



## A Soldiers Fortune and Other Poems Moving past PTSD and creating a fun-loving life

By Ed Brown

Agio Publishing House. Paperback. Condition: New. 118 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Ed Brown is a Canadian Forces veteran of Tsimpshian First Nations and Scottish-Canadian heritage. During his 19-year military career, he served on peacekeeping missions to the former Yugoslavia, Israel, Syria and Turkey (in support of Afghanistan), and aboard HMCS Calgary, Regina, Winnipeg and Moresby. Ed began writing poetry as therapy for PTSD (posttraumatic stress disorder).

Songwriter Denis Donnelly says, With strong street language that often gains power from echoing the innocence of nursery rhymes, these poems of Eds peacekeeping experiences, both narrative and psychological, paint an unforgettable picture of war and its human costs. Psychologist Agnes Sawchyn says that Ed writes with unflinching frankness and emotional honesty. . . Ed extends a message of hope to others by describing what, in the end, made his journey back to health possible and worth navigating: his love for his children, the apprehension and joy of experiencing new love, the simple beauties of nature, and an irrepressible sense of humour and playfulness. Full Advance Reviews There are at least two gifts in the poetic, and sometimes wrenching, accounts of a soldiers journey. The first is that the scenes of people...



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