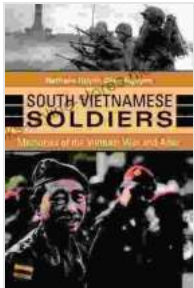


Memories of the Vietnam War and After: A Personal Account



South Vietnamese Soldiers: Memories of the Vietnam War and After by Jesse Norman

★★★★★ 5 out of 5

Language : English
File size : 4015 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 311 pages



I served in the Vietnam War from 1968 to 1970. I was a young man, just 19 years old, when I was drafted into the army. I had never been outside of the United States before, and I had no idea what to expect. I was scared, but I was also excited. I was eager to serve my country and to prove myself as a man.

The war was everything I had feared and more. I saw things that no human being should ever have to see. I saw friends die. I saw innocent civilians killed. I saw the horrors of war firsthand, and it changed me forever.

I returned home from the war a different man. I was no longer the innocent young man who had left two years earlier. I had seen too much, and I had experienced too much. I was haunted by the memories of the war, and I struggled to adjust to civilian life.

I was diagnosed with PTSD, or post-traumatic stress disorder. I had nightmares, flashbacks, and anxiety attacks. I couldn't sleep, and I couldn't concentrate. I felt isolated and alone. I didn't know who to turn to for help.

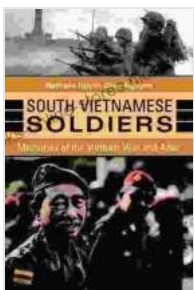
Eventually, I found my way to a VA hospital. I started therapy, and I began to learn how to cope with my PTSD. It was a long and difficult process, but I eventually started to heal.

I am now a happily married father of two. I have a successful career, and I am actively involved in my community. I am grateful for the life that I have, and I know that I am one of the lucky ones.

The Vietnam War was a tragedy. It was a war that should never have been fought. It was a war that cost the lives of thousands of young Americans. It was a war that left a lasting legacy of pain and suffering.

I am sharing my story in the hope that it will help others to understand the horrors of war. I am sharing my story in the hope that it will help to prevent future wars. I am sharing my story in the hope that it will help to heal the wounds of the past.

Thank you for listening.



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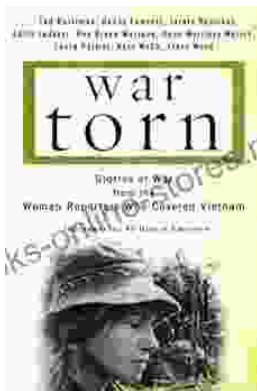
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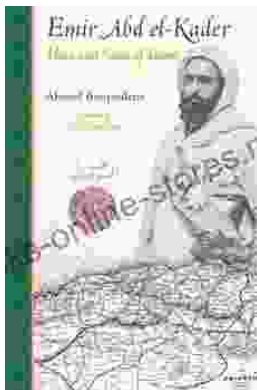
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