



Finding Myself

Jr. Daniel Wilt

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Finding Myself Jr. Daniel Wilt

Suffering from the effects of traumatic events may result in severe struggles that can destroy personal relationships, careers, and families. Daniel O. Wilt, Jr. reaches out to walk beside his peers and lead them through the pain and despair people experience when they have reached the end of their rope. In *Finding Myself: A Soldier's Story of Betrayal, Embattlement, and Divorce*, Wilt shows you how to overcome the betrayal of someone you trust, how to endure battling the giants you face, and how to recover from failed relationships and learn to love again. Traumatic stress can brutalize your psyche. It can result from any life-altering situation: a serious accident, abuse, combat exposure, or even relational abuse and divorce. The events may leave you scarred, confused, angry, or scared, but denying these feelings won't make your situation better. *Finding Myself* will walk you through the stages of grief and show you how to overcome the obstacles you face when you need to reach out for help. Let *Finding Myself* help you put things into perspective, show you how to rebuild your life, and lead you into a better relationship when the seasons of your life begin to change.



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