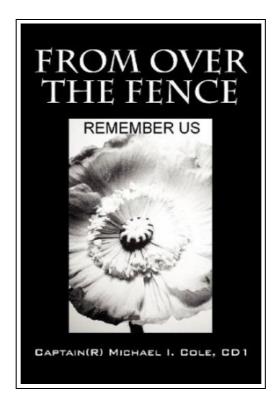
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Outskirts Press, United States, 2012. Paperback. Book Condition: New. 229 x 150 mm. Language: English. Brand New Book ***** Print on Demand *****. The decision to get into one of these three professions is a very personal one. It takes great intestinal fortitude to be able to even qualify for training, let alone finishing. There is a great deal of pride in your accomplishments and you continuously strive to improve your skills. One of the most seriously misunderstood ailments these professionals sometimes get is a mental health issue. Using myself as an example, I never lived in one time zone. I was always flying somewhere and being a heavy transport pilot, my destination was never close to home. It would be daylight there and night here and my body never got a circadian rhythm. That rhythm I spoke about is, going to bed at night and getting up in the morning. Eating 3 times per day, usually at or near the same times, your body clock in otherwords. Shift workers have this problem too but, someone on call, never knows what time they have to go to work or what time they will be home. Tough on you and your family. When a mental health issue comes up, these self driven individuals feel that it s nothing, and they will work through it. Strong as they may be, this one they can t beat alone. It would be so much easier if I were missing a leg or arm. Then at least people could understand the hurt and pain. The problem comes when there are no outwardly signs of physical trauma. All the damage is internal. PTSD is evident when the person s coping abilities are overwhelmed. They resort to ways to release the pain. I was struggling badly. I...



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