

"Persons who face profound personal trauma, whether in war environments, on the battlefield, or in their everyday lives, can find hope and comfort from what they will find in *Surviving the Shadows*, an affirming and reassuring guide to coping with PTSD."

—FOREWORD BY G. ROBERTSON-GRIFFIN

# SURVIVING *the* SHADOWS

*A Journey of Hope into Post-Traumatic Stress*

**BOB DELANEY**  
WITH **DAVE SCHEIBER**

Coauthors of the critically acclaimed  
*Secret: My Years Infiltrating the Mob*

Foreword by General Robert W. Cone, United States Army

# Surviving The Shadows A Journey Of Hope Into Post Traumatic Stress

**Bob Delaney**



## **Surviving The Shadows A Journey Of Hope Into Post Traumatic Stress:**

**Surviving the Shadows** Bob Delaney, Dave Scheiber, 2011-09-01 Filled with examples of courage wisdom and innovation Surviving the Shadows is a must read for anyone in the military anyone associated with the military or anyone protected by the military Nate Self Army Ranger Captain ret decorated Iraq and Afghanistan War hero author of Two Wars One Hero s Fight on Two Fronts Abroad and Within The news Bob Delaney brings is poignant up to date well earned and maybe lifesaving You are not alone sharing yourself with others can transform your very existence James S Gordon M D author of Unstuck Your Guide to the Seven Stage Journey Out of Depression Bob Delaney was very effective in addressing our personnel His perspective as a former law enforcement officer who suffered through PTSD was eye opening and comforting for our men and women Jane E Castor Chief of Police City of Tampa Police Department Surviving the Shadows is a must read for all those who serve their city county state or country Post Traumatic Stress for too long has been treated like a secret this book helps to remove that stigma and provides education awareness and hope Don O Leary New York City Fire Department Captain retired We are all touched by PTSD in some way husbands and wives fathers and mothers brothers and sisters families and friends Too often we have questions without answers or don t know where to turn for help But the truth is what we really need is each other Surviving the Shadows is an uplifting journey through powerful and inspiring stories marked by perseverance and personal courage about an array of people who have suffered directly or indirectly from Post Traumatic Stress Along the way PTSD education and awareness leader Bob Delaney introduces you to medical experts who have developed groundbreaking methods in dealing with the disorder and profiles one of a kind programs around the country devoted to assisting PTSD sufferers The first step to healing is one person away The stories within Surviving the Shadows will help you understand the truth about Post Traumatic Stress and how we can help each other overcome it every day

**Ten Zen Seconds** Eric Maisel, 2007-03-01 A powerful ten second technique can change stress into calm strength and a centered approach The basis of The Ten Second Pause is using a single deep breath as a container for a specific thought This technique is simple to grasp simple to use simple to practice and simple to master This technique can be used anywhere anytime by anyone and it s profound in its benefits You ll find yourself able to do things that previously felt too painful or too difficult to attempt You ll be able to calm and center yourself before an important meeting or conversation You ll be able to change your basic attitudes about life becoming calm and positive where before you may have been anxious or pessimistic Blending Eastern principles of breath awareness and mindfulness with Western principles of positive psychology together they offer a powerful antidote to stress procrastination and anxiousness

**Heroes Are Human** Bob Delaney, 2022-09-27 In Heroes are Human Lessons in Resilience Courage and Wisdom from the COVID Front Lines we read gripping first hand accounts by those thrust into the depths of the crisis This book is a must read for health care workers who have been besieged by the ongoing pandemic for those who love them and for any reader wanting to gain a deeper understanding of

