

# LOVE OUR VETS:

## Restoring Hope for Families of Veterans with PTSD REVISED EDITION

Welby O'Brien

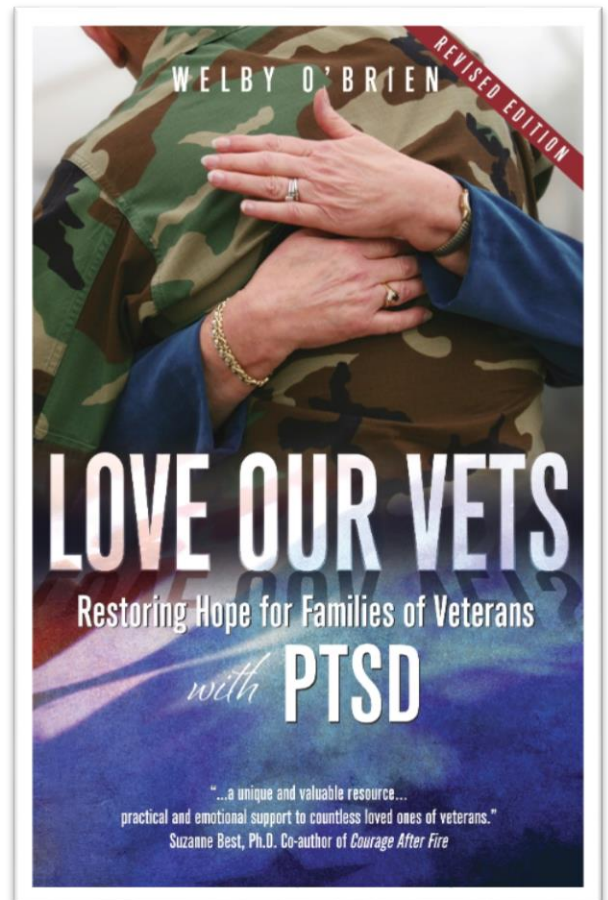
"...a unique and valuable resource...

practical and emotional support to countless loved ones of veterans."

-**Suzanne Best, Ph.D.** Co-author of *Courage After Fire*

Posttraumatic Stress Disorder (PTSD) is rampant, escalating at an alarming rate, affecting millions just in the U.S. alone. And for every one person who struggles with PTSD, there are significantly more friends and family members who are also deeply and profoundly impacted.

You may not have PTSD, but if you are living with someone who does, you are suffering from it as well. Now here is a comprehensive practical book solely dedicated to addressing the cries and needs of the loved ones. Finally! A book that is geared toward your needs and issues – your cries. LOVE OUR VETS answers over 60 heartfelt questions, providing down to earth wisdom and much needed tips for taking care of yourself. Sharing as a counselor and from her personal experience of living with a 100% disabled veteran with PTSD, Welby O'Brien gives hope, encouragement, and practical help for families and loved ones who are caught in the wake of the trauma. This book addresses a broad spectrum of issues and concerns, and offers realistic wisdom from a wide variety of individuals who share from real hearts and lives. Welcomed by VA and other counselors, this is not just another book about PTSD – rather it is a tremendous resource for families and loved ones who struggle along with their vets in the challenges it presents.



For more information please contact [media@depriverbooks.com](mailto:media@depriverbooks.com)

## What Others Are Saying About *LOVE OUR VETS*:

"Couldn't put this book down! Powerful. Loved the humor too. What a read! We finally have a book that deals with the reality, courage, faith and real hope for loved ones of PTSD survivors." - **Linda White, Wife of a Vietnam Veteran**

"This is the best book on PTSD and vets I've ever read. Anyone who works with vets or is related to a vet needs this book. You won't regret it. Welby O'Brien is honest, insightful and incredibly compassionate. Gutsy and sensitive. Absolutely fantastic!" - **Dr. Steve Stephens, Ph.D., Counselor, Professor, Author**

"I barely made it through the first few pages, crying. Someone understands!" -**PTSD Survivor**

