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Sommario/riassunto	This work bridges personal narrative and applied research, offering a multidimensional view of post-service identity reconstruction, systemic gaps in veteran care, and the development of the BRAVE Theory—Building Resilience and Advancing Veteran Empowerment. Born from experience and tested through scholarship, BRAVE integrates the Biopsychosocial Model, Trauma Exposure Theory, the Social Identity Model of Identity Change (SIMIC), and Transformative Learning Theory into a cohesive framework for veteran reintegration. Through reflections on loss, transition, institutional failure, and tactical recovery, this book builds the theoretical backbone for future inquiry while grounding its insights in raw, unfiltered storytelling. It introduces the

WELL Program and PATH Initiative as real-world applications of the theory, offering strategic tools for higher education institutions, policymakers, and community organizations. This work stands as both a tactical memoir and a research-informed model that may be used in veteran studies, applied health sciences, trauma recovery, and reintegration policy. It invites further empirical investigation and offers Springer Nature a gateway into the evolving field of veteran transition as lived, understood, and transformed from within.

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