

Extreme Mental Combat

[#extreme mental combat](#) [#psychological warfare](#) [#mental toughness](#) [#cognitive strategy](#) [#mind battles](#)

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Extreme Mental Combat

For unforgiving times ... an unforgiving strategy. When faced with great adversity, like being diagnosed with life-threatening illness, we generally find ourselves unprepared. At a time when we need to believe in ourselves and our future we find belief being stripped from us. With loss of confidence, and no direction, many are overwhelmed by fear and depression and accept the role of victim. But what if we had direction to our thoughts? What if there was a strategy that built self-worth and self-belief? A strategy that through discipline and sheer force of will, allowed us to not just attain belief in our desired future, but to accept it as a certainty. A strategy that used coercion and our most powerful emotions to ensure we persevered until we attained that future.

Mental Combat

Finally! An easy way to use the science of Sports Psychology to Skyrocket Your Performance! The No.1 Bestseller - get your copy now! You may already know that Pro Athletes use the power of Sports Psychology to boost motivation, manage nerves and become top performers. The problem is that many of these techniques are kept secret and other guides are heavy and full of jargon. So how can you use the simple power of Sports Psychology techniques to revolutionize your performance today? Clearly you need more than just a system, you need the right kind of system. Not just the science behind mental strength but a super-simple, step-by-step guide to unlocking the power of your brain. As a bestselling author, martial arts and fitness coach, I've been lucky enough to work with some of the best experts around the world. With input from top instructors and researchers I discovered easy tactics that can be effortlessly used by everyone. From fitness fans, runners and gym athletes to combat styles like boxing, MMA, and martial arts. Even the busy office worker can dominate any competitive or stressful event in minutes! This is "Mental Combat"... and once applied to your training it quickly revolutionizes performance - every time! What Is Mental Combat? Mental Combat is a simple, easy set of tactics for unlocking the full power of your brain and body. Moreover, it gives you the proven scientific benefits of Sports Psychology without needing to understand the complex history and theories. Whilst traditional guides can be heavy and difficult to follow, Mental Combat is a simple, tactical approach. Perfect for

martial artists, fitness fans, gym enthusiasts and even the busy office worker! Stressful, nerve-wracking events become a walk in the park when transformed using the right techniques. A busy and cluttered mind becomes laser-focused. Would you like to know the quickest and easiest way to experience the incredible benefits of mental training? The Easy New Way To Get Started with Mental Training Inside "Mental Combat" you'll discover... How to "psych-out" an opponent. How to spot an opponent's personality type (and use it against them) "Mind Hacks" for instant, rock-solid confidence and cool. The three tricks for negotiating like a pro Powerful motivation and concentration skills. Revealed: the body position to banish nerves quickly and easily. How to spot deception The truth behind meditation. (and why it's easier than you think). How to unlock the power of your brain for any event. The secret to managing victory, like a pro. The secret to handling defeat... and coming back stronger. How you can use Sports Psychology tactics even if you don't do sports! And much more! Want To See For Yourself How Mental Combat Can Transform Your Performance? Click and grab your copy of Mental Combat now to see you've been missing! Perfect for: Martial Arts, Sports Psychology, Mental Toughness, Mental Training, MMA, Boxing, Karate, Taekwondo and more!

