



## Trauma Healing Action Steps for Veterans: Forgiveness (Paperback)

By Reverend Mike Wanner

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Veterans can be bothered by actually feeling guilty for doing what they were ordered to do and then guilty for doing what they may not have agreed needed to be done. The right or wrong may be argued but the guilt can be deep. Deep guilt can anchor within and be problematic to heal. Even slight guilt can be disruptive to an innocent person's life. Persons that are innocent from deliberate willful actions may feel tainted by what they were ordered to do. Finding justification may not be easy. When we can forgive ourselves for misdeeds, we can find a positive foundation upon which we can build our future life.



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