



Winning the War Within: PTSD and the Long Road Home

Brenton MacKinnon

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Winning the War Within is the true story of Brenton MacKinnon, an ordinary American caught up in the stormy decade of the 1960s. We meet him as he fails to avoid the Draft, stumbles into the U.S. Marine Corps, and finds Shangri La in the midst of chaos and destruction in Vietnam during the war. Changed forever by his wartime experiences, afflicted with Post Traumatic Stress Disorder (PTSD), and unable to reenter his own community, the author takes the reader on a journey in which he seeks to understand personal transformation through serving others as they navigate their own challenges with PTSD.

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