"It is full of wisdom and good ideas. This is a good resource if you love someone with PTSD." -**Patience Mason, PTSD "Pioneer" and Author (Recovering from the War)**

"It was a life saver! And I am grateful beyond words for what it has meant to me!" -**Wife of Combat Veteran**

"*LOVE OUR VETS* offers insight not found in previous publications that I have read. Being a Vietnam vet diagnosed with the disorder, I can appreciate Welby's call for support from those closest to the problem. Those who love us!" -**Jerry W. Keen, Command Master Chief, USN (ret). Chairman, Clark County Veterans Assistance Center**

"For those of us under the stress of being caregiver to a loved one who suffers from PTSD, Welby provides a priceless resource of strength. This insightful book offers a place to start rebuilding a spiritual foundation for our own strength and healing, and a better relationship with our PTSD loved one." -**Cheryl, Mother of Afghanistan Veteran**

"I've picked up countless books about PTSD, thumbed through them, and thrown them down. I'm so glad to know there are REAL PEOPLE, going through some REALITY out there and I'm not alone. And there is real help and real advice. Thank you!" - **Irene, Loved One of PTSD Veteran**

"Full of real questions and real answers, with practical authentic wisdom." - **Eric E. Mueller, Ph.D., Clinical Psychologist**

"I loved it!!!!!! I found myself laughing one minute and crying the next! I am amazed and relieved that others are going through the same trials as we are. I do not feel as alone as I did before reading it. I whole heartedly recommend this book to anyone with a loved one who is a post war vet!" -**Danielle K, Wife of Iraq Veteran**

# About the Author

## Welby O'Brien

Welby O'Brien is crazy about her husband, who is a 100% disabled veteran. Together they find fulfillment as they face the daily challenges of PTSD. For years Welby stumbled alone in the dark – desperate for guidance and support. Now she shares the lifelines of hope she finally found in her book LOVE OUR VETS: Restoring Hope for Families of Veterans with PTSD. Welby has a master's degree in counseling from Portland State University, and a teaching degree from Biola University. She has been welcomed as a guest speaker across the country, and on radio and television. Welby initiated and continues to facilitate the national support network known as Love Our Vets – PTSD Family Support, LLC. She lives what she writes.



Author Website: [www.LoveOurVets.org](http://www.LoveOurVets.org)



Books Written: •LOVE OUR VETS: Restoring Hope for Families of Veterans with PTSD (Deep River Books) • Formerly A Wife (WingSpread/Moody) • Good-bye for Now (WingSpread/Moody) • Contributor to Chicken Soup for the Soul (Divorce and Recovery) • Contributor to Shepherding Women in Pain (Moody) • Contributor to Chicken Soup for the Soul (The Spirit of America)

For more information please contact [media@deeperiverbooks.com](mailto:media@deeperiverbooks.com)

Suggested Interview Questions

**LOVE OUR VETS: Restoring Hope for Families of Veterans with PTSD**

by **Welby O'Brien**

1. Welby, you have a background in counseling and you live with a husband who is a 100% disabled veteran with PTSD. What is PTSD and what causes it?
2. In your book ***LOVE OUR VETS: Restoring Hope for Families of Veterans with PTSD***, you explain that PTSD can affect ANYONE, not just veterans. How would someone know if they or their loved one has it...what are some typical symptoms?
3. Does PTSD ever go away?
4. How does living with someone with PTSD impact the family and those around them, and how does your book ***LOVE OUR VETS*** address that?
5. Welby, you and your veteran husband are both believers. Do you think that Christianity/faith make any difference in the lives of those battling PTSD?
6. How do patriotic holidays such as Fourth of July and Veterans Day affect those with PTSD?
7. If you could only give a few words of advice and hope to someone with PTSD and their loved ones, what would it be?
8. What can others do to help?
9. You have started a national support group for the loved ones of those with PTSD. Tell us a little about that and how people can get connected to the PTSD Family Support Network through Facebook and your website **[www.LoveOurVets.org](http://www.LoveOurVets.org)**.
10. Where can people get your book, ***LOVE OUR VETS: Restoring Hope for Families of Veterans with PTSD***?