



Oregon Vietnam Vet Has Unusual Solution For Anyone With PTSD

Retired Marine's Book Offers Help For Anyone With PTSD Or Who's In Need Of "Life Support!"

LOS ANGELES, CALIFORNIA, USA, January 13, 2017 /EINPresswire.com/ -- World traveler and former Marine (having been to over 30 states as well as six countries) author Terrence (Terry) Heintz has created the unique book, WORDS "A Secular Bible for the New Millennium."

Taking more than 30 years to complete is project, Heintz has gathered the wisdom of over 380 men and women to help readers who have suffered the challenges of life on earth...especially those who have lived with [PTSD](#) just like he has.

Offering a collection of experience his book was completed after his reviewing over 10,000 items of thought...garnered from some of the most brilliant thinkers of all time from Homer to those from the 20th century. He feels many readers will find it helpful and inspiring...especially those dealing with their third and forth decade of life and beyond.

Heintz believes that his book will be additionally useful to the readers who come from the, "...life is a bitch...and then you die..." school of thought. Determined to prove to those readers an [alternate view of truth](#).

His life experience includes his spending four years in the Marine Corp decades ago, then traveling the world with a unrelenting and raging PTSD (unknown to him at the time) he returned to the land of his birth, New England. Now 30 years of age and recovering from a car accident in Ohio (over 10 fractured ribs) while attending Wright State University. Finally recovered after living another nine years in New England..."unsuccessfully" (as he reports) he decided to leave one last and final time for the West Coast spending time in Northern California.

Living in Eugene [Oregon](#), the last 20 years, Heintz is the son of an Irish immigrant mother and a father who was the son of a German immigrant his days are currently spent researching, and pursuing his other interests, that include music both listening and performing locally, arts and culture, and gardening to name a few.

Heintz hopes that if "...just one person gains relief from their PTSD or other depression (or who just need a boost), from his book, 'Words,' it will all have been worth it." Also more can be found at the author's website: www.terrenceheintz.com His book has been published by Luminare Press in Eugene, Oregon. The book may be purchased from the authors website as well the opportunity to obtain custom autographed copies. Additionally it can be bought online from Amazon, and Barnes and Noble, not to mention your favorite independent and chain bookstore.

The author is available for interviews and books are available for review. Please use the contact information below.

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