their immense sacrifices and struggles Heroes are Human also offers invaluable self care insights in the face of trauma The book s central voice and guide Bob Delaney is an internationally respected and experienced figure in the field of post traumatic stress His powerful message to front line caregivers is that they are not alone Delaney along with co author and award winning journalist Dave Scheiber published Covert My Years Infiltrating the Mob Sterling Publishing 978 1 4027 5442 2 Hardcover 2008 978 1 4027 6714 2 trade paper 2009 and Surviving the Shadows A Journey of Hope into Post traumatic Stress Sourcebooks 978 1 4022 6355 2 2011 Covert is the true story of Delaney s undercover life in a landmark 1970s Mafia investigation dubbed Project Alpha for which he risked his life wearing a wire as a young New Jersey State Trooper taking on a new identity as a mob associate He also writes about his overcoming PTSD through the sport of basketball and career as an elite NBA referee Surviving the Shadows tells the stories of brave men and women whose lives were plunged into despair by post traumatic stress but who learned to cope with Delaney s help by sharing their struggles with others who underwent similar trauma For more than a quarter of a century Delaney was a fixture as a referee on the hardwood courts of the National Basketball Association NBA But what Delaney did and has done off the courts defines his true legacy It is his less visible life saving work of the last four decades helping active members and veterans of the U S armed forces law enforcement fire fighters and first responders the often under appreciated heroes who put their lives on the line for the rest of us every day cope with the devastating effects of post traumatic stress Delaney comes by his healing wisdom from hard won experience He learned about PTSD first hand developing the condition after emerging from his grueling and prolonged undercover work Helping others suffering from the debilitating effects of post traumatic has been a driving force in his life Former President Barack Obama and senior ranking military leaders have honored Delaney for his contributions to PTSD awareness stemming from his multiple visits with U S troops in Iraq and Afghanistan and throughout Europe Asia and the United States In addition Delaney was twice awarded the U S Army Outstanding Civilian Service Medal presented by General Raymond T Odierno retired U S Army Chief of Staff and Four Star General ret Robert W Cone In 2020 the NCAA bestowed its highest honor on him the Theodore Roosevelt Award previously given four U S presidents Dwight Eisenhower Gerald Ford George H W Bush and Ronald Reagan More recently Delaney has become deeply involved with the prestigious Harvard Global Mental Health initiative which focuses on traumas and psychological burdens experienced throughout the world

### **Healing Through the Arts for Non-Clinical Practitioners Bopp, Jenny, Grebe, Amy M., Denny, Joanna**

Hope, 2018-09-07 Time and time again the arts have been called on to provide respite and relief from fear anxiety and pain in clinical medicinal practices As such it is vital to explore how the use of the arts for emotional and mental healing can take place outside of the clinical realm Healing Through the Arts for Non Clinical Practitioners is an essential reference source that examines and describes arts based interventions and experiences that support the healing process outside of the medical field Featuring research on topics such as arts based interventions and the use of writing theatre and embroidery as methods

of healing this book is ideally designed for academicians non clinical practitioners educators artists and rehabilitation professionals

**Leadership in Dangerous Situations, 2nd Edition** Patrick Sweeney, Michael D. Matthews, Paul D. Lester, Sean Hannah, Brian Reed, 2022-12-15 This guide which for years has prepared military emergency and first responders to face psychological social and physical challenges of leading in dangerous contexts has been updated The author team which includes scholars and practitioners has integrated current research findings incorporated topics not covered in the prior edition and has created a reference work relevant to leaders at all levels entry mid and senior in organizations that operate in dangerous contexts Leadership in Dangerous Situations Second Edition includes nine new chapters that address character development ethical decision making and action leading in uncertain times empowering initiative leading taskforces and cross functional teams operating in complex social and political environments tactical and operational decision making and planning red teaming and incident command The authors wrote their chapters as acts of service to enhance the professions that serve their countries and societies

