

Tantor Media Releases Audiobook of "Doc" Springer's WARRIOR

New Audiobook on How to Support Those Who Protect Us Available December 22

BOULDER, CO, UNITED STATES, December 21, 2020 / EINPresswire.com/ -- In WARRIOR, <u>Shauna Springer, PhD</u> delivers insights on how to support the people who protect us from threats to our safety—whether they are on a battlefield or in a hospital isolation ward. "Doc Springer", as she is known to countless military veterans, takes us close to the struggles of our bravest citizens during and after they face traumatic challenges. She draws from the experiences of our warfighters to help us understand true courage and



the bonds of love that keep all of us in the fight.

"We continually thank warriors for their service - yet treat them as though they are broken gear,"

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Dr. Shauna Springer's wisdom, both penetrating and insightful, has the power to save a life." *Bill Edmonds, Special Forces Officer, author GOD IS NOT HERE* says Dr. Springer. "We donate millions of dollars to support warriors, yet they tell me that they feel invisible, like ghosts passing unseen through a culture that is utterly alien to them. Through my unique role as a trusted psychologist and "Doc" to our nation's warfighters, I've learned insights that can help us navigate this time of unprecedented trauma. WARRIOR is a book about the isolation, grief, shame, moral injury, pain, shock and sense of disconnection that are the central challenge to bringing our warriors home from war—and confronting the current

crisis of our personal and national mental health."

A graduate of Harvard University, Shauna Springer, PhD is the Chief Psychologist for Stella Center and one of the nation's leading experts on PTSD and Trauma. What she has learned from more than a decade at the extremes from working with our nation's warriors and their families can help all of us navigate this time of unknowns. She co-hosts a weekly podcast in collaboration with Military Times and her work has been featured on NPR, NBC, CBS Radio, Forbes, Washington Post, US News and World Report, Business Insider, and Military Times.

The audio edition is available through digital retailers wherever audiobooks are sold, including outlets such as Audible, Audiobooks.com, iTunes, Google Books. It will also be made available to public libraries across the country.

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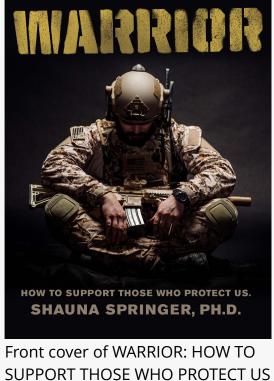
have 25 years of publishing experience. The company headquarters is near Boulder, Colorado with a production office in Arlington, Virginia. Armin Lear is a member of the Independent Book Publishers Association and distributes its books worldwide in English through Ingram.

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by Shauna Springer, PhD



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