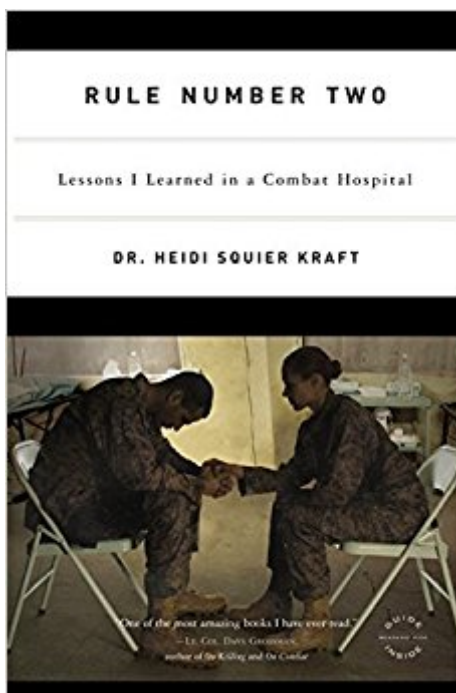


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# Rule Number Two: Lessons I Learned In A Combat Hospital



## Synopsis

When Lieutenant Commander Heidi Kraft's twin son and daughter were fifteen months old, she was deployed to Iraq. A clinical psychologist in the US Navy, Kraft's job was to uncover the wounds of war that a surgeon would never see. She put away thoughts of her children back home, acclimated to the sound of incoming rockets, and learned how to listen to the most traumatic stories a war zone has to offer. One of the toughest lessons of her deployment was perfectly articulated by the TV show *M\*A\*S\*H*: "There are two rules of war. Rule number one is that young men die. Rule number two is that doctors can't change rule number one." Some Marines, Kraft realized, and even some of their doctors, would be damaged by war in ways she could not repair. And sometimes, people were repaired in ways she never expected. *RULE NUMBER TWO* is a powerful firsthand account of providing comfort amidst the chaos of war, and of what it takes to endure.

## Book Information

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## Customer Reviews

"Every American needs to read this." [General Anthony C. Zinni, USMC \(Ret\), former commander of U.S. Central Command](#) "One of the most amazing books I have ever read..." [Lieutenant Colonel Dave Grossman, USA \(Ret\), author of On Killing and On Combat](#)

"A necessary...book for anyone wishing to understand." (Booklist) "Wins respect with genuine empathy." (Military Times) "Direct and honest...every page provides evidence of the long-lasting

effect [Kraft's] time in Iraq has had on her." (Bloomberg.com )"Emotional and powerful, it's a piece of work that is worth sitting down with." (Palos Verdes Peninsula News ) --This text refers to an out of print or unavailable edition of this title.

I have been deployed overseas 5 times as a nurse in the Reserves and this book was recommended to me by someone who has no military experience - she said that it helped her to understand what veterans deal with when they returned home from Iraq and/or Afghanistan. As I read this book there was a portion of each chapter where I found myself saying "spot on" as I recognized my own reactions in her words. It's a great book for military medical people to read to help understand that you are not the only person that has trouble adjusting when you get home, and it's also a great book for those with no military or deployment experience to understand our adjustment difficulties we may experience when we get home.

I need reference for a college paper on PTSD and this gave me a deeper understanding of what my family members who served and suffer physical and mental wounds went through during their service in theater. God Bless Dr. Kraft and all those who served for their sacrifice. It is the rest of us who's responsibility to make sure they are given the care they were promised.

I was a police psychotherapist for over thirty five years, and treated many victims of violence and war in my career. In reading this book , much of my experience came back to me. Ms. Kraft reminds us that evil and violence touches us all, and that when we send men and women in harms way it is at great personal cost. It has been said that no one hates war more then soldiers but they haven't asked the families and care takers the cost they bear. Thank you for your service Ms. Kraft, both to the military you served and to your readership.

Wow! That's all I can really say about this book! Except for this...THANK YOU to our past, present and future military personnel! I'm married to one and now have a better understanding of what they go through over there!!

This book is a fantastic account of Dr Kraft's experience in Iraq. The only complaints I see about it is from military spouses complaining their service isn't represented enough, or people thinking this is a medical "how to" book. It is a personal account, and you go through the deployment of a sailor, working in a clinical setting (deployed), who has 2 young children she had to leave behind, and also

has a military husband. She does a fantastic job describing her experiences, her emotions, and giving us a vivid account of what occurred without violating HIPPA regulations. This book is not service driven, so please put your egos aside. Read it for what it offers, as you will gain an appreciation for what our troops have endured down range.

Dr Krafts book is in no way insulting to other services. As an army officer and mother currently deployed to Iraq, I found her depiction of life in Iraq realistic and sympathetic toward our warriors, regardless of branch of service. She focuses on 'our Marines' because that's her perspective from the war and in no way is offensive or insulting. If anything, she gives us a glimpse into the lives of Marines from a provider's point of view. I laughed over the Legend of the Camel Spider, because the stories about that thing get bigger with every deployment. And I cried when she wrote letters to her twin toddlers, because I'm going through something similar. At the end of the book, she makes a comment about people back in the States having such trivial problems compared to what the Marines she counseled did and I agree with her assessment. Once you've gone through an experience that is true suffering, the every day problems that overwhelm people in the rear do seem trivial by comparison. An amazing book by a sympathetic author. Highly recommend for anyone, but especially mothers, going through a deployment away from their children.

Exactly what I needed.

Poignant and open. I couldn't put it down. Recommend this book to anyone who wants to understand more of the emotional side of combat.

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