



# Tears of a Warrior: A Family's Story of Combat and Living with PTSD

*E. Anthony Seahorn, Janet J. Seahorn*

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Tears of a Warrior: A Family's Story of Combat and Living with PTSD is a patriotic book written about soldiers who are called to duty in service of their country. It is a story of courage, valor, and life-long sacrifice. Long after the cries of battle have ended, many warriors return home to face a multitude of physical and mental challenges. Author Tony Seahorn writes from his experience as a young army officer in Vietnam who served with the Black Lions of the First Infantry Division. His unit fought in some of the bloodiest battles of the war. He was wounded in action and continues to recover from the physical and emotional scars of combat.

Tony returned to Wyoming from the war decorated for heroism. Some of his most honored medals include two Bronze Stars, two Purple Hearts, Air Medal for Valor in flight, the Vietnamese Gallantry Cross, and a Presidential Unit Citation. He has experienced the trauma of combat. His experience is painful. His story is real.

Janet Seahorn, Tony's wife and co-author, writes from both the perspective of a wife who has lived for thirty years with a veteran with PTSD, and as a professional in human development and neuroscience. Dr. Seahorn's research has focused on the effects PTSD has on the brain, body, and spirit.

Tears of a Warrior was written to educate families and veterans about the symptoms of PTSD and to offer strategies for living with the disorder. The book includes nearly 100 photos integrated into the text which provide the reader with a visual picture of the sequence of events as the storyline moves from the realities of combat, to returning home, to the ultimate impact on family and friends. Families and society in general will better understand the long-term effects of combat. Military Personnel and Veterans from all wars, regardless of service branch, will benefit from the authors' experiences and their message of hope.

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