**Surviving the Shadows** Paul J Troxell, II, 2024-06-03 Surviving the Shadows is a poignant guidebook for navigating the complex terrain of PTSD stemming from childhood trauma Authored by someone who has walked the path of trauma recovery firsthand this book offers a comprehensive understanding of PTSD its origins and its impact on the mind and body Personal Insight Drawing from my personal experiences I share my own journey of living with PTSD providing relatable anecdotes that resonate with readers Comprehensive Exploration Structured into twelve insightful chapters the book covers essential topics such as the definition of PTSD its historical context and the intricacies of its symptoms with walking you through my personal journey Providing Guidance Backed by personal experiences and research each chapter offers expert insights into PTSD providing readers with a deeper understanding of its complexities and nuances Practical Strategies From identifying symptoms to managing triggers my readers gain access to practical strategies and coping mechanisms that can help navigate the challenges of PTSD Empowering Resources The book offers a wealth of resources including recommended readings online support groups and therapy resources empowering readers to take proactive steps towards healing Validation and Support With compassionate guidance and validation of personal experiences Surviving the Shadows provides a sense of solidarity and support for those navigating their own trauma recovery journey through my own journey Hope and Resilience Above all I want my book to serve as a beacon of hope affirming that recovery from PTSD is not only possible but achievable with the right support resources and resilience For Readers and Caregivers Whether you re personally affected by PTSD or seeking to support a loved one Surviving the Shadows offers valuable insights and practical guidance for navigating the complexities of trauma recovery As the author of Surviving the Shadows I invite you to join me in raising awareness about PTSD and childhood trauma Share this book with friends family and communities to spark meaningful conversations and provide support to those in need Together we can create a ripple effect of healing and resilience For anyone touched by the shadows of PTSD

Surviving the Shadows offers a roadmap of healing connection and renewed hope It s a testament to the resilience of the human spirit and a reminder that even in the darkest of times there is always a path forward

**Heroes Are Human** Bob Delaney,2022-09-27 Heroes are human is comprised of gripping real stories told by frontline health care workers their family members and those they care for in the harrowing fight against COVID 19 Bob Delaney shares lessons on how caregivers can navigate the resulting stress and potential burnout through an uplifting message of resilience self care and post traumatic stress education

Walking From The Shadows KEVIN. MACOMBER,2025-02-11 Trauma is trauma While most books are written by licensed professionals or academics many of whom have never actually experienced significant trauma themselves this book is written by a survivor who suffered multiple types of trauma to include military service Walking From The Shadows My Journey With Post Traumatic Stress Disorder is a trauma agnostic book that succinctly organizes the vast array of symptoms that a survivor may face in all parts of their healing journey The book was written so the chapters can be read in any order and are smartly tied together so a reader can quickly delve into more detail on specific topics This profound book is not only readable and relatable but gives a path towards hope

Video Source Book Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

*Small Press Record of Books in Print* Len Fulton,1994

**A Journey to Hope** Michael W. Langston,Kathy J. Langston,2016-02 The tragedies and traumas of war are enormous and the consequences of it change forever the lives of those who return as well as the lives of loved ones and friends of those who do and do not return For many veterans the psychological battles continue long after combat deployments end Post Traumatic Stress Disorder significantly affects many people and is not limited solely to war trauma In this volume of hope and healing the authors recount their ongoing journey to hope In an intensely personal yet broadly applicable discussion of PTSD Mike and Kathy Langston provide encouragement and hope for all who struggle with the ravages of PTSD or who love someone who struggles with it This is a powerful story proclaiming that recovery is possible and that the past need not control the present or the future

**Forthcoming Books** Rose Arny,1997

*The Journey from Hope to Healing* M. C. Combs,2021

Honoring the Shadow Living in the Light Nikki Salomon,2020-05-13 Complex Trauma is quickly being recognized as one of the leading causes of mental health distress More widespread than previously understood PTSD affects more than 35 million U S children and has long lasting effects far into adulthood if not treated Post traumatic stress used to be diagnosed only for those that had experienced a singular severe event Physicians and researchers in recent history have now recognized the impact of repetitive negative factors in the environment on the health of the brain Thankfully due to extensive research protocols in therapy have been developed to work with the brain s neuroplasticity in the healing process This book is my personal story with religious abuse complex trauma and steps to recover my authentic thriving self It can serve as validation for the readers own experience or as a workbook in their own healing process

