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BRAVE, STRONG, AND TRUE: THE MODERN WARRIOR'S BATTLE FOR BALANCE

Kate Hendricks Thomas

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Brave, Strong, True: The Modern Warrior's Battle for Balance is a practical call to health for America's modern military warriors and those who support them. Right now, what we hear repeatedly about veterans' mental health isn't always positive and is often far from accurate. With a unique blend of personal narratives and current research, author Dr. Kate Hendricks Thomas explores this question: what if we could train America's service members to succeed in mental battles as we do in physical ones? This book unpacks the possibility of mental fitness training programs that bulletproof the psyche and shift the paradigm from treatment to resilience. In an accessible and inspiring way, this Marine-turned-PhD outlines clear strategies - including social support, self care, and spiritual practice - for readers to meet the challenge of living purposeful lives. Her research offers a wealth of knowledge and practical guidance for veterans, their family members, military commands, mental health professionals, and everyday citizens who identify with the title "warrior." Resilience can be trained and cultivated in all of us.

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