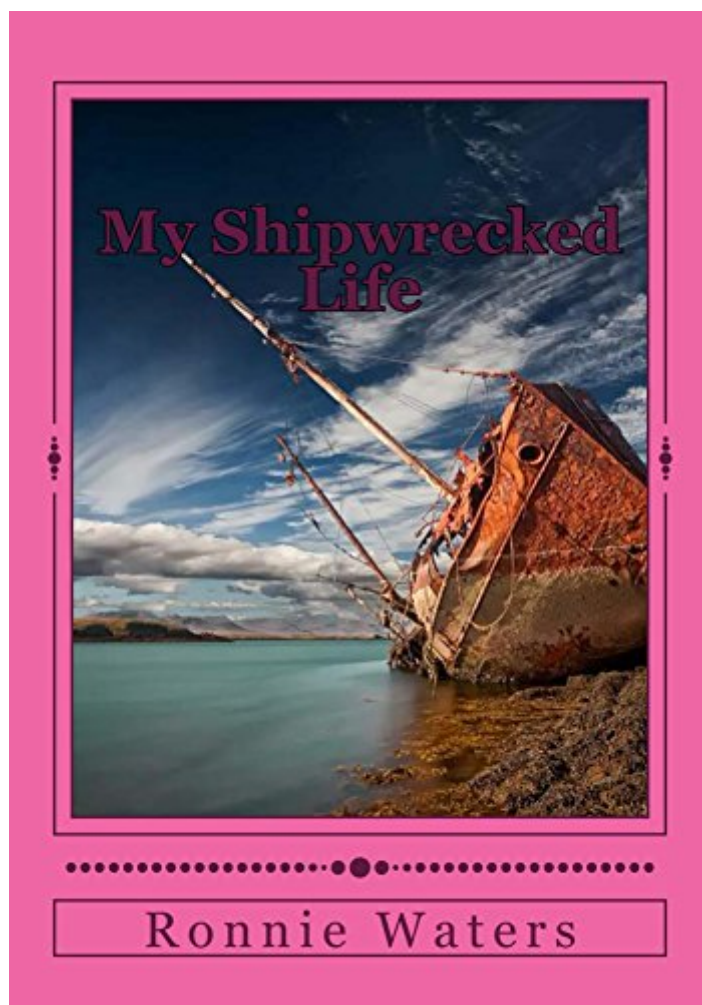


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# My Shipwrecked Life: My Struggle With Alcohol, PTSD And Depression



## Synopsis

In this book I tell of my personal struggle with alcohol and the effects of my addiction. Of how PTSD has effected my life because of my service in the United States Marine Corps and my time in Vietnam. How depression effected me when I came home. How I found an answer to my problems by surrendering my life to God and how I found a good woman to help me, and become my wife of 45 years.

## Book Information

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(depression cure, postpartum depression, ... depression self help, depression free) Alcohol

Information For Teens: Health Tips About Alcohol And Alcoholism, Including Facts About Underage

Drinking, Preventing Teen Alcohol Use, Alcohol's ... On The Brain And The (Teen Health Series)

Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help

Mental Illness Dysfunctional Relationships) How to Help Someone with Depression: 2nd Edition

(Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood

disorders, suicide, suicidal thoughts) Complex PTSD and Developmental Trauma Disorder: How Childhood and Relationship Trauma Can Cause Anxiety and Depression in Adults (Transcend Mediocrity, Book 126) Training Your Own Service Dog Book 2: Training Psychiatric Service Dogs - PTSD, Anxiety Disorders, and Depression Four Against the Arctic: Shipwrecked for Six Years at the Top of the World The Shipwrecked Mind: On Political Reaction Por una sonrisa, un beso / For a smile, a kiss: El Clan De Los Náufragos / the Clan of the Shipwrecked (Spanish Edition) Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress.Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life) Depression Help: Stop! - 5 Top Secrets To Create A Depression Free Life..Finally Revealed Depression Fallout: The Impact of Depression on Couples and What You Can Do to Preserve the Bond Postpartum Depression / Postnatal Depression: The Basic Guide to Treatment and Support Depression after Childbirth: How to Recognise, Treat, and Prevent Postnatal Depression WELLBUTRIN (Bupropion): Treats Depression and Aids in Quitting Smoking; also Prevents Depression caused by Seasonal Affective Disorder (SAD) Collector's Encyclopedia Depression Glass (Collector's Encyclopedia of Depression Glass) Pocket Guide to Depression Glass & More Sixteenth Edition (Pocket Guide to Depression Glass & More: 1920s-1960s: Identification & Values) Kitchen Glassware of the Depression Years (Kitchen Glassware of the Depression Years: Identification & Values) Frequently Asked Questions about Alcohol Abuse and Binge Drinking (FAQ: Teen Life)

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