*Surviving the Shadows: A Child's Journey through Abuse. Life is a Story* - story.one ACWstories,2024-08-05 *Surviving the Shadows* A Child's Journey through Abuse is a gripping memoir of resilience and survival ACWstories chronicles her harrowing experiences growing up in an environment of relentless abuse sharing how they coped the psychological wounds inflicted and her desperate attempts to escape This powerful narrative follows the authors journey from the brink of despair to a carefully orchestrated escape at 21 leading to newfound freedom and healing Through therapy and support ACWstories rebuilds her life proving that even the deepest scars can heal with time and determination The book provides a deeper insight into the struggles described in the author s first book *Echoes of Silent* It expands the understanding of the challenges and developments only hinted at in *Echoes of Silent* allowing readers to connect with the characters experiences on a more intimate and personal level

*Dancing With Shadows* Marianne Steele,2025-02-25 *Dancing With Shadows* Healing from Trauma and Finding Wholeness What happens when the wounds of the past shape your present and the shadows of trauma take hold of your life *Dancing With Shadows* is a powerful deeply personal memoir of survival healing and transformation From a chaotic childhood marked by abuse to a tumultuous young adulthood of betrayals loss and choices shaped by trauma the author takes readers on an unflinching journey through the complexities of living with Complex Post Traumatic Stress Disorder C PTSD and dissociation The narrative spans continents and decades moving from the smoky nightclubs of Taiwan to the quiet streets of Germany and beyond offering a rare glimpse into the impact of trauma on identity relationships and self worth Through raw honesty and vivid storytelling *Dancing With Shadows* chronicles the author s experiences of abandonment survival and running both literally and metaphorically until her soul could no longer flee Her candid reflections reveal the ways she hid in plain sight from herself struggled to piece together her fragmented sense of identity and grappled with the lingering effects of early wounds Yet this is not a story of despair It is a testament to the resilience of the human spirit and the possibility of healing no matter how deep the pain or how dark the shadows Along the way the author discovers practices that reconnect her to her body and spirit Shiatsu Qigong guided meditation and energy healing and finds unexpected strength in vulnerability connection and the courage to face her past This memoir is a beacon of hope for anyone who has struggled with the weight of their past It sheds light on the hidden realities of trauma the challenges of healing and the profound beauty of rediscovering oneself With compassion and wisdom hard earned from a lifetime of searching the author invites readers to embark on their own journey toward healing reminding us that even in the darkest moments there is light to be found For survivors supporters and seekers alike *Dancing With Shadows* Healing from Trauma and Finding Wholeness offers inspiration understanding and a message of triumph we are more than our pain and we are capable of reclaiming our wholeness If you ve ever felt the weight of shadows in your life this book will remind you that they can be transformed into a dance of strength grace and hope

*Life in the Shadows* Nancy Legere,2019-04-12 Childhood is supposed to be a time of innocence discovery making friends learning and enjoying simple uncomplicated days filled with

laughter and fun But what happens if those idealistic hopes and dreams are squashed in an instant when that little girl is sexually abused What then Life in the Shadows is the true story of how one such little girl lived with crippling feelings of shame and an overwhelming need for secrecy What followed was a life struggling to cope with severe symptoms of Post traumatic stress disorder turning to alcohol for relief and escape leading to sleep deprivation and almost absolute isolation Nancy Legere openly shares how she managed to climb up out of the seemingly never ending darkness that enveloped her life after she was raped at the tender age of seven and the years that ensued with her falling deeper and deeper into the abyss of anger and fear caused by feelings of self loathing Feelings of being unworthy of love and incapable of showing any emotion caused Nancy s life to spiral out of control to the point of contemplating suicide to end her struggles with life as she knew it Nancy brings her courage and tell it like it is persona to this story of her journey out of the hell that is childhood sexual abuse to the healing path she is now walking She shares openly and honestly about the toll the abuse took on her physically emotionally and spiritually and how she eventually took back her life and her power It is a triumphant hard hitting sometimes challenging read that leaves us hopeful about finding our way out of the shadows Dawn McKelvie Cyr MA

