



Giving My Heart: Love in a Military Family (Reflections of History)

Lisa H. Farber-Silk

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Giving My Heart is the true story of a New England wife's struggle to find hope and help for a soldier, friend, and lover after his return from Operation Iraqi Freedom. Before the war, he was an outgoing and affable man with a can-do attitude. After deployment, he returns to Vermont wanting nothing more than to be left alone. In the months after, he begins avoiding family and old friends. He is subject to mood swings, angry outbursts, headaches, trouble sleeping, problems at work, and feels that no one can ever understand his world and what he has become.

Meanwhile, Lisa has sacrificed everything including a marriage of two decades, to be with a man who is no longer interested in relationships with anyone. Her quest to find healing for her friend with Post-Traumatic Stress Disorder (PTSD) will take more love, patience, and persistence than she ever knew she had.

Giving My Heart portrays the legacy of our involvement in the Middle-East from the Persian Gulf War to the Iraq War as one family tries to grapple with what it means. Lisa provides a personal and heart-rending perspective that only a military wife and mother can share.

Book #3 in the Reflections of History Series from Modern History Press

Foreword by David W. Powell, author of *My Tour in Hell: A Marine's Battle with Combat Trauma*

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