

Media Release



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The Emotional Cost of War for Wounded Veterans

Disabled Air Force Veteran Shares Expertise in New Book

(COLUMBIA, Md.) While casualty statistics for soldiers killed in action in Iraq continue to make headlines, little attention is paid to the great number of returning veterans who have been severely injured during the conflicts in Iraq, Afghanistan, and other hot spots around the world.

According to the Department of Defense, to date, 10,372 American soldiers have been wounded in action in Iraq and throughout the world during Operation Iraqi Freedom and Operation Enduring Freedom (Source: www.defenselink.mil). These wounded soldiers returning to civilian life minus one or more limbs, or with disfiguring scars, face great emotional challenges as they come to terms with their new disability and search for new ways to provide for their families.

Linda Furiate, Air Force veteran and daughter of a retired Army veteran, is working to address the emotional cost of war for the next generation of wounded veterans with a new book called *101 Simple Suggestions and Quotations to Express Compassion and Empathy* (iUniverse, Inc., June 2004, ISBN: 0-595-32413-4, \$12.95). Furiate's personal experience with a disability inspired her to share the simple truths she has learned about compassion in this timeless book.

Furiate's life changed in 1995 when she suffered a life-altering car accident that left her afflicted with a rare neurological movement disorder called cervical dystonia (CD). The disorder is characterized by involuntary neck and shoulder muscle contractions and has no cure. Furiate suffered severe symptoms for more than three years as she struggled to understand why this had happened to her. Finally, she had a shift in consciousness that allowed her body to heal. Instead of asking "Why me?" she began to ask "Why dystonia?"

Leveraging her military experience and business background, Furiate founded a company called Portraits in Determination and now works as a mentor and peer-counselor to wounded veterans, individuals with physical disabilities and people who have suffered through adversity. Furiate recently collaborated with the Wounded Warrior Project to raise money for soldiers recuperating at the Walter Reed Medical Center.

As a guest, Furiate can discuss:

- Dystonia and how she lives with her disability
- How to help veterans spiritually heal from war injuries and disabilities
- How to say or do the right thing when a friend or loved one experiences death, is diagnosed with cancer, loses a job, or struggles with a disability
- How to practice emotional and spiritual "fitness" through compassion
- Addressing emotional health without using traditional psychiatric therapy
- Spiritual healing for people with drug or alcohol addictions
- How to teach compassion to your kids
- How to start a Compassion Circle™ in your community

Furiate resides in Columbia, Maryland, and serves as the spokesperson for Care 4 Dystonia, Inc. Visit her website www.portraitsindetermination.com or www.care4dystonia.org for more information.

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To schedule an interview with Linda Furiate, or to request a copy of 101 Simple Suggestions and Quotations to Express Compassion and Empathy, please contact Linda Furiate at (410) 964-1303 or lmfuriate@comcast.net.