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Finally! An easy way to use the science of Sports Psychology to Skyrocket Your Performance! You may already know that Pro Athletes use the power of Sports Psychology to boost motivation, manage nerves and become top performers. The problem is that many of these techniques are kept secret and other guides are heavy and full of jargon. So how can you use the simple power of Sports Psychology techniques to revolutionize your performance today? Clearly you need more than just a system, you need the right kind of system. Not just the science behind mental strength but a super-simple, step-by-step guide to unlocking the power of your brain. As a bestselling author, martial arts and fitness coach, I've been lucky enough to work with some of the best experts around the world. With input from top instructors and researchers I discovered easy tactics that can be effortlessly used by everyone. From fitness fans, runners and gym athletes to combat styles like boxing, MMA, and martial arts. Even the busy office worker can dominate any competitive or stressful event in minutes! This is "Mental Combat"... and once applied to your training it quickly revolutionizes performance - every time! What Is Mental Combat? Mental Combat is a simple, easy set of tactics for unlocking the full power of your brain and body. Moreover, it gives you the proven scientific benefits of Sports Psychology without needing to understand the complex history and theories. Whilst traditional guides can be heavy and difficult to follow, Mental Combat is a simple, tactical approach. Perfect for martial artists, fitness fans, gym enthusiasts and even the busy office worker! Stressful, nerve-wracking events become a walk in the park when transformed using the right techniques. A busy and cluttered mind becomes laser-focused. Would you like to know the quickest and easiest way to experience the incredible benefits of mental training? The Easy New Way To Get Started with Mental Training Inside "Mental Combat" you'll discover... How to "psych-out" an opponent. How to spot an opponent's personality type (and use it against them) "Mind Hacks" for instant, rock-solid confidence and cool. The three tricks for negotiating like a pro Powerful motivation and concentration skills. Revealed: the body position to banish nerves quickly and easily. How to spot deception The truth behind meditation. (and why it's easier than you think). How to unlock the power of your brain for any event. The secret to managing victory, like a pro. The secret to handling defeat... and coming back stronger. How you can use Sports Psychology tactics even if you don't do sports! And much more! Want To See For Yourself How Mental Combat Can Transform Your Performance? Grab your copy of Mental Combat now to see you've been missing! Associated with: Martial Arts, Sports Psychology, Mental Toughness, Mental Training, MMA, Martial arts books, Boxing, Karate, Taekwondo and more!

Extreme Unarmed Combat

This volume of the Textbook of Military Medicine addresses the delivery of mental health services during wartime. The foreseeable future of the U.S. military includes the potential for involvement in a variety of conflicts, ranging from peace-keeping missions to massive deployments of personnel and materiel and possible nuclear, biological, and chemical threats as was seen in the Persian Gulf War. The medical role in wartime is critical to success of the mission. For the mental health disciplines, this role encompasses identification and elimination of unfit personnel, improvement of marginal personnel to standards of acceptability, prevention of psychiatric casualties, and their treatment when prevention fails. All of these efforts must be guided by past experience and sound principles of human behavior.

War Psychiatry

MENTAL TOUGHNESS FOR BUSINESS, SPORTS AND HEALTH! The 10 Best Mental Toughness Techniques contains time-tested techniques and strategies for improving mental toughness in all aspects of life. It teaches you how to unlock the true power of your mind and achieve success in business, sports, high-risk professions, self-defense, fitness, and other peak performance activities. However, you don't have to be an athlete or warrior to benefit from this unique mental toughness book. In fact, the mental skills featured in this indispensable program can be used by anyone who wants to reach their full potential in life. **THE 10 BEST MENTAL TOUGHNESS TECHNIQUES** is ideal for: Business people Athletes High-risk professionals Self-defense students Martial artists Fitness enthusiasts Any activities requiring peak performance **LIFE-CHANGING MENTAL TOUGHNESS TECHNIQUES** The 10 Best Mental Toughness Techniques is a life-changing book packed with practical strategies and proven techniques for mastering your mind, body and spirit! Unlike other mental toughness books, it doesn't bog you down with dry theories, mind-numbing case studies, confusing jargon or pointless anecdotal stories. Instead, it's written in simple, easily understood language, so you can immediately apply the mental toughness techniques and achieve personal success. **CONTROL YOUR MIND = CONTROL YOUR DESTINY!** In this easy to follow step-by-step program, world-renowned martial arts expert, Sammy Franco takes his 30+ years of research, training and teaching and gives you simple and practical techniques to develop mental toughness and achieve new levels of personal and professional success. In fact, these are the very same techniques that have helped thousands of Franco's students excel and achieve their personal goals. Learn how to acquire the ideal mindset for peak performance Learn how to confront, perform and prevail from extreme adversity Maximize your performance with the complete mental toughness package Learn how to achieve more success with less energy Become a more confident and self-disciplined person Learn how to develop laser-beam focus and concentration Manage and control fear during stressful performance situations Learn how to become more assertive and aggressive Quickly overcome major obstacles and personal setbacks Eliminate anxiety and negative thinking patterns during critical performance events Pursue your goals and dreams with a renewed sense of energy and motivation Overcome procrastination and inaction And much more **CONQUER FEAR ONCE AND FOR ALL!** In this comprehensive mental toughness guide, you'll also learn step-by-step strategies for dealing with the debilitating fear and anxiety often associated with high-performance situations. Invincible gives you the mental body armor necessary to cope, perform and prevail from all forms of extreme adversity. By studying and practicing the exercises in this book, you will feel a renewed sense of empowerment, enabling you to live life with greater self-confidence and personal freedom.

