



# After the War Zone: A Practical Guide for Returning Troops and Their Families

*Ph.D. Matthew J. Friedman Ph.D., Ph.D. Laurie B. Slone Ph.D.*

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**After the War Zone: A Practical Guide for Returning Troops and Their Families** Ph.D. Matthew J. Friedman Ph.D., Ph.D. Laurie B. Slone Ph.D.

Two experts from the VA National Center for PTSD provide an essential resource for service members, their spouses, families, and communities, sharing what troops really experience during deployment and back home. Pinpointing the most common after-effects of war and offering strategies for troop reintegration to daily life, Drs. Friedman and Slone cover the myths and realities of homecoming; reconnecting with spouse and family; anger and adrenaline; guilt and moral dilemmas; and PTSD and other mental-health concerns. With a wealth of community and government resources, tips, and suggestions, *After the War Zone* is a practical guide to helping troops and their families prevent war zone stresses from having a lasting negative impact.

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