



Continuing Actions: A Warrior's Guide To Coming Home

Dan Sheehan

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Modern warriors are extremely well prepared to go into battle. But we don't know anything about how to come home.

The challenges of coming home after combat have always been part of a warrior's journey. Unfortunately, the modern warrior's preparation for combat does not include any information about how to overcome them—or even that they exist at all.

This gap in our preparation leaves us open to predictable, and avoidable, injuries when we return home that can be just as lethal as actual combat. Closing this gap is what *Continuing Actions* is all about.

Drawing on the works of mental health professionals, scholars, and other veterans, *Continuing Actions* shows that warriors have always had to face challenges when coming home, explains how these challenges impact us on multiple levels, and how our training and preparation have left us, and our families, exposed to needless suffering. It goes farther than just identifying the problem, however, and offers pragmatic solutions for how each individual veteran can overcome this gap in their training on their own.

With a Foreword by Dr. Jonathan Shay, bestselling author and esteemed leader in PTSD research and treatment, *Continuing Actions* is a guidebook for veterans and active duty alike. It is a reconnaissance into the most misunderstood aspect of the modern warrior's experience: the challenges of coming home.

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