The 10 Best Mental Toughness Techniques

Many adults who experience severe mental illness also suffer from deficits in metacognition - put simply, thinking about one's own thought processes - limiting their abilities to recognize, express and manage naturally occurring painful emotions and routine social problems as well as to fathom the intentions of others. This book presents an overview of the field, showing how current research can inform clinical practice. An international range of expert contributors provide chapters which look at the role of metacognitive deficit in personality disorders, schizophrenia, and mood disorders, and the implications for future psychotherapeutic treatment. Divided into three parts, areas covered include: how metacognitive deficits may arise and the different forms they might take the psychopathology of metacognition in different forms of mental illness whether specific deficits in metacognition might help us understand the difficulties seen in differing forms of severe mental illness. Offering varying perspectives and including a wealth of clinical material, this book will be of great interest to all mental health professionals, researchers and practitioners.

Metacognition and Severe Adult Mental Disorders

Dietary supplements are widely available through a rapidly expanding market of products commonly advertised as beneficial for health, performance enhancement, and disease prevention. Given the importance and frequent evaluation of physical performance and health as a criteria to join and remain in the military, the use of these products by military personnel has raised concern regarding over-all and long-term efficacy and safety. This evaluation is especially difficult, as many of these supplements contain multiple ingredients, have a changing composition over time, or are used intermittently at doses difficult to measure. This book analyzes the patterns of dietary supplement use among military personnel, examines published reviews of the scientific evidence, and identifies those dietary supplements that are beneficial and/or warrant concern due to risks to health or performance. The book also recommends

a system to monitor adverse health effects and a framework to identify the need for active management of dietary supplements by military personnel. Military policy makers, personnel, and recruits will find this book useful, as will nutritionists, athletes, and others working in strenuous environments.

Use of Dietary Supplements by Military Personnel

Closing with the Enemy picks up where D-Day leaves off. From Normandy through the "breakout" in France to the German army's last gasp in the Battle of the Bulge, Doubler deals with the deadly business of war-closing with the enemy, fighting and winning battles, taking and holding territory. His study provides a provocative reassessment of how American GIs accomplished these dangerous and costly tasks. Doubler portrays a far more capable and successful American fighting force than previous historians-notably Russell Weigley, Martin Van Creveld, and S.L.A. Marshall-have depicted. True, the GIs weren't fully prepared or organized for a war in Europe and have often been viewed as inferior to their German opponent. But, Doubler argues, they more than compensated for this by their ability to learn quickly from mistakes, to adapt in the face of unforeseen obstacles, and to innovate new tactics on the battlefield. This adaptability, Doubler contends, was far more crucial to the American effort than we've been led to believe. Fueled by a fiercely democratic and entrepreneurial spirit, GI innovations emerged from every level within the ranks-from the novel employment of conventional weapons and small units to the rapid retraining of troops on the battlefield. Their most dramatic success, however, was with combined arms warfare-the coordinated use of infantry, tanks, artillery, air power, and engineers-in which they perfected the use of air support for ground operations and tank-infantry teams for breaking through enemy strongholds. Doubler argues that, without such ingenuity and imaginative leadership, it would have been impossible to defeat an enemy as well trained and heavily fortified as the German army the GIs confronted in the tortuous hedgerow country of northern France, the narrow cobblestoned streets of Aachen and Brest, the dark recesses of the Huertgen Forest, and the frigid snow-covered hills of the Ardennes. Marking the 50th anniversary of the American victory in the Battle of the Bulge, Doubler offers a timely reminder that "the tremendous effects of firepower and technology will still not relieve ground troops of the burden of closing with the enemy." As even Desert Storm suggests, that will likely prove true for future high-tech battlefields, where an army's adaptability will continue to be prized.

