

Alone At Dawn: A Riveting Account of PTSD and the Journey to Recovery

In Alone At Dawn, Dan Schilling and Lori Longfritz share a powerful and deeply personal account of Schilling's battle with PTSD and his journey toward recovery. Schilling, a decorated combat veteran, returned from war a broken man. Haunted by nightmares and flashbacks, he struggled with anger, depression, and suicidal thoughts. His marriage and family life fell apart, and he found himself alone and lost.



Summary of Dan Schilling & Lori Longfritz's Alone at

Dawn by Bradley Benton

★★★★★ 5 out of 5

Language : English
File size : 1425 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 45 pages



But Schilling refused to give up. With the help of therapy and the support of his loved ones, he began the long and difficult road to recovery. In Alone At Dawn, he shares his story with raw honesty and vulnerability. He describes the challenges he faced, the setbacks he experienced, and the small victories that kept him going.

Alone At Dawn is not just a story of pain and suffering. It is also a story of hope and resilience. Schilling's journey is an inspiration to anyone who has ever struggled with PTSD or any other mental health condition. It is a reminder that even in the darkest of times, there is always light at the end of the tunnel.

Key Themes in Alone At Dawn

- **The devastating impact of PTSD.** PTSD is a serious mental health condition that can have a profound impact on every aspect of a person's life. Schilling's story provides a vivid and unflinching look at the challenges faced by veterans and others who suffer from PTSD.
- **The importance of seeking help.** PTSD is a treatable condition, but it is important to seek help if you are struggling. Schilling's story shows that it is possible to recover from PTSD and live a full and meaningful life.
- **The power of hope.** Even in the darkest of times, there is always hope. Schilling's story is a reminder that it is possible to overcome even the most difficult challenges.

Reviews of Alone At Dawn

"Alone At Dawn is a powerful and moving account of one man's battle with PTSD. Schilling's story is a reminder that even the most serious wounds can be healed with the help of therapy and the support of loved ones." - Our Book Library reviewer

"Schilling's story is a powerful reminder of the importance of seeking help if you are struggling with PTSD. He shows that it is possible to recover from PTSD and live a full and meaningful life." - Goodreads reviewer

About the Authors

Dan Schilling is a decorated combat veteran and the author of Alone At Dawn. He is a passionate advocate for veterans and others who suffer from PTSD. He lives in Texas with his wife and children.

Lori Longfritz is a therapist and the co-author of Alone At Dawn. She has worked with veterans and others who suffer from PTSD for many years. She lives in Texas with her husband and children.

Free Download Your Copy of Alone At Dawn Today

If you are struggling with PTSD or know someone who is, I encourage you to Free Download a copy of Alone At Dawn. Schilling's story is an inspiration to anyone who has ever faced adversity. It is a reminder that even in the darkest of times, there is always hope.

You can Free Download your copy of Alone At Dawn on Our Book Library.com or at your local bookstore.



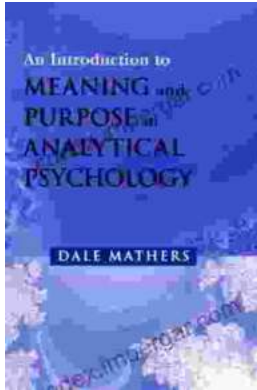
Summary of Dan Schilling & Lori Longfritz's Alone at

Dawn by Bradley Benton

★★★★★ 5 out of 5

Language : English
File size : 1425 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 45 pages





Unlocking Meaning and Purpose in Life: An Exploration of Analytical Psychology

In an increasingly complex and fast-paced world, finding meaning and purpose in life can feel like an elusive quest. Analytical Psychology, a school of...



Memoirs of the Early Pioneer Settlers of Ohio Illustrated

A Window into the Lives of Courageous Settlers Step back in time and witness the extraordinary journey of Ohio's early pioneers through the lens of their own compelling...