



## Taming The Fire Within: Life After War

By Anne Freund

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### Taming The Fire Within: Life After War By Anne Freund

This book explains in a down to earth fashion why most combat veterans feel and act the way they do. Dr. Freund discusses everything from anger to emotional detachment to nightmares to hypervigilance. She also uses the photographs to demonstrate the universal and natural reactions most people who have been through war experience. This book explains why combat veterans usually avoid crowds or lines, why they get so angry while driving in traffic, why their family members often describe them as emotionally distant, the purpose of nightmares, flashbacks, anniversary reactions, grief, and much more. Most war veterans don't talk about their experiences so many think they are the only one who feels or thinks this way. It's time to break the silence and talk about the cost of war to the individual warriors and their families. You owe it to yourself and your family to buy this book!

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## **Taming The Fire Within: Life After War By Anne Freund Bibliography**

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### **Editorial Review**

#### **About the Author**

Anne Freund, Ph.D. is a licensed clinical psychologist who has been practicing since 1989. She graduated from Duke University with a Bachelor's in Psychology and from the University of Florida with a Ph.D. in Clinical Psychology. Dr. Freund completed her internship at the VA in Bay Pines, FL. She has been with the Department of Veterans Affairs since 2005. Prior to that she worked with law enforcement and first responders as part of a Critical Incidence Stress Debriefing Team. Dr. Freund began conducting PTSD support groups in 2005, shortly after arriving at the VA. She has had specialized training in PTSD at the National Center for PTSD in Menlo Park, California and at the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr Freund is a member of the American Psychological Association, the International Society for Traumatic Stress, European Society for Stress Studies, and the Association of VA Psychologist Leaders.

### **Users Review**

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##### **Shawn Francis:**

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