Closing with the Enemy

They Called it Shell Shock provides a new perspective on the psychological reactions to the traumatic experiences of combat. In the Great War, soldiers were incapacitated by traumatic disorders at an epidemic scale that surpassed anything known from previous armed conflicts. Drawing upon individual histories from British and German servicemen, this book illustrates the universal suffering of soldiers involved in this conflict and its often devastating consequences for their mental health. Dr Stefanie Linden explains how shell shock challenged the fabric of pre-war society, including its beliefs about gender (superiority of the male character), class (superiority of the officer class) and scientific progress. She argues that the shell shock epidemic had enduring consequences for the understanding of the human mind and the power that it can exert over the body. The author has analysed over 660 original medical case records from shell-shocked soldiers who were treated at the world-leading neurological/psychiatric institutions of the time: the National Hospital at Queen Square in London, the Charité Psychiatric Department in Berlin and the Jena Military Hospital at Jena/Germany. This is thus the first shell shock book to be based on original case records from both sides of the battle. It includes a rich collection of hitherto unpublished first-hand accounts of life in the trenches and soldiers' traumas. The focal point of the book is the soldier's experience on the battlefield that triggers his nervous breakdown - and the author links this up with the soldiers' biographies and provides a perspective on their pre-war civilian life and experience of the war. She then describes the fate of individual soldiers; their psychological and neurological symptoms; their journey through the system of military hospitals and specialist units at home; and the initially ambivalent response of the medical system. She analyses the external factors that influenced clinical presentations of traumatized soldiers and shows how cultural and political factors can shape mental illness and the reactions of doctors and society. The author argues that the challenge posed by tens of thousands of shell-shocked soldiers and the necessity to maintain the fighting strength of the army eventually led to a modernization of medicine - even resulting in the first formal treatment studies in the history of medicine. "They called it Shell Shock" is also one of the first books to tackle often neglected topics of war history, including desertion, suicide and soldiers' mental illness. Based on her expertise in psychiatry and history of medicine, the author argues that many modern trauma therapies had their root in the medicine of the First World War and that the

experience of the shell shock patients and their doctors is still very relevant for the understanding of present-day traumatic diseases.

National Defense Authorization Act for Fiscal Year 2006

The paucity of scholarly literature on World War II veteran readjustment might lead one to believe these nearly sixteen million men and women simply took off their uniforms after the War and reintegrated into society with ease. Mark D. Van Ells path-breaking work is the first serious analysis of the immense effort that was required to avoid the potential social decay so often associated with veteran reintegration.

To Hear Only Thunder Again explores the topical issues of educational, health, employment, housing, medical, and personal readjustment faced by veterans while continuously situating these issues against the backdrop of society's political response. Never before, or since, had Americans taken such a keen interest in veterans' affairs. While post-World War II America was spared the problem of veteran unemployment and while veterans were not associated with crime and political disorder--as had often been the case after World War I--the package of readjustment benefits devised that allowed for such a smooth transition was extremely expensive. Veterans of later wars never received as much assistance and consequently experienced more difficulty returning to civilian life. Van Ells' work ensures that these lessons of the Second World War are not entirely lost. To Hear Only Thunder Again provides an unprecedented exploration of a period largely neglected by military historians.

