

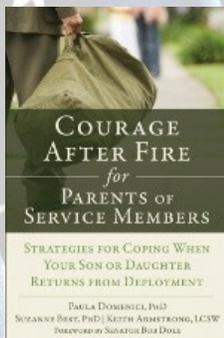
The Invisible Wounds of War
 Marguerite Guzman Bouvard
VETERANS CART 362.25 B
 Invisible in their suffering, an estimated 4,300 Iraq and Afghanistan vets have returned with crippling post-traumatic stress disorder, writes Guzman Bouvard. A resident scholar at Brandeis's Women's Studies Research Center, she calls for Americans to recognize the plight of male and female soldiers, unveiling the heavy psychological cost vets and their families continue to pay.

Courage After Fire for Parents of Service Members

Paula Domenici, Suzanne Best, & Keith Armstrong

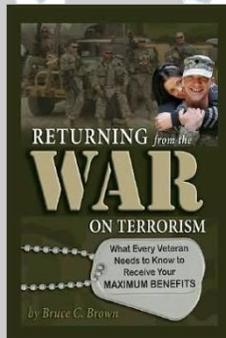
VETERANS CART 355.12 D

Rarely do we hear how parents are taking on the role of supporting their sons and daughters who have served our country. In countless ways these parents provide help, and when their military children suffer significant physical or psychological injuries, they may once again become their primary caretakers. For mothers and fathers and others in a parenting role, it can be overwhelming at times, and resources are limited. *Courage after Fire for Parents of Service Members* provides a compassionate and accessible guide for the parents or guardians of returning troops. This groundbreaking book acknowledges the significant contributions and sacrifices parents have made for their military children, provides strategies and resources that will assist them in understanding and supporting their son or daughter, and will validate their own personal experiences.



VETERANS:

Resources for Those Who Have Served Our Country



Returning from the War on Terrorism

Bruce C. Brown

VETERANS CART 362.868 B

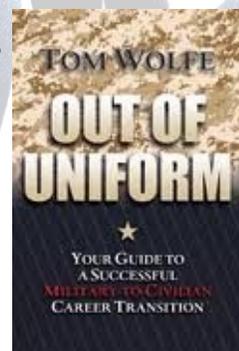
There are approximately 26 million veterans in the United States. In recent years, more than 1.6 million U.S. servicemen and women had tours of duty in Afghanistan and Iraq. When not on active duty, more than 20 percent of these vets do not have health care coverage, and many more are unaware of the hundreds of benefits to which they have access. The federal and state governments, as well as private foundations, have scholarships and military discounts available only to veterans. There are billions of dollars in aid available, waiting to be claimed, but the problem is finding and properly applying for these programs. This groundbreaking new book will provide help to those heroic Americans who have answered our government's call to duty.

Out of Uniform

Tom Wolfe

650.1408 W

Wolfe, a career coach, offers commonsense advice to those transitioning from the military to civilian careers. Supplying more than just tips on interviews and resumes, the book provides guidance on evaluating your own skills, planning a strategy for civilian employment, understanding the hidden job market, and different types of employment, such as sales, engineering, management, and government contracting. There is also advice on marketing yourself, dressing and speaking appropriately, salary negotiation, and fitting into the civilian work world.

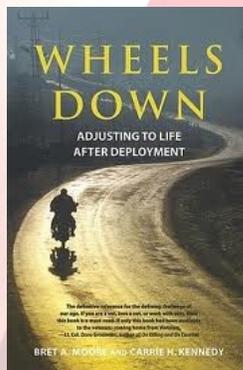


The War Comes Home

Aaron Glantz

VETERANS CART 362.86 G

The War Comes Home is the first book to systematically document the U.S. government's neglect of soldiers returning from Iraq and Afghanistan. Aaron Glantz, who reported extensively from Iraq during the first three years of this war and has been reporting on the plight of veterans ever since, levels a devastating indictment against the Bush administration for its bald neglect of soldiers and its disingenuous renegeing on their benefits. Glantz intersperses haunting first-person accounts with investigations into specific concerns, such as the scandal at the Walter Reed Army Medical Center. This timely book compels us to confront how America treats its veterans and to consider what kind of nation deifies its soldiers and then casts them off as damaged goods.



