



Nam Vet: Making Peace with Your Past

Chuck Dean

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Although the Vietnam War officially ended in 1975, it still rages in the lives of thousands of Veterans and their families. Why do so many veterans suffer from flashbacks, depression, fits of rage, nightmares, emotional numbing, substance abuse, and helplessness? Author and Vietnam Veteran Chuck Dean endured years of agony and has some answers through those trials. In "Nam Vet", Chuck explains what causes these symptoms and gives guidance on how to break free from self-destructive behaviors. Let the past be the past at last.

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