

1. Record Nr.	UNINA9910136686903321
Autore	Dallaire Romeo
Titolo	Waiting for First Light : My Ongoing Battle with PTSD
Pubbl/distr/stampa	2016 Mississauga : , : Random House of Canada, , 2016 ©2016
ISBN	0-345-81445-2
Descrizione fisica	1 online resource (151 pages)
Classificazione	BIO008000BIO026000PSY022040
Disciplina	616.85/210092
Soggetti	Nonfiction Biography & Autobiography Military Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	"At the heart of Waiting for First Light is a no-holds-barred self-portrait of a top political and military figure whose nights are invaded by despair, but who at first light faces the day with the renewed desire to make a difference in the world. Romeo Dallaire, traumatized by witnessing genocide on an imponderable scale in Rwanda, reflects in these pages on the nature of PTSD and the impact of that deep wound on his life since 1994, and on how he motivates himself and others to humanitarian work despite his constant struggle. Though he had been a leader in peace and in war at all levels up to deputy commander of the Canadian Army, his PTSD led to his medical dismissal from the Canadian Forces in April 2000, a blow that almost killed him. But he crawled out of the hole he fell into after he had to take off the uniform, and he has been inspiring people to give their all to multiple missions ever since, from ending genocide to eradicating the use of child soldiers to revolutionizing officer training so that our soldiers can better deal with the muddy reality of modern conflict zones and to revolutionizing our thinking about the changing nature of conflict itself."--

