



Field Exercises: How Veterans Are Healing Themselves through Farming and Outdoor Activities

Stephanie Westlund

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There are nearly twenty-five million veterans and active-duty soldiers in North America. Some experts estimate that more than one quarter of these men and women suffer from post-traumatic distress, and many other military persons experience difficulty reintegrating into civilian life. While conventionally prescribed treatments primarily involve medication and therapy, many people are discovering additional ways to manage their injuries and reduce their suffering.

Field Exercises: How Veterans Are Healing Themselves through Farming and Outdoor Activities shares the compelling stories of men and women who are finding relief from stressful and traumatic military experiences, while also establishing community networks and other peer support initiatives. Stephanie Westlund examines:

- The deep and far-reaching connections between nature and human health
- The tremendous impact of stress and trauma on survivors' lives
- Resources and groups providing opportunities in the emerging field of “Green Care”.

Field Exercises offers hope for veterans searching for methods to ease the transition to civilian life and recover from military stress and trauma. This book will appeal to millions of North American soldiers, veterans, and their loved ones, doctors, psychiatrists, social workers and other caregivers, other groups struggling with high rates of stress and post-traumatic experience, and all those interested in the relationship between nature and human health.

Stephanie Westlund holds a PhD in peace and conflict studies. She has been conducting research with veterans since 2009, and continues to be inspired by their courage and personal resolve to move through pain toward recovery, and their unrelenting desire to serve their communities.

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