



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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From reader reviews:

Mary Rohan:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you need to try to find a new activity here is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the entire day to reading a book. The book *Waiting for First Light: My Ongoing Battle with PTSD* it is very good to read. There are a lot of people who recommended this book. These were enjoying reading this book. When you did not have enough space to develop this book you can buy the e-book. You can more effortlessly to read this book through your smart phone. The price is not too expensive but this book has high quality.

Charity Reulet:

Are you kind of busy person, only have 10 or even 15 minute in your moment to upgrading your mind ability or thinking skill even analytical thinking? Then you have problem with the book compared to can satisfy your small amount of time to read it because this time you only find guide that need more time to be examine. *Waiting for First Light: My Ongoing Battle with PTSD* can be your answer mainly because it can be read by anyone who have those short spare time problems.

Amos Curley:

As we know that book is vital thing to add our understanding for everything. By a publication we can know everything you want. A book is a group of written, printed, illustrated or even blank sheet. Every year was exactly added. This book *Waiting for First Light: My Ongoing Battle with PTSD* was filled about science. Spend your spare time to add your knowledge about your research competence. Some people has distinct feel when they reading a book. If you know how big advantage of a book, you can sense enjoy to read a book. In the modern era like now, many ways to get book that you just wanted.

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