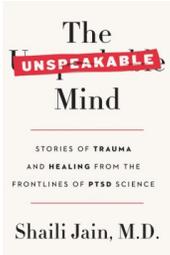


## Tribe : on homecoming and belonging

by Sebastian Junger

302.3 JUNGER

TRIBE explores what we can learn from tribal societies about loyalty, belonging, and the eternal human quest for meaning. It explains the irony that -- for many veterans as well as civilians -- war feels better than peace, adversity can turn out to be a blessing, and disasters are sometimes remembered more fondly than weddings or tropical vacations.



## The unspeakable mind : stories of trauma and healing from the frontlines of PTSD science

by Shaili Jain

616.8521 JAIN

A Stanford professor and Post-traumatic Stress Disorder specialist presents an informative assessment of PTSD that examines the current scientific research and clinical advances

that are shaping how the disorder is understood and treated.



## Jet girl : my life in war, peace, and the cockpit of the world's most lethal aircraft, the F/A-18 Super Hornet

by Caroline Johnson

359.0092 JOHNSON

A tribute to the heroic role of women aviators in today's American military draws on the author's remarkable experiences as an unlikely pilot who broke barriers to train and participate in

combat missions.

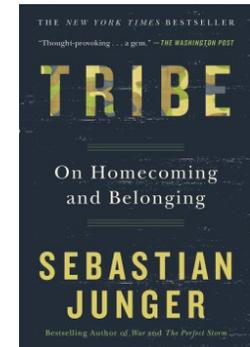
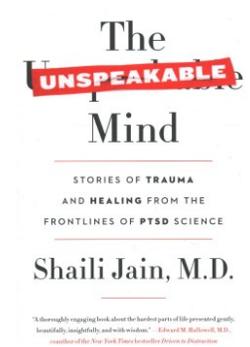
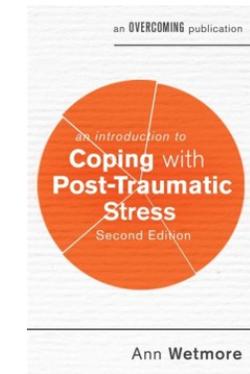
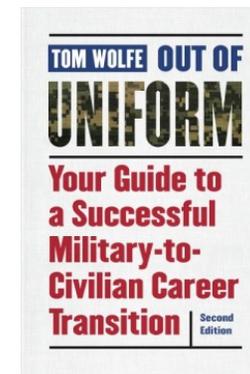
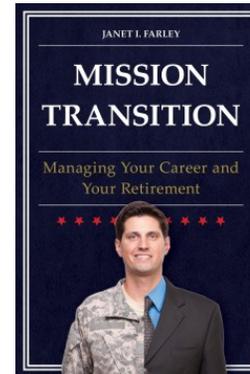
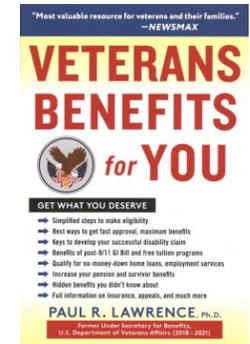
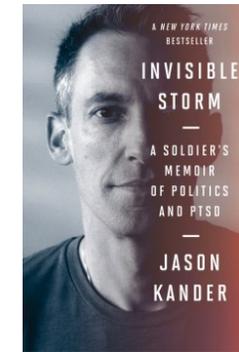
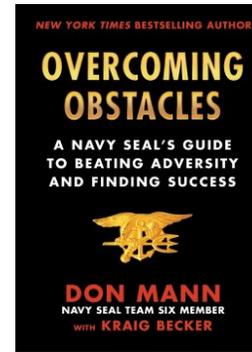


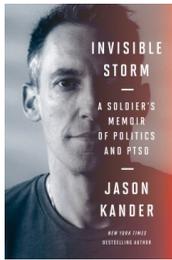
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# Veterans Resources



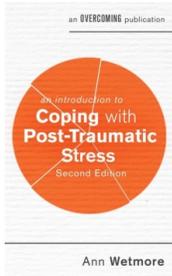


## Invisible storm : a soldier's memoir of politics and PTSD

by Jason Kander

973.932 KANDER

The former Army intelligence officer and politician discusses his decade-long battle with depression and PTSD from his service in Afghanistan and how his family supported him through the challenging treatments that helped him to heal

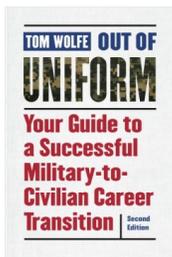


## An Introduction to Coping With Post-Traumatic Stress

by Ann Wetmore

616.8521 WETMORE

This self-help guide uses Cognitive Behavioural Therapy (CBT) strategies with a trauma focus to help you to manage your reactions to the traumatic experience and find new, effective ways of coping. Book Annotation



## Out of uniform : your guide to a successful military-to-civilian career transition

by Tom Wolfe

650.14 WOLFE

Although all service members share many common denominators, each individual brings something unique to the job market.



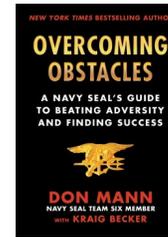
## Homefront cooking : recipes, wit, and wisdom from American veterans and their loved ones

by Tracey Enerson Wood

641.5 WOOD

Food brings families and friends together, providing not only nourishment for our bodies, but also the glue that holds our

families and society together.



## Overcoming Obstacles : A Navy Seal's Guide to Beating Adversity and Finding Success

by Don Mann

153.8 MANN

A former Navy SEAL and current motivational speaker, Don Mann specializes in helping others achieve success in every aspect of life--personal and professional--by using techniques employed by Navy SEALs.

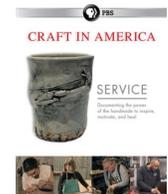


## Veterans benefits for you : get what you deserve

by Paul R. Lawrence

362.86 LAWRENCE

The former Under Secretary for Benefits in the Department of Veterans Affairs provides an up-to-date guide to all the benefits and services available to veterans of the U.S. armed services and how to make the most of these benefits and services.



## Craft in America

Explores the relationship between craft and the military, focusing on artisans who were either veterans, or whose works honors them



## Greatest bond directed by Lindy Lee

Examines the relationship between disabled veterans and their service dogs



## Weight of honor: stories of families after war by Stephanie Seldin Howard

Follows the lives of the families of severely wounded veterans, their emotional struggles, uncertainties they face, and their relationships