

## **Adventure in grief**

I am a Vietnam Veteran's widow. My husband, John, served with the Australian army in Vietnam in 1968-69 and killed himself in 2000. For the last two years of his life his extreme reactions to post-traumatic stress dominated our lives and pushed us both to the edge of sanity. Other veteran wives will understand how I could continue to make dinner while John threatened to shoot himself. On a Thursday in December he finally killed himself.

I have spent the last eight years putting myself back together again and, it turns out after talking to Danna, dealing with secondary PTSD. It has been a roller coaster of dark nights, debilitating physical responses and emotional disintegration but also of discovery and ultimately a joyful self-awareness. More specially, the deep love I had for John, which had been challenged by his PTSD, sits peacefully and easily in my heart now.

I have written a book about this journey called 'Adventure in grief', which is being published by The Collins Press, Cork, Ireland, [www.collinspress.ie](http://www.collinspress.ie), in February 2009 and is available from the publisher or Amazon.co.uk. US rights are still available and we are actively seeking an American publisher. Contact Jenny Brown, Literary Agent, at [info@jennybrownassociates.com](mailto:info@jennybrownassociates.com).

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