families that support wounded warriors is a growing concern throughout the world. This is a topic that few truly understand, and even fewer know how to help and support the veterans and families who are suffering. *A Stranger in My Bed* addresses these hidden topics and strives to provide empathy, compassion, education, and increased societal support for spouses and families who are facing the devastating effects of living with their veterans' PTSD. Tools and support are provided for those caring for our veterans to give them strength, hope, and wellness for their future. The unique five-part format uses story, education, and a self-help program to promote knowledge, compassion, and caregiver wellness. The story provides an intimate inside view of what PTSD looks like in a real-life family. The comprehensive, easy-to-read educational sections provide a wide range of topics on PTSD, including the effects on both the veteran and their families. The self-help program provides tools and skills to promote wellness and healing for caregivers and offers resources for ongoing support beyond the book.

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