



## Aftershock: Fighting War, Surviving Trauma, and Finding Peace (Hardback)

By Matthew Green

GRANTA BOOKS, United Kingdom, 2015. Hardback. Book Condition: New. 240 x 161 mm. Language: English . Brand New Book. Over the last decade, we have sent thousands of people to fight on our behalf. But what happens when these soldiers come back home, having lost their friends and killed their enemies, having seen and done things that have no place in civilian life? In Aftershock, Matthew Green tells the story of our veterans journey from the frontline of combat to the reality of return. Through wide-ranging interviews with former combatants - including a Royal Marine sniper and a veteran operator in the SAS - as well as serving personnel and their families, physicians, therapists and psychiatrists, Aftershock looks beyond the labels of shell shock and post-traumatic stress disorder (PTSD) to get to the heart of today's post-conflict experience. It pursues the question that the military are so reluctant to ask: why do people who are trained to thrive within the theatre of war so often find themselves ill-prepared for peace? As a new generation of battle-scarred troops begins to lay their weapons down, Aftershock offers an empathetic yet hard-hitting account of the hidden cost of conflict. And its message...

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