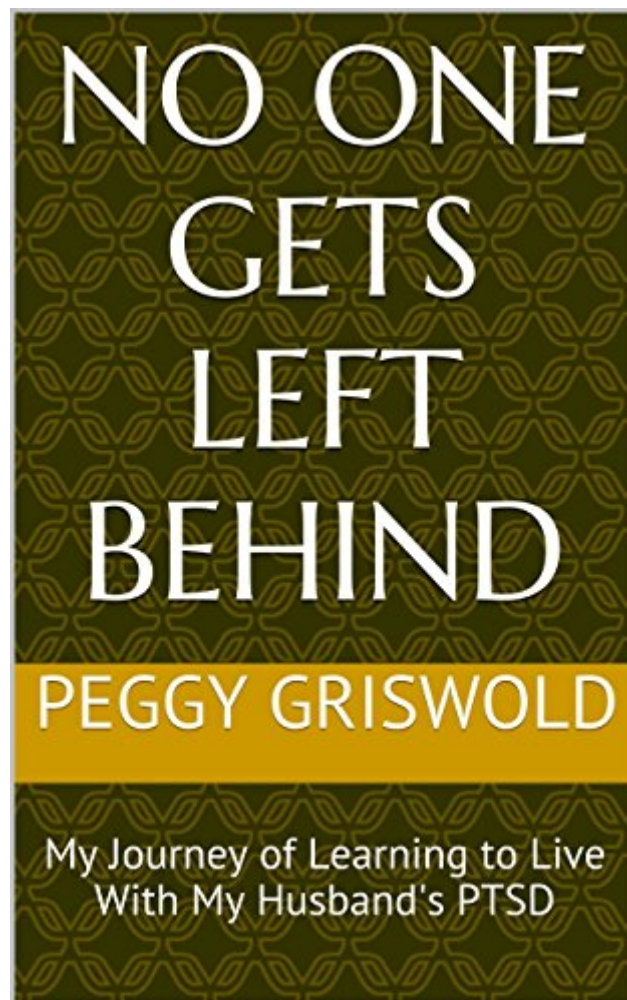




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No One Gets Left Behind: My Journey Of Learning To Live With My Husband's PTSD



Synopsis

Peggy Griswold admits that she was once pretty selfish and lived in her own world. Then on 9/11 she wanted America to go to war in retaliation for the lives that were lost in the terrorist attacks. "Be careful what you wish for," She writes. After a conversation with a police officer, she decided to study to become a therapist, specializing in PTSD. She tried to learn as much as possible from police officers and soldiers, but she was met with mostly disrespect and resistance. Then she met the soldier she eventually married, Bill Griswold. That is when the real lessons started - Bill has severe PTSD. Her story spans a 16-year period and is written in two parts. She chronicles how others' PTSD, especially her husband's, has completely changed her own life. She endured loneliness, loss of dreams, domestic violence, jealousy, isolation, lack of understanding, and discrimination, but she also learned about true love and compassion. Peggy is opening up her private world; most people who live with PTSD are very guarded about what they deal with. Divorce and suicide rates among veterans are very high; she hopes her story will help others understand what it's like to live with someone who has PTSD, and know that happiness is possible.

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