*Flashbacks in Post-Traumatic Stress Disorder: Surviving the Flood* Leslie Raddatz,2012-07-06 Special Announcements Childhood for Leslie Raddatz is one continuing nightmare To survive she represses her memories until one day when she is a 34 year old woman a wife and mother her past erupts into the present with a full blown flashback It is the onset of post traumatic stress disorder PTSD and it threatens to destroy what mental and physical endurance she has salvaged through the years But her child within cries out for recognition and mercy More psychological disorders emerge somatization and conversion She agrees to relive her childhood under the protection of a professional counselor and comes to understand how her parents neglect made her an easy target for predators who sexually physically and emotionally abuse her over and over again She graduates from victim to survivor while detailing today s sophisticated techniques that help her heal Eye Movement Desensitization and Reprocessing EMDR attachment and ego state therapy Brainspotting positive imagery resource building coping skills art therapy task therapy and counseling Once you read Leslie s story you can take comfort in the hope she offers and follow her example on your own healing journey **Through the Valley** Tina Summers,2020-11-16 Veteran Andy Summers came home from the war but the battle of his life was only beginning Andy returned from deployment with a hatred for muslims and nightmares he refused to share with anyone especially his wife Tina Reaching out for help was weak His brain tormented him day and night but he was strong enough to stop the demons even if it meant taking his own life Tina watched her husband s mental health spiral his denial leaving her powerless and alone in their marriage While Andy was diagnosed with Post Traumatic Stress Disorder Tina answered What s wrong with Daddy questions from their sons When terrorism at home intensified Andy s PTSD symptoms they began to lose hope of life getting better Until the day Andy met an Imam True life events woven into a compelling narrative of torment faith forgiveness and healing *Beyond PTSD* Barrett

Williams, ChatGPT, 2025-09-17 Unlock the pathway to healing and resilience with Beyond PTSD a groundbreaking eBook designed to guide you through the transformative journey of overcoming post traumatic stress disorder Delve deep into the heart of PTSD unraveling the psychology of trauma and dispelling common myths This comprehensive guide offers a nuanced understanding and compassionate perspective on the struggles and triumphs faced by those living with PTSD In Beyond PTSD you ll encounter inspiring stories of survival that illuminate the power of vulnerability and personal narrative Discover early steps toward recovery including the importance of recognizing the need for help building a robust support system and setting achievable goals The book provides practical insights into effective therapeutic interventions such as Cognitive Behavioral Therapy EMDR and mindfulness practices each tailored to foster recovery and well being Navigate the complexities of relationships during healing and learn to communicate effectively with loved ones establish healthy boundaries and engage the vital support of family and friends Explore the concept of resilience mastering techniques to build inner strength and witness stories of overcoming adversity Beyond PTSD also highlights the profound impact of lifestyle choices on emotional health From nutrition and exercise to sleep and stress management the book covers crucial lifestyle factors that influence recovery Explore alternative therapies including art music and animal assisted therapy which offer unique pathways to healing and self expression Understand the role of community and professional support as well as innovative technological tools in the recovery process This eBook addresses the intersection of PTSD and identity providing resources for diverse communities and spotlighting the unique experiences of veterans first responders and survivors of abuse Beyond PTSD is a beacon of hope offering inspirational stories faith and spirituality as pillars to sustain and motivate healing Embark on this empowering journey and find purpose beyond the trauma turning the tide toward a future filled with growth change and renewed hope

## Decoding **Surviving The Shadows A Journey Of Hope Into Post Traumatic Stress**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Surviving The Shadows A Journey Of Hope Into Post Traumatic Stress**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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