



# Healing the Military Soul: How Warriors Can Regain Strength from Within (Volume 1)

*Alexandra H. Roach CHHP*

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"Healing the Military Soul - How Warriors Regain Strength from Within" targets the current health crisis in this country, which does not stop at the ranks of our Armed Forces. Demands on the military grow; so does their pain. Who cares? Alexandra Roach does. She writes from a heartfelt perspective and captivates the reader with personal accounts every military member can relate to. These stories provide the backdrop that supports her proposal of integrating holistic health practices to strengthen active duty military personnel and their families. Alexandra provides insight on how service members can:

- Take control of their own health
- Free themselves from depression, PTSD, and chronic pain

From micro to macro – if each individual is physically and emotionally strong, vital, and energetic, the entire military will be too. This creates Tomorrow's Power for our nation.

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