



Writing Poetry is Therapy for Veteran Suffering from PTSD

Master Sergeant Gordon L. Ewell lets go of the demons he carried with him after returning from the War in Iraq.

Eagle Mountain, UT (PRWEB) October 21, 2011

As the War in Iraq subsides many U.S. soldiers are coming home from deployment. Transitioning to civilian life can be difficult for many soldiers, and the horrors of war can bring on the serious psychological condition called post-traumatic stress disorder (PTSD). Struggling with PTSD after his service in the War in Iraq, Gordon L. Ewell began writing about his feelings, and he has gathered those poems into a new book called *Dung in My Foxhole: A Soldier's Account of the Iraq War, and his Post War Struggles with Injury and PTSD thru Poetry* (published by Trafford Publishing). Excerpt from the book:

“Why am I standing here, content to just wait

Is it because I have no family at home
Is it because I am tired of being alone

Is it because I am ready to move on
To leave it all behind, and dance to a new song

And be free of the pain, this horrible pain
I can feel with each breath, in my heart and my brain”

PTSD treatment can incorporate various techniques depending on the person and their specific needs. For Ewell, writing poetry became a form of treatment. Ewell's poetry allowed him to release his “personal demons and nightmares,” and this book began to take shape when he realized that he had built up a decent collection of poems. The cathartic and therapeutic writing process was instrumental in Ewell's transition from war to civilian life. *Dung in My Foxhole* is for anyone interested in understanding the effects of PTSD on a person, or for anyone suffering PTSD and searching for a way to deal with the trauma.

About the Author

Master Sergeant (MSG) Gordon L. Ewell has served in the U.S. Army for over 20 years and is a veteran of the War in Iraq, where he was a “bomb hunter”. Ewell received the Bronze Star and Purple Heart Medal awards for his service after he suffered devastating injuries in six different blasts from Improvised Explosive Devices (IED's). Ewell suffers from post-traumatic stress disorder, yet he continues to serve with distinction as a member of the Blue Star Riders, as a volunteer at the George E. Wahlen V.A. Hospital in Salt Lake City and with the veterans of Foreign Wars, the Disabled American Veterans and the American Legion. He and his wife live in Eagle Mountain, Utah.

Trafford Publishing, an Author Solutions, Inc. author services imprint, was the first publisher in the world to offer an “on-demand publishing service,” and has led the independent publishing revolution since its establishment in 1995. Trafford was also one of the earliest publishers to utilize the Internet for selling books. More than 10,000 authors from over 120 countries have utilized Trafford's experience for self publishing their books. For more information about Trafford Publishing, or to publish your book today, call 1-888-232-4444 or visit trafford.com.

###

Contact Information

Marketing Services

Trafford Publishing

1-888-232-4444

Disclaimer: If you have any questions regarding information in these press releases please contact the company listed in the press release.

Please do not contact PRWeb®. We will be unable to assist you with your inquiry.

PRWeb® disclaims any content contained in these releases. Our complete disclaimer appears [here](#).

© Copyright 1997-2010, Vocus PRW Holdings, LLC.

Vocus, PRWeb and Publicity Wire are trademarks or registered trademarks of [Vocus, Inc.](#) or Vocus PRW Holdings, LLC.

[Terms of Service](#) | [Privacy Policy](#)