



FOR IMMEDIATE RELEASE

Right now, we are losing more veterans to suicide than to combat.

Charleston, SC – November 2015 – New release, *Brave, Strong, True: The Modern Warrior's Battle for Balance* (Innovo Publishing Group) by author Kate Hendricks-Thomas. "I'm a pretty decisive person with limited ability to ask for help and zero trouble-taking risks; there was a time I could have become one of those [suicide] statistics," says Thomas, also a U.S. Marine Corps veteran who served in Iraq in 2005.

When the country called, our military men and women answered. *Brave, Strong, and True* challenges us as citizens to do more than say, "Thank you for your service," offering us the chance to understand and connect with our nation's veterans by becoming part of the reintegration solution. Right now, what we hear repeatedly about veterans' mental health isn't always positive and is often far from accurate. Personalizing the issues and advocating for specific, proven protocols, a Marine-turned-PhD calls for a radical shift in the way we talk about health for our military. To promote real wellness, healing, and connection for those who served requires a focus on the resilient leadership potential present in our nation's veteran community. Resilience can be trained and cultivated in all of us, and this book will show you how.

Brave, Strong, True: The Modern Warrior's Battle for Balance is a practical call to health for America's modern military warriors and those who support them. With a unique blend of personal narratives and current research, author Dr. Kate Hendricks Thomas explores this question: what if we could train America's service members to succeed in mental battles as we do in physical ones? This book unpacks the possibility of mental fitness training programs that shift the paradigm from treatment to resilience.

In an accessible, inspiring, and powerful way, Dr. Kate outlines strategies - including social support, self-care, and spiritual practice - for readers to meet the challenge of living purposeful lives. Her research provides a wealth of knowledge and practical guidance for veterans, their family members, military commands, mental health professionals, and everyday citizens who can identify with the title "warrior."

"Combining the latest research on military mental health with deft, authentic storytelling, Kate Hendricks Thomas invites us to think critically about how we typically discuss healing for veterans. Quite simply, faith matters. With a perspective informed by her own combat experiences, she makes a powerful case for the relationship between religion and health. She has written a call to action that is both smart and brave."

—Harold G. Koenig, M.D., Professor of Psychiatry & Behavioral Sciences & Associate Professor of Medicine and Director, of the Center for Spirituality, Theology and Health at Duke University Medical Center

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