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"Bulletproof mind" presentation, the book explores what really happens to the warrior after the battle, and shows how emotions, such as relief and self-blame, are natural and healthy ways to feel about having survived combat. A fresh and highly informative look at post traumatic stress syndrome (PTSD) details how to prevent it, how to survive it should it happen, how to come out of it stronger, and how to help others who are experiencing it. On Combat looks at the critical importance of the debriefing, when warriors gather after the battle to share what happened, critique, learn from each other and, for some, begin to heal from the horror. The reader will learn a highly effective breathing technique that not only steadies the warrior's mind and body before and during the battle, but can also be used afterwards as a powerful healing device to help separate the emotion from the memory.

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