



Waiting for First Light: My Ongoing Battle with PTSD

Romeo Dallaire

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In this piercing memoir, Roméo Dallaire, retired general and former senator, the author of the bestsellers *Shake Hands with the Devil* and *They Fight Like Soldiers, They Die Like Children*, and one of the world's leading humanitarians, delves deep into his life since the Rwandan genocide.

At the heart of *Waiting for First Light* is a no-holds-barred self-portrait of a top political and military figure whose nights are invaded by despair, but who at first light faces the day with the renewed desire to make a difference in the world.

Roméo Dallaire, traumatized by witnessing genocide on an imponderable scale in Rwanda, reflects in these pages on the nature of PTSD and the impact of that deep wound on his life since 1994, and on how he motivates himself and others to humanitarian work despite his constant struggle. Though he had been a leader in peace and in war at all levels up to deputy commander of the Canadian Army, his PTSD led to his medical dismissal from the Canadian Forces in April 2000, a blow that almost killed him. But he crawled out of the hole he fell into after he had to take off the uniform, and he has been inspiring people to give their all to multiple missions ever since, from ending genocide to eradicating the use of child soldiers to revolutionizing officer training so that our soldiers can better deal with the muddy reality of modern conflict zones and to revolutionizing our thinking about the changing nature of conflict itself.

His new book is as compelling and original an account of suffering and endurance as Joan Didion's *The Year of Magical Thinking* and William Styron's *Darkness Visible*.

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From reader reviews:

Shirley Smith:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their spare time with their family, or their own friends. Usually they performing activity like watching television, likely to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could possibly be reading a book is usually option to fill your no cost time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to test look for book, may be the guide untitled Waiting for First Light: My Ongoing Battle with PTSD can be good book to read. May be it might be best activity to you.

Peter Wright:

Are you kind of busy person, only have 10 or even 15 minute in your day to upgrading your mind proficiency or thinking skill also analytical thinking? Then you have problem with the book as compared to can satisfy your short space of time to read it because this all time you only find publication that need more time to be study. Waiting for First Light: My Ongoing Battle with PTSD can be your answer given it can be read by a person who have those short free time problems.

Bertha Chang:

The book untitled Waiting for First Light: My Ongoing Battle with PTSD contain a lot of information on this. The writer explains her idea with easy means. The language is very straightforward all the people, so do not worry, you can easy to read this. The book was compiled by famous author. The author will bring you in the new era of literary works. It is easy to read this book because you can keep reading your smart phone, or product, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site as well as order it. Have a nice study.

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