They Called it Shell Shock

Too often American veterans return from combat and spiral into depression, anger and loneliness they can neither share nor tackle on their own. This guide seeks to aid our troubled, returning forces by dissecting the numerous mental health problems they face upon arriving stateside. The authors detail not only each issue's symptoms, but also discuss what treatments are available, and the best ways for veterans to access those treatments while readjusting to civilian life. In addition, the authors connect and explain many alarming trends, such as joblessness, poverty, and addiction, appearing in our nation's veteran population on a broader scale. Post-traumatic stress syndrome and struggles with anxiety affect far more than veterans themselves, as sobering phenomena like homelessness, suicide, domestic violence, and divorce too often become realities for those returning from war. This book is both a resource for struggling veterans and a useful tool for their loved ones or anyone looking for ways to support the veterans in their lives. -- From back cover.

To Hear Only Thunder Again

The fifth edition of this highly praised study charts and explains the progress that continues to be made towards the goal of worldwide abolition of the death penalty. The majority of nations have now abolished the death penalty and the number of executions has dropped in almost all countries where abolition has not yet taken place. Emphasizing the impact of international human rights principles and evidence of abuse, the authors examine how this has fueled challenges to the death penalty and they analyze and appraise the likely obstacles, political and cultural, to further abolition. They discuss the cruel realities of the death penalty and the failure of international standards always to ensure fair trials and to avoid arbitrariness, discrimination and conviction of the innocent: all violations of the right to life. They provide further evidence of the lack of a general deterrent effect; shed new light on the influence and limits of public opinion; and argue that substituting for the death penalty life imprisonment without parole raises many similar human rights concerns. This edition provides a strong intellectual and evidential basis for regarding capital punishment as undeniably cruel, inhuman and degrading. Widely relied upon and fully updated to reflect the current state of affairs worldwide, this is an invaluable resource for all those who study the death penalty and work towards its removal as an international goal.

Technical Report

There is increasing development and use of care pathways and a growing demand for guidance and advice on how to develop them. This practical guide meets this demand. It reflects the latest experience and incorporates best practice with contributions from highly experienced members of the National Pathways Association. It links well with the coming National Service Frameworks and National Institute of Clinical Excellence guidance. Case studies legal questions and common difficulties are all included and examined. Developing Care Pathways is in two parts: the handbook which defines and describes pathways and the roles of healthcare professionals involved with them and the tool kit which provides a

detailed step-by-step guide to developing a care pathway. This work is essential reading for managers and clinicians in organisations developing care pathways throughout secondary and primary care.

Military Mental Health Care

Looks at the effect of deadly battle on the body and mind and offers new research findings to help prevent lasting adverse effects.

The Death Penalty

If you constantly wake up tired and stressed and you feel like life is very hard, this guide will change your mindset and apply it to modern life. This is about knowing what you want and going for it. It's about being tough and it's about not...

Severe Mental Illness in Primary Care

Rev. ed. of: Psychiatric nursing for Canadian practice / Wendy Austin, Mary Ann Boyd.

On Combat

This book is about women in World Wars I & II - women working in factories and on farms, or toiling perilously in field stations just behind the front lines, in inhospitable hospitals and convalescent homes. It is, therefore, about the prodigious contribution women made to the war efforts from 1914-1918 and 1939-1945, standing in for the men who had left their places of work for the various theatres of war from Greece and Italy to Belgium, from Mesopotamia to France. Their tasks were many and various: keeping the troops supplied with shells, bullets and explosives, keeping the nation from starving to death, keeping hundreds of thousands of wounded troops alive so that they might fight another day. The book is, in short, the uplifting but sometimes tragic story of the many women who stepped up to work in the factories, hospitals, field stations, in transport and in civil defense, on the farms and shipyards, or signed up to the various military and civil services during the two world wars of the 20th century, 'wars to end all wars...'. The book is different because it deals with women's labour in both world wars and in all occupations, it covers the discrimination and prejudice they faced from men at every level, military and civilian, even when they had demonstrated beyond doubt that they were quick learners, industrious and proficient, and usually as good as any man. The book raises the embarrassing question why it has taken so long for the prodigious contribution women made in both wars to be recognized, and why some women workers still remain air brushed from our military history after more than a century. As it turned out, little was beyond their capabilities and it is reasonable to suppose that without their huge efforts and accomplishments both wars might have turned out very differently for us.

