



Ptsd My Story, Please Listen!: Post Traumatic Stress Disorder

Curtis III Butler

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This book was written by a Soldier with Post Traumatic Stress Disorder (PTSD) dealing with his daily struggles with this disorder or in his words "trying to rid the dancing devils in my head". Post Traumatic Stress Disorder is about the silent trauma from which our soldiers are suffering and the author's own experience. Symptoms of PTSD include flashbacks, intrusive emotions, bad memories, nightmares, explosive outburst and irritability. The author will describe how he deals with PTSD and provide tips that helped him cope with this disorder.

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