

PTSD Resource Books

Some of these books address PTSD directly, and some provide the wider background material for the spiritual side of PTSD. If you are not sure of which book best meets your needs, you are invited to contact Chaplain Ziemer at military@wels.net or (239) 218-8494 for his suggestions.



Tears of a Warrior—A Family’s Story of Combat and Living with PTSD. 2014. Team Pursuits, Ft. Collins, CO. ISBN: 978-0-615-21317-0

This book is being offered free to veterans, their families, and service providers.

Spiritual Care Handbook on PTSD/TBI by Hughes, Brian and Handzo, George. Provided by U.S. Department of the Navy. PDF version available from instructor.

The North Face of God: hope for times when God seems indifferent by Gire, Ken. 2005. Alive Communications, Inc., Colorado Springs, CO. ISBN-13: 978-0-8423-7103

Recovering from The War: A Guide for all Veterans, Family Members, Friends and Therapists by Mason, Patience H.C. 1998. Patience Press, High Springs, FL. ISBN: 978-1-892220-07-3

On Killing: The Psychological Cost of Learning to Kill in War and Society by Grossman, Lt. Col. Dave. 1995. Back Bay Books / Little, Brown and Company, New York, NY. ISBN: 978-0-316-33011-4: 0-7814-4288-5

A Stranger in my Bed: 8 Steps to taking your life back from the contagious effects of your Veteran’s Post-Traumatic Stress Disorder by Sprague, Debbie. 2013. Morgan James Publishing, New York, NY. ISBN: 978-1-61448-57-9 (Debbie is WELS)

The Problem of Pain by Lewis, C.C. 1940 (eBook Edition 2009). HarperCollins ebooks. ISBN: 9780061947643

The Hidden Rift with God by Backus, William. 1990. Bethany House Publishers, Minneapolis, MN. ISBN: 1-55661-097-1

Handbook of Consolations: for the Fears and Trials That Oppress Us in the Struggle with Death by Gerhard, Johann, translated by Carl L. Beckwith. 2009. Wipf & Stock, Eugene, OR. ISBN: 13: 978-1-60608-664-3

Deadly Force Encounters by Artwohl, Alexis & Christensen, Loren. 1997. Paladin Press, Boulder, CO. ISBN: 0-87364-935-4

Counseling at the Cross by Lyon, H. Curtis. 1991. Northwestern Publishing House, Milwaukee, WI. ISBN: 978-0-8100-0353-8

American Sniper by Kyle, Chris. 2011. HarperCollins e-books. ISBN: 9780062190963

Police Officer Stress: Sources and Solutions, by Stevens, Dennis, J. 2007. ISBN-13: 978-0131178816.

Emotional Survival for Law Enforcement, by Gilmartin, Kevin. 2002. E-S Press. ISBN-13: 978-0971725409

Two Wars: One Hero's Fight on Two Fronts—Abroad and Within by Self, Nate. 2008. Tyndale House Publishers, Carol Stream, IL. ISBN: 978-1-4143-2296-4

Wounded Soldier, Healing Warrior: A Personal Story of a Vietnam Veteran Who Lost His Legs but Found His Soul by Clark, Allen. 2007. Zenith Press, St. Paul, MN. ISBN: 978-0-7603-3113-2

The Combat Trauma Healing Manual by Adsit, Rev. Chris. 2007. Military Ministry Press, Newport News, VA. ISBN: 978-1-4196-7820-2

Unbroken: A World War II story of survival, resilience, and redemption by Hillenbrand, Laura. 2010. Penguin Random House, New York, NY. ISBN: 978-0-679-60375-7

In Harm's Way: The Story of the USS Indianapolis and the Extraordinary Story of the Survivors by Stanton, Doug. 2012 (eBook). Henry Holt and Company, LLC, New York, NY. eISBN: 9781477818781

When War Comes Home – Christ-centered Healing for Wives of Combat Veterans by Adsit, Chris; Adsit, Rahnella; and Waddell, Marshale Carter. 2008 Military Ministry Press, Newport News, VA. ISBN: 978-1-4392-0890-8

A Grief Observed by Lewis, C.S. 1961 (eBook Edition 2009). HarperCollins e-books. ISBN: 978-0-06-194928-9

The Things They Cannot Say—Stories Soldiers Won't Tell You About What They've Seen, Done, or Failed to Do in War by Kevin Sites. 2013. HarperCollins, Epub Edition. ISBN 97800062273185

The Inside Battle: Our Military Mental Health Crisis by Marjorie Morrison. 2012. Military Psychology Press, Mustang, OK. ISBN 978-1-62024-982-6