Warrior Mindset

No one searches for adversity. Bad experiences are simply a part of life. Your struggle may come in different forms, and be given one of many different names, rejection, a broken dream, or heartbreak. Which creates battlefields such as anxiety, depression, ACEs, and/or PTSD. Yet how many of us know how to prevent our lives from spiraling out of control when we encounter traumatic events that threaten our safety, careers, emotions, health, or relationships? Sylvester passionately shares glimpses of his journey staying grounded in the face of disappointment, criticism, and intense hardships. He provides readers with a look into what it takes to not just overcome adversity and survive but to thrive. This book provides actionable strategies for making peace with past experiences, living in the present, and planning for a great future. Armed with this knowledge we can learn to manage our feelings and respond to devastating events with the skills to seek healthy coping options and change our lives for the better. You can overcome any obstacle life throws your way and not only combat but come back stronger.

Psychiatric and Mental Health Nursing for Canadian Practice

This book is the newest edition on the series 'advances in psychiatry'. The previous 3 volumes can be found online at http://www.wpanet.org/detail.php?section_id=10&content_id=660. They were highly successful in covering a broad area of psychiatry from different perspectives and angles and by reflecting both specialized but also international and global approaches. This series have guaranteed quality therefore can be used by different scientific groups for teaching and learning and also as a means for fast dissemination of advanced research and transformation of research findings into the everyday clinical practice.

Boston Inside Out!

My Life on the Mental Rollercoaster is my account of my immense struggles to combat severe anxiety and depression from a teenager through to the last few years. It explores my childhood, my Nursing years and the torment of ill mental health. It shows the impact on my husband and how he demonstrated great fortitude through the long periods of my ill health and how he coped with it, supporting me throughout and how he managed many personal achievements for himself. Although the book is filled with some sadness it demonstrates how I finally overcame the anxiety and depression that dominated my life for such a long time, through the help of a private therapist, after the NHS had almost given up on any hope of me ever getting better. Hopefully this is an inspiration to others who are suffering that there can be resolve no matter how dire someone is feeling. The impact on my daughters was huge and I have written a sincere message to them. Other chapters discuss about friends, some are there for you and some not and Covid-19 and the impact it has had on people throughout this period. It has taken me years to reach this point where I feel happy, contented and at peace with myself. I have spoken honestly about my experiences.

Soviet Military Thought

The island of Sicily was a highly contested area throughout much of its history. Among the first to exert strong influence on its political, cultural, infrastructural, and demographic developments were the two major decentralized civilizations of the first millennium BCE: the Phoenicians and the Greeks. While trade and cultural exchange preceded their permanent presence, it was the colonizing movement that brought territorial competition and political power struggles on the island to a new level. The history of six centuries of colonization is replete with accounts of conflict and warfare that include cross-cultural confrontations, as well as interstate hostilities, domestic conflicts, and government violence. This book is not concerned with realities from the battlefield or questions of military strategy and tactics, but rather offers a broad collection of archaeological case studies and historical essays that analyze how political competition, strategic considerations, and violent encounters substantially affected rural and urban environments, the island's heterogeneous communities, and their social practices. These contributions, originating from a workshop in 2018, combine expertise from the fields of archaeology, ancient history, and philology. The focus on a specific time period and the limited geographic area of Greek Sicily allows for the thorough investigation and discussion of various forms of organized societal violence and their consequences on the developments in society and landscape.

Women at Work in World Wars I and II

Collection of relevant papers concerning the study of the Iranian and Caucasian world under historical, cultural, ethnographical, religious, political, literary and linguistic aspects from the early Middle Ages up to the present.

From Combat to Comeback

Anna Lawrence has always had the power to 'see' the true nature of people, an ability which has frightened others and led to her persecution. However, aged fourteen, Anna discovers three things which will change her life forever: that there are others who share her ability; that evil exists in this world in a form far purer than she could ever have imagined; and that she is in love. Agents of darkness beyond comprehension are abroad in the world and London lies gripped by fear as a demonic beast stalks the night. Anna learns the nature of absolute evil – evil which it is her fate to stand against.

