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Rule Number Two: Lessons I Learned in a Combat Hospital

Heidi Squier Kraft

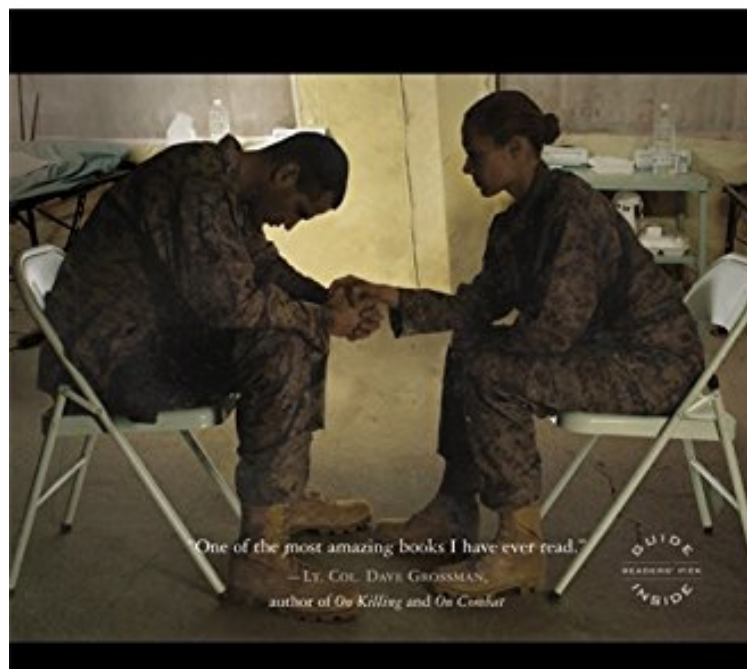
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RULE NUMBER TWO

Lessons I Learned in a Combat Hospital

DR. HEIDI SQUIER KRAFT



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2 of 2 people found the following review helpful. Very good read and look into the mental trauma of war.By R.E. ReichardtI need reference for a college paper on PTSD and this gave me a deeper understanding of what my family

members who served and suffer physical and mental wounds went through during their service in theater. God Bless Dr. Kraft and all those who served for their sacrifice. It is the rest of us who's responsibility to make sure they are given the care they were promised. 2 of 2 people found the following review helpful. courageous
By Michael H. Wellins
I was a police psychotherapist for over thirty five years, and treated many victims of violence and war in my career. In reading this book , much of my experience came back to me. Ms. Kraft reminds us that evil and violence touches us all, and that when we send men and women in harms way it is at great personal cost. It has been said that no one hates war more then soldiers but they haven't asked the families and care takers the cost they bear. Thank you for your service Ms. Kraft, both to the military you served and to your readership. 0 of 0 people found the following review helpful. Amazing book!
By Ashley
Wow! That's all I can really say about this book! Except for this... THANK YOU to our past, present and future military personnel! I'm married to one and now have a better understanding of what they go through over there!!

When Lieutenant Commander Heidi Kraft's twin son and daughter were fifteen months old, she was deployed to Iraq. A clinical psychologist in the US Navy, Kraft's job was to uncover the wounds of war that a surgeon would never see. She put away thoughts of her children back home, acclimated to the sound of incoming rockets, and learned how to listen to the most traumatic stories a war zone has to offer. One of the toughest lessons of her deployment was perfectly articulated by the TV show M*A*S*H: "There are two rules of war. Rule number one is that young men die. Rule number two is that doctors can't change rule number one." Some Marines, Kraft realized, and even some of their doctors, would be damaged by war in ways she could not repair. And sometimes, people were repaired in ways she never expected. RULE NUMBER TWO is a powerful firsthand account of providing comfort amidst the chaos of war, and of what it takes to endure.

"Every American needs to read this." General Anthony C. Zinni, USMC (Ret), former commander of U.S. Central Command
"One of the most amazing books I have ever read..." Lieutenant Colonel Dave Grossman, USA (Ret), author of On Killing and On Combat
"A necessary but uncomfortable book for anyone wishing to understand." Jay Freeman, Booklist
"The welcome mat for memoirs by veterans of operations Iraqi Freedom and Enduring Freedom might never wear out so long as they write with the sincerity of Squier Kraft...(who) wins respect with genuine empathy." J. Ford Huffman, Military Times
"A necessary...book for anyone wishing to understand." (Booklist)
"Wins respect with genuine empathy." (Military Times)
"Direct and honest...every page provides evidence of the long-lasting effect [Kraft's] time in Iraq has had on her." (Bloomberg.com)
"Emotional and powerful, it's a piece of work that is worth sitting down with." (Palos Verdes Peninsula News)
About the Author
Heidi Squier Kraft received her PhD in clinical psychology from the University of California, San Diego School of Medicine in 1996. After several years as a flight psychologist with the US Navy, she gave birth to twins in 2002. In February 2004, she deployed to Iraq for seven months. She left active duty in March 2005 after nine years in the Navy, and is now Deputy Program Coordinator, US Navy Combat Stress Control. She lives in San Diego with her husband and kids.