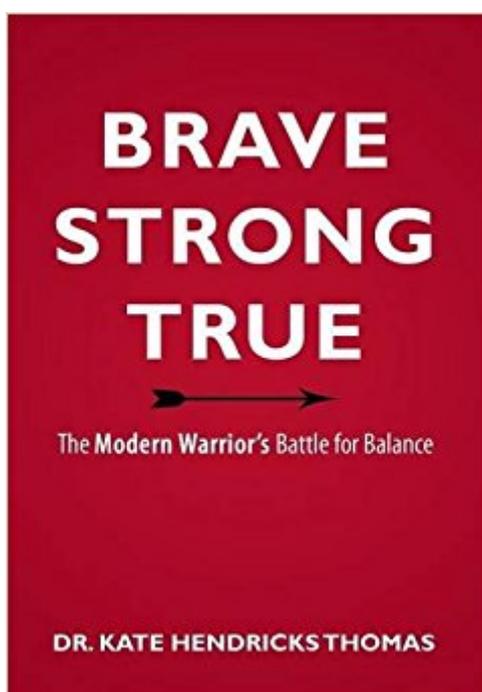


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# BRAVE, STRONG, AND TRUE: THE MODERN WARRIOR'S BATTLE FOR BALANCE



## 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 succeed 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

Hardcover: 170 pages

Publisher: Innovo Publishing LLC (November 2, 2015)

Language: English

ISBN-10: 1613143087

ISBN-13: 978-1613143087

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (23 customer reviews)

Best Sellers Rank: #414,820 in Books (See Top 100 in Books) #56 in Books > Parenting & Relationships > Family Relationships > Military Families #1243 in Books > Self-Help > Stress Management #8680 in Books > Health, Fitness & Dieting > Mental Health

## Customer Reviews

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 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 more confident that all this crap will make me more resilient, and it does help me realize that things are 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.

After reading this book, I had a new understanding of what it means to serve in the US military. The mental and physical sacrifices our service members make are enormous, and often they are cast aside and forgotten after returning home. This book offers hope and actual strategies for Vets and anyone who could benefit from fostering more resiliency in their lives. I can't recommend this book enough, no doubt it is going to change the quality of life for countless Vets in America.

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.

A very important read for all veterans, service members and their families. I felt the stories woven with the research, and the solutions this book offered to helping veterans in their transition is huge. Dr. Kate has a beautiful way of describing what needs to happen in a warriors life when it comes to self care, transition, movement, mental health; all things that can be a vulnerable. If one has lost a limb or suffered a traumatic accident, where do they go, how do they move well again? If someone has been in the military for a good part of their adult life and is transitioning to the outside world, there is usually a loss in connection, a team, and how do they achieve that again. When one is used to "sucking it up" and or holding it in fear of getting in trouble, she challenges change and how to help our service members care for their mental health. She also talks beautifully how yoga and meditation can be a tool to help with all this change. This book offers real solutions and real stories. I admire Dr. Kate's strength in her words, her actions, and her leadership with this book. I received a ton from this and will be giving it out as gifts:-)!

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