Advances in Psychiatry

Suicide is one of the leading causes of death worldwide, with more than one million fatalities each year. During the post-war period, the rate of completed suicides has risen dramatically, especially among young men and Aboriginal peoples living in the Western world. While this has naturally led to growing concern amongst health care practitioners and policy experts, relatively little is known about the history of attempted and completed suicide. *Histories of Suicide* is the first book to examine the history of suicide in diverse national contexts, including Japan, Scotland, Australia, Soviet Russia, Peru, United States, France, South Africa, and Canada, to reveal the different social, political, economic, and cultural factors that inform our understanding of suicide. This interdisciplinary collection of essays assembles historians, health economists, anthropologists, and sociologists, who examine the history of suicide from a variety of approaches to provide crucial insight into how suicide differs across nations, cultures, and time periods. Focusing on developments from the eighteenth century to the present, the contributors examine vitally important topics such as the medicalization of suicide, representations of mental illness, psychiatric disputes, and the frequency of suicide amongst soldiers. An illuminating volume of studies, *Histories of Suicide* is a fascinating examination of the phenomenon of self-destruction throughout different historical periods and nations.

My Life On The Mental Rollercoaster

The United States has long recognized and honored the service and sacrifices of its military and veterans. Veterans who have been injured by their service (whether their injury appears during service or afterwards) are owed appropriate health care and disability compensation. For some medical conditions that develop after military service, the scientific information needed to connect the health conditions to the circumstances of service may be incomplete. When information is incomplete, Congress or the Department of Veterans Affairs (VA) may need to make a "presumption" of service connection so that a group of veterans can be appropriately compensated. The missing information may be about the specific exposures of the veterans, or there may be incomplete scientific evidence as to whether an exposure during service causes the health condition of concern. For example, when the exposures of military personnel in Vietnam to Agent Orange could not be clearly documented, a presumption was established that all those who set foot on Vietnam soil were exposed to Agent Orange. The Institute of Medicine (IOM) Committee was charged with reviewing and describing how presumptions have been made in the past and, if needed, to make recommendations for an improved scientific framework that could be used in the future for determining if a presumption should be made. The Committee was asked to consider and describe the processes of all participants in the current presumptive disability decision-making process for veterans. The Committee was not asked to offer an opinion about past presumptive decisions or to suggest specific future presumptions. The Committee heard from a range of groups that figure into this decision-making process, including past and present staffers from Congress, the VA, the IOM, veterans service organizations, and individual veterans. The Department of Defense (DoD) briefed the Committee about its current activities and plans to better track the exposures and health conditions of military personnel. The Committee further documented the current process by developing case studies around exposures and health conditions for which presumptions had been made. *Improving the Presumptive Disability Decision-Making Process for Veterans* explains recommendations made by the committee general methods by which scientists, as well as government and other organizations, evaluate scientific evidence in order to determine if a specific exposure causes a health condition.

The Fight for Greek Sicily

With a large focus on memory this edition discusses the functions and elements of the brain, how it works, how it breaks down, and various diseases and disorders that affect it.

Military Review

The discipline of phenomenological psychopathology has historically focused on elucidating the ways in which persons with psychiatric illnesses experience themselves and the world. Early pioneers in this field were aware of the impact of uncontrollable life events on the onset and course of severe illness, such as Jaspers' recognition that environmental events may stimulate or enhance certain "innate potentialities" for the development of a disorder. Furthermore, the role of environment and life events in the development and onset of psychiatric illness has been well-documented. For example, there is a clear relationship between the development of psychotic symptoms and life stressors including adverse childhood events, urban living, and migration. However, relatively little attention (with some

notable exceptions) has been devoted to exploring the features of those experienced worlds and how they may impact the trajectory of severe illnesses such as schizophrenia, depression, and personality disorders.

Professional Journal of the United States Army

Studies on Iran and The Caucasus