



# Waiting for First Light: My Ongoing Battle with PTSD

*Romeo Dallaire*

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**Longlisted for the RBC Taylor Prize:** In this piercing memoir, Roméo Dallaire, retired general and former senator, the author of the bestsellers *Shake Hands with the Devil* and *They Fight Like Soldiers, They Die Like Children*, and one of the world's leading humanitarians, delves deep into his life since the Rwandan genocide.

At the heart of *Waiting for First Light* is a no-holds-barred self-portrait of a top political and military figure whose nights are invaded by despair, but who at first light faces the day with the renewed desire to make a difference in the world.

Roméo Dallaire, traumatized by witnessing genocide on an imponderable scale in Rwanda, reflects in these pages on the nature of PTSD and the impact of that deep wound on his life since 1994, and on how he motivates himself and others to humanitarian work despite his constant struggle. Though he had been a leader in peace and in war at all levels up to deputy commander of the Canadian Army, his PTSD led to his medical dismissal from the Canadian Forces in April 2000, a blow that almost killed him. But he crawled out of the hole he fell into after he had to take off the uniform, and he has been inspiring people to give their all to multiple missions ever since, from ending genocide to eradicating the use of child soldiers to revolutionizing officer training so that our soldiers can better deal with the muddy reality of modern conflict zones and to revolutionizing our thinking about the changing nature of conflict itself.

His new book is as compelling and original an account of suffering and endurance as Joan Didion's *The Year of Magical Thinking* and William Styron's *Darkness Visible*.

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The experience that you get from Waiting for First Light: My Ongoing Battle with PTSD is a more deep you rooting the information that hide inside the words the more you get considering reading it. It doesn't mean that this book is hard to understand but Waiting for First Light: My Ongoing Battle with PTSD giving you enjoyment feeling of reading. The author conveys their point in specific way that can be understood by means of anyone who read the idea because the author of this book is well-known enough. This particular book also makes your vocabulary increase well. So it is easy to understand then can go together with you, both in printed or e-book style are available. We suggest you for having this specific Waiting for First Light: My Ongoing Battle with PTSD instantly.

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