

# STRUGGLE WELL

THRIVING IN THE AFTERMATH OF TRAUMA



Ken Falke | Josh Goldberg

FOREWORD BY CAPTAIN CHARLIE PLUMB, US NAVY (RETIRED), PRISONER OF WAR, VIETNAM

Ken Falke

## Struggle Well: Thriving in the Aftermath of Trauma



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Your struggle may come in different forms, and be given one of many different names, such as anxiety, depression, addiction, and/or PTSD. No matter how much you or someone you care about is usually struggling, or what it really is called, one matter is almost certainly obvious: you aren't living the life span you desire or deserve. Still, there is wish. By embracing the struggle, rather than fighting it, you can stop surviving and start thriving. PTC helps you discover opportunities from times of struggle, and this book provides actionable strategies for producing peace with past experiences, surviving in the present, and arranging a great upcoming. Ken Falke and Josh Goldberg teach combat veterans battling PTSD to understand and achieve Posttraumatic Development (PTG). It's time and energy to figure out how to Struggle Well. Right now it is your switch. Through Ken and Josh's work, thousands have changed struggle into profound strength and lifelong growth.



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Taking struggle and deploying it because a basis to growth in the individual and our society. Superb book outlining the road of Post Traumatic Growth. The knowledge, from experience and analysis by Ken and Josh, is a successful method to regain control you will ever have for anyone suffering from, not merely Veterans and First Responders suffering PTSD, but anyone. The PATHH plan created at Boulder Crest Retreat, developed in the last five years, has been proven very effective. It is the only comprehensive direct to PTC and recovery. Suffering sucks, but it can be ennobling. Suffering sucks, but it can be ennobling "Struggle Well" is a breakthrough reserve that offers honestly with the requirements of men and women who've been deeply influenced by war and additional traumatic events. That is a "guide/bible" for all those folks living a hell on the planet. The military teaches men and women how to end up being Soldiers, but nobody teaches them how to live a meaningful and productive existence out of uniform. What Falke and Goldberg possess accomplished right here, though, deserves a review well beyond armed service circles. Whatever the reason I witnessed countless warriors come back only to be trapped in a diagnosis that typecast them and a VA program that medicated them into serious addictions."The authors explore the problem of PTSD in a manner that looks at the complete person and their life tale, not really a single experience. Everybody knows people who can use path and support due to relationship problems, post traumatic stress, abuse, depression, loss of loved ones, failing, and numerous other factors; We, as a culture, are lucky Ken and Josh are determined to share their's and others experiences around in this wonderful book. Struggle Well is among the best presents I've ever provided myself and can give to those who need a helping hands. This reserve lays out a useful way how to, quoting Dusty's vibrant expression, "un-f\*\*\* yourself". We need to do the task and it can't be done if we have no wish. While reading the starting chapters the scripture from Jeremiah 29:11 - "For I understand the plans I have for you personally" declares the Lord, "programs to prosper you rather than harm you, programs to give you hope and a future." kept running through my mind. This is the message we need to hear. And they may just have reminded us all of how exactly to live well and live jointly whatever our circumstances. There's no BS between these covers, no therapeutic gobbledygook and no magic. Either way this book will help you heal or assist you to better understand how to help If you are a vet either you know somebody who is struggling or you may be struggling yourself. Insightful, empathetic, eye-starting — As a combat veteran, this book acts as guard rails as I walk my path. During my time in services during Vietnam I experienced many customers who struggled to replace horrible memories with good ones, to create a new reality that didn't deny what they'd been through but they were able to gradually "move on". In truth, nobody teaches civilians how to perform that either—until now. What Ken has generated at Boulder Crest and what he right now lays out in "Struggle Well" is undoubtedly the best effort presently underway. It's extremely insightful. Anyone thinking about this subject should pick this reserve up, you will not regret it. especially those who are at a perceived or real roadblock which helps prevent them from attaining happiness across the journey we call existence. Struggle Good by Ken Falke and Josh Goldberg This publication is a wonderful roadmap to greatly help everyone realize and fulfill their existence goals; The authors' possess spent years dealing with armed service veterans and doctors and have distilled the best research and the best of their encounters in these web pages. In doing this, they have made a real contribution to the discussion on post-traumatic stress, with productive and first suggestions. As I stayed involved over the years I mentioned that this was getting harder for returning veterans, Something had changed, perhaps the 24/7 nature of battle in a combat area is normally what's different - certainly deployments are longer and more regular.

