



# **The Sword And The Anvil: A definitive guide for natural, healthy healing from Post-Traumatic Stress and Trauma.**

*Robert Serocki*

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Robert Serocki was in the United States Marine Corps from 1988-1992. During that time he fought on the front lines of the first Gulf War. Upon being honorably discharged, he attended Arizona State University where he received a Bachelor's Degree in Anthropology with an emphasis on Archaeology. He also studied Psychological and Social Anthropology, Business, Latin, Geology and Spanish. He was a professional Archaeologist for nearly 20 years. Because of his service Robert developed Post-Traumatic Stress, which caused him to lose everything. Through this horrific 25 year ordeal his passion and a new inspired life was born. Now he is a full time author. Through his literary works he helps others heal, become inspired and be successful with their lives.

Through trial and error with an extensive amount of research time put in, Robert has developed a comprehensive game plan to tackle the root cause of PTS. He personally takes the reader through his 13 step process to help them heal and prevent the effects of PTS from depriving them of a fulfilling and prosperous life.

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