

Combat Veteran Opens Up About His Traumatic Brain Injury And Post Traumatic Stress Disorder In His Book “BRAIN PAIN.”

Iraq Combat Veteran Anthony Jones Talks About Being Blown Up and Fighting His Traumatic Brain Injury And Post Traumatic Stress Disorder In His Book “BRAIN PAIN”

LAS VEGAS, NEVADA, USA, April 17, 2017 /EINPresswire.com/ -- LAS VEGAS, U.S.A. (2017) - “[BRAIN PAIN](#)” - Fighting Traumatic [Brain Injury](#) and [Post Traumatic Stress](#): A father-son memoir, has hit the bookshelves. The Author, Major Jones survived multiple explosions in Iraq and has written a book to share his lessons and bring continued awareness of Traumatic Brain Injury (TBI) and Post Traumatic Stress (PTS) and what he calls the next “Concussion Crisis.” Major Jones has a unique perspective on this, as his father, a Marine, survived four explosions during the siege of Khe Sanh, in Vietnam.



Gen Petraeus and Major Jones at Camp Victory 2007

Major Jones began this project as a cathartic journey and to share his lessons from years of fighting

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My father and I survived multiple explosions. Mine in Iraq, my fathers in Vietnam. I didn't return with my old brain. I left it 'over there.' I call my nemesis, Chaos. Dad calls himself Defective.”

Major Jones

his "Brain Pain." That's how he's described the headaches and anxiety to his doctors since first being hit. That pain was the seed that grew into "Chaos," overtaking and almost ending his life. This memoir isn't a combat story; it's a “back here” story.

He calls his nemesis “Chaos;” the sum of TBI and PTS, i.e. headaches, anxiety, lethargy, irritability, memory loss, depression, which leads to bad choices, which leads to alcohol and drug abuse, then to bad financial decisions, personal destitution, dissolution of family and friends, which can finally lead to ones perceived last choice, suicide.

“Chaos” assaults these weakening links in our mental health “Chain,” or a damaged brain. A healthy “Mental Health Chain” is the result of a lifetime of good morals, values, integrity and intelligence, reinforced by well thought out choices and ethics. The author's story relates how he “Does The Work” to strengthen the links in his “Chain.” Since being hit in 2007, Major Jones has navigated these challenges and shares insights and lessons of what has been called the signature “Invisible Wounds” of these wars.

“Brain Pain is an absolutely fantastic book and needs to be read by all especially medical and mental health personnel.” Rear Admiral Joan M. Engel, 18th Director of the United States Navy Nurse Corps

Major Jones; “My shrapnel wounds have long healed and to look at me, I look normal. I discovered it was impossible for my family, friends and advocates to understand. I wrote this for all to understand the damaged mind of combat concussed veterans.” There are over 300,000 combat veterans who have traumatic brain injuries, over 75,000 of those are blast induced, and even more with diagnosed post-traumatic stress. The next concussion crisis will come from the aging Vietnam veterans who were not diagnosed but forgotten, and the Iraq / Afghanistan combat blast-induced veterans. It’s already catching up with us. There are currently 5.3 million Americans living with TBI.

“Brain Pain” reviews dozens of topics such as Equine Therapy, Service dogs, Music Therapy, Exercise and the Outdoors, Brain Games, Acupuncture, Medical Marijuana, Meditation, Hyperbaric Oxygen Therapy, Neurological Botox, Medication and Drug Abuse, Suicide, Faith and his own personal Near Death Experience from beyond. It is available on Amazon Books and Kindle. Major Jones is the single author and is available for interviews and discussion. To find out more, visit <http://majoranthonyjones.com/> - https://youtu.be/GrcNWsD3_BY

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