Wheels Down

Bret A. Moore

VETERANS CART 355.129 M

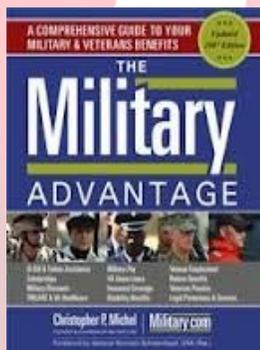
Moore, a former active-duty US Army psychologist and two-tour veteran of Operation Iraqi Freedom, joins with Kennedy, an aerospace psychologist at the Naval Aerospace Medical Institute, to provide commonsense advice in plain language for military personnel returning home. They address some of the most common problems returning service members experience, such as anger management, sleep disturbances, and suicidal thoughts. The book explains the impact of mild traumatic brain injury in accessible language, and discusses sensitive subjects such as dealing with the psychological and spiritual fallout of taking another human being's life. Financial issues and divorce are also addressed.

The Military Advantage: The Military.Com Guide to Military and Veterans Benefits

Terry Howell—Military.com

VETERANS CART 362.8609 M

Featuring the 2011 changes to Family Education, Survivor, and Wounded Warrior benefits, The Military Advantage is acknowledged as the essential annual reference to military and veterans benefits, and has earned a reputation as a reliable, up-to-date guide for millions of American military families. Written by Terry Howell, the managing editor for Military.com, and backed by the resources of that twelve-million-member organization and its parent company, Monster.com, the guide unlocks the availability of benefits that too often are overlooked and go unused. These valuable benefits include scholarships, educational resources, health care, family support programs, home loan guarantees, wounded warrior resources, transition assistance, and much more.

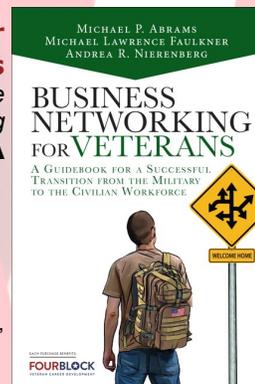


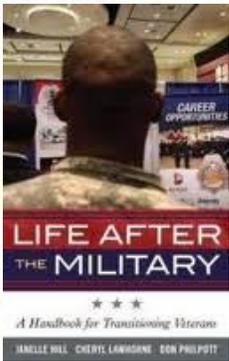
Business Networking for Veterans

Michael P. Abrams, Michael Lawrence Faulkner, and Andrea R. Nierenberg

VETERANS CART 650.13 A

Many professionals, including the very talented people of the military, find networking unnatural, difficult, or daunting. Yet networking is the key skill for finding a new job, building a career, and growing as a leader. Abrams, Faulkner and Nierenberg help our Veterans get started, enhance confidence, gain the competitive edge, and grow into a successful networker one step at a time. In short order the reader will learn how to flourish this skill and develop and grow a career-enhancing network that will sustain him/her for life.





Life After the Military

Janelle Hill

VETERANS CART 650.1086 H

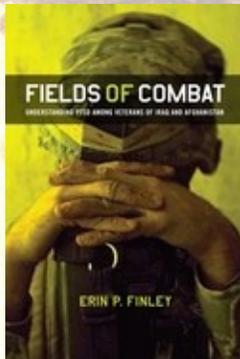
Hundreds of thousands of military members are making the transition to civilian life each year. This transition is a move into unfamiliar territory and can be an extremely uncomfortable process. However, there are resources in place that can relieve much of the stress of the challenging situations that may arise. In *Life After the Military: A Handbook for Transitioning Veterans*, authors Janelle Hill, Don Philpott, and Cheryl Lawhorne-Scott collect all the information needed to settle into life after the military in one volume. The book discusses the many issues that transitioning veterans are faced with such as finding employment, going back to school, managing finances, special benefits available to veterans, and a host of other issues the transitioning veteran is likely to face when making the move to civilian life.

Fields of Combat

Erin P. Finley

VETERANS CART 616.8521 F

Finley examines the cultural, political, and historical influences that shape individual experiences of PTSD and how its sufferers are perceived by the military, medical personnel, and society at large. New and highly effective treatments are revolutionizing how the Department of Veterans Affairs (VA) provides trauma care, redefining the way PTSD itself is understood in the process. Carefully and compassionately untangling each of these conflicts, *Fields of Combat* reveals the very real implications they have for veterans living with PTSD and offers recommendations to improve how we care for this vulnerable but resilient population

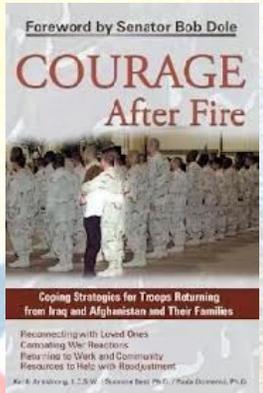


Courage After Fire

Keith Armstrong

VETERANS CART 355.12 D

The bravery displayed by our soldiers at war is commonly recognized. However, often forgotten is the courage required by veterans when they return home and suddenly face reintegration into their families, workplaces, and communities. Authored by three mental health professionals with many years of experience counseling veterans, this book provides strategies and techniques for this challenging journey home. It offers soldiers and their families a comprehensive guide to dealing with the all-too-common repercussions of combat duty, including posttraumatic stress symptoms, anxiety, depression, and substance abuse. It details state-of-the-art treatments for these difficulties and outlines specific ways to improve couple and family relationships. The book also offers tips on areas such as rejoining the workforce and reconnecting with children.

