



# **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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*A Stranger in My Bed* takes you inside Debbie Sprague's life for an intimate view of a love story disrupted by the invasion of PTSD—thirty years after the Vietnam War. The cycle moves from love to fear, anger, and despair. Stories unfold of her husband's battle with PTSD, displaying typical behaviors, triggers, and moods. Those familiar with this world will be comforted: "That sounds just like my life, and I thought I was the only one." Others will find a new awareness: "I had no idea it was like that."

You will watch a family and marriage almost be destroyed by the contagious effects of PTSD. Yes, PTSD is "contagious"—the family can take on the symptoms, even to the point of full-blown PTSD. Debbie was one of those people.

When she finally sought help, two different therapists advised her to get a divorce. Walk away from her husband? He was only nineteen when he fought for his country. What if we all walked away?

She chose to stay and stand by her values, next to the man that she vowed to love, honor, and care for in sickness and in health. And it almost destroyed her.

With God's help, she received strength to overcome her fear and anger. She became compassionate and forgiving to her husband. But most of all she learned to cherish the life God had given her by regaining her health and happiness, realizing it was necessary to have the physical and emotional strength to care for her husband.

As Debbie began to discover resources and find solutions for her problems, she found that many other people were suffering as well. She realized sharing those solutions was her life purpose—what she had been preparing for her entire life. Debbie's gift to you is *A Stranger in My Bed: 8 Steps to Taking Your Life Back From The Contagious Effects Of Your Veteran's Post-Traumatic Stress Disorder*.

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The reason why? Because this A Stranger In My Bed: 8 Steps to Taking Your Life Back From the Contagious Effects of Your Veteran's Post-Traumatic Stress Disorder is an unordinary book that the inside of the publication waiting for you to snap that but latter it will jolt you with the secret the idea inside. Reading this book close to it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining means but still convey the meaning totally. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of rewards than the other book include such as help improving your proficiency and your critical thinking approach. So , still want to delay having that book? If I have been you I will go to the book store hurriedly.

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