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Thirty Days with My Father: Finding Peace from Wartime Ptsd

By Christal Presley

Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. When Christal Presley s father was eighteen, he was drafted to Vietnam. Like many men of that era who returned home with post-traumatic stress disorder (PTSD), he was never the same. Christal s father spent much of her childhood locked in his room, gravitating between the deepest depression and unspeakable rage, unable to participate in holidays or birthdays. At a very young age, Christal learned to walk on eggshells, doing anything and everything not to provoke him, but this dance caused her to become a profoundly disturbed little girl. She acted out at school, engaged in self-mutilation, and couldn t make friends. At the age of eighteen, Christal left home and didn t look back. She barely spoke to her father for the next thirteen years. To any outsider, Christal appeared to be doing well: she earned a BA and a master s, got married, and traveled to India. But despite all these accomplishments, Christal still hadn t faced her biggest challenge her relationship with her father. In 2009, something changed. Christal decided it was time to begin the healing process, and she extended an olive...

Reviews

This publication is great. It really is packed with knowledge and wisdom Your daily life period will probably be transform when you complete reading this article book.

-- **Wilford Metz**

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-- **Keshaun Daugherty**

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