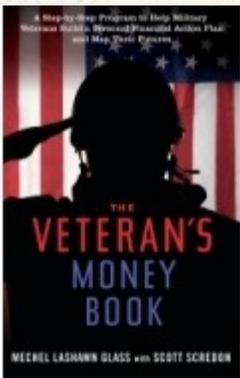


The Veteran's Money Book

Mechel Lashawn Glass

VETERANS CART 332.024 G

Most of the 2.5 million men and women who were deployed to Iraq and Afghanistan received little education in personal finance during their service. Now these veterans are making the transition to civilian life with little knowledge of how to manage their money. In *The Veteran's Money Book*, Army veteran Mechel Glass tells how she came home from war 20 years ago and took control of her financial life...and how post-9/11 veterans can, too.

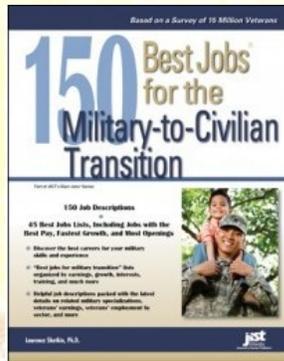
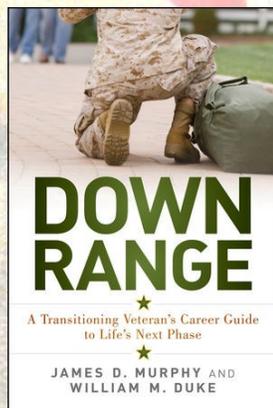


Down Range

James D. Murray & William M. Duke

VETERANS CART 650.1408 M

Written by veterans who have successfully made the transition, *Down Range* offers career planning guidance to U.S. military veterans coming off active duty. This book is a guide to developing a post-military career, not just for the first few days, weeks, or months after active duty, but for the rest of your employed life. This simple and effective planning process has been taught to more than 1 million business executives in companies all over the world. Author James Murphy is founder of Afterburner Inc. and is currently working with the U.S. Army at the highest levels to develop a transition program for the estimated 1.5 million veterans who will transition from active duty service to civilian careers by the year 2020. This book challenges veterans to change their mindset and understand just how different the "wilderness" of civilian employment is from military experience. *Down Range* provides an appreciation for what's important to a business, helping you to become a valuable asset throughout your career.



150 Best Jobs for the Military-To-Civilian Transition

Laurence Shatkin

VETERANS CART 650.14 S

Veterans face many challenges as they seek civilian jobs. This one-of-a-kind book, based on a survey representing 1.5 million recent veterans, helps today's returning military find the best job matches for their training, interests, personality, gender, and more. With 46 best jobs lists and 150 detailed job descriptions, the book covers the best-paying and fastest-growing occupations held by recent veterans. Veterans can transition to these jobs mainly using the skills learned in military service; some occupations may require additional training or licensure, and this information is explained as well.

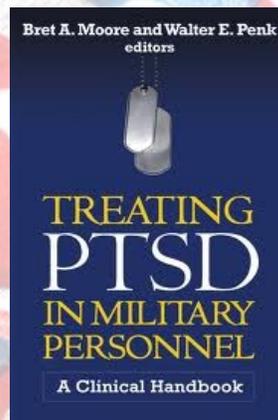
Treating PTSD in Military Personnel

Ed. Bret A. Moore &

Walter E. Penk

VETERANS CART 616.8521 T

This book covers the range of effective treatments for posttraumatic stress disorder (PTSD) and is particularly geared toward medical practitioners working with military members and veterans. Divided into two parts, treatment for PTSD in military personnel and associated specific clinical issues, topics discussed include understanding and working in the military culture, assessment issues, therapies employed, psychopharmacological treatment, rehabilitation, co-occurring affective and anxiety disorders, traumatic brain injury, sleep disorders, and more.



Expert Resumes for Military-To-Civilian Transitions

Wendy S. Enelow

VETERANS CART 650.14 E

Expert Resumes for Military-to-Civilian Transitions is a collection of superior professionally written resumes aimed at service members who are leaving the military and looking for a civilian job. This book gives resume strategies as well as 180 pages of sample resumes specifically written for people making the leap back into the private sector.