Their insights and strategies will strike a chord among all anyone who has suffered trauma, or know anyone who has. I'm grateful that Ken and Josh tell it enjoy it is in their new book. We are losing typically 22 vets a day to suicide. But there is wish and a roadmap that we all can follow. In any event this book can help you heal or assist you to better learn how to help. Many thanks Ken and Josh. Struggling Well's system will hopefully reduce that number one vet a time. Highly recommended read for anyone receiving or giving care associated with trauma This program at Boulder Crest Retreat is a great exemplary case of how all trauma impacted veterans ought to be cared for. I've visited the retreat, talked with veterans who both obtain program assistance and provide program support. This reserve is man inspired written by wise men who have experienced and mastered management of a life filled with struggle and the power and wisdom of that it yields. That is a hand-up process that addresses the primary issues trauma victims encounter on a daily basis; not a hand-out work where trauma veterans may become seriously medicated and get a few monthly hours of standard guidance sessions. Supplements and the typical hour of counseling are measures; Boulder Crest is an activity. In Struggle Well, Ken and Josh successfully walk the reader through the Boulder Crest process reflecting a detailed understanding of this multi-faceted/multi layered problem. Why is this read is indeed compelling? Learn to struggle very well. The authors skilled a variety of roadblocks and interruptions within their particular paths and talk about them with the reader and motivate all to embrace the struggle using these concepts. I'd also recommend this browse for anyone who deals with anxiety or despair or has a family member/loved one coping with anxiety or major depression. Ken and Josh have become true practitioners in an area where devoted passion and sincere concern partner with effective holistic strategies. Pills, unsolicited and thoughtless assistance and ill conceived "treatments" have done little to handle the deep needs of warriors and 1st responders. I've implemented this lifestyle into my life, and I am a better man, learning to struggle well, in lieu of constantly chasing my fleeting soul around. Strongly suggested - actionable strategies and insights from even though leaders in Posttraumatic Growth Ken and Josh pull from years of knowledge growing Boulder Crest Retreat and their program focusing on Posttraumatic Growth to share key lessons and insights. Learning to Struggle Well ?? I'm very little of a reader, but this reserve is strictly what I needed. Highly recommended. Ken and Josh do an amazing job of sharing the procedures that will assist anyone with any type of trauma overcome it and live a existence that's fulfilled and joyful. Excellent Book for Overcoming Trauma Loved this book! I recommend this publication for ALL humans. Great book Great book I simply ordered more copies Struggle Well is NOT the normal self help reserve. I simply bought two more copies of Struggle Well to provide to friends. Why? Most of us struggle at times in life, and the wisdom provided by this publication has helped me cope with trauma plus trained me the practices I need to not just live, but to thrive post trauma. The strategy isn't fresh, it builds on deep truths. How we respond to trauma of each kind is certainly a choice - our final freedom. A must read If you're struggling, that is a must read Superb Insight What a fantastic book by to guys who really know what they are discussing. Inspirational at every level! Great publication with actionable approaches for living a fuller life. I bought it in regards to a month ago and already got two other folks to purchase it as well. I'm a veteran and on my second round of a PTSD group which means this reserve arrived at an ideal time. I'm extremely appreciative that the two authors shared their tale and want to help so many. Must have reserve for anybody struggling in/with life! This book ranks up there with a number of the greatest books written on overcoming obstacles in life. The procedure (and results) of this system is light years ahead of what the VA provides and is

usually worthy of direct federal funding to be able to broaden and replicate this type of caution with dignity and respect to all or any veterans. Every human faces challenges in lifestyle but not every human knows how to navigate those difficulties. This is the best street map anyone can own. You may use it to reflect upon what you've discovered while facing the next obstacle in lifestyle. College aged kids should read this publication! a must read This paragraph early in the book caught my attention right away: "We've learned in dealing with veterans that their problems have a lot more to do what they're coming home to, rather than what they are coming back from. Roadmap to a meaningful life. A timely reserve with a compelling argument for how exactly to recover and thrive after trauma. A bold and timely argument for facing down adversity. As explained in the book there are a myriad of situations which prevent or derail folks from staying on their desired tracks to living the nice life (family, career, wellness); and Struggle Well outlines a successful path to success in attaining a lifestyle which is even more desired and meaningful. These concepts, if adopted, help people get back on monitor towards a more meaningful lifestyle. And more important compared to the obvious outcomes of the seminars is the follow on care and attention and support provided which is vital to enhancing veterans lives in a manner where they can enjoy a more productive future (for both veteran and his/her family). Their experiences help the reader understand the potential of the concepts they espouse. This publication will help others follow in their footsteps and attain a renewed interest in their own lives by "...embracing the struggle". An outstanding treatise on what it means to STRUGGLE WELL and be well!



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