

The Veteran's Library



Fitness

“Navy Seals Workout” by Stephan M. Erle (A challenging step-by-step exercise routine)

Mental Wellness

“Calming your Angry Mind” by Jeffrey Brantley, MD (How mindfulness and compassion can free you from anger and bring peace to your life)

“Calm” by Dr. Arlene K. Unger (50 mindfulness and relaxation exercises to destress and unwind)

“The Highly Sensitive Person” by Elaine n. Aron (How to thrive when the world overwhelms you)

“The PTSD Solution: The Truth About Your Symptoms And How To Heal” by Alan K. Wolfelt.PH.D

“Sleep” by Dr. Arlene K. Unger (50 mindfulness and relaxation exercises for a restful night)

Memoirs

“Healing the Warrior Heart” by Andrew R. Jones USMC Combat Veteran (A glimpse into the hearts of combat veterans and their supporting loved ones)

“Souled Out: A Memoir of War and Inner Peace” by Michael S. Orban (A vivid account of what it was like being an infantry soldier in Vietnam)

“Tears Of A Warrior” by Janet J. Seahorn and E. Anthony Seahorn (A family's story of combat and living with PTSD)

“Thank You for Your Service” by David Finkel (Follows 2-16 Infantry Battalion as they return home and struggle to reintegrate into their family lives and into American society)

“Warrior's Return: Restoring The Soul After War” by Edward Tick, PHD (Understanding the complex dimensions of war trauma)

Non-fiction

“American Sniper” by Chris Kyle (The autobiography of the most lethal sniper in U.S. military history)

“Charlie Mike” by Joe Klein (A true story of heroes who brought their mission home)

“Sailing Alone Around the World” by Joshua Slocum (In 1895 Joshua Slocum departed Boston in his thirty-six foot sloop, Spray, to accomplish one of the greatest feats of maritime history)

“Unbroken” by Laura Hillenbrand (A World War II story of survival, resilience, and redemption)

Fiction

“Heart Of Darkness and Selected Short Fiction” by Joseph Conrad (A metamorphic journey into the darkest depths of human nature, following Marlow, a riverboat captain, on a voyage into the African Congo)

“The Litigators” by John Grisham (A class action suit is brought against a pharmaceutical giant)

“The Thin Red Line” by James Jones (The men of Charlie Company and their story of landing on an atoll in the Pacific called Guadalcanal during World War II)

Exercise is important for all our muscles, including our brain! And that's why reading is a great source for getting your brain as fit as your body. All the books listed on the side are available FOR FREE!! Read the description, and if any



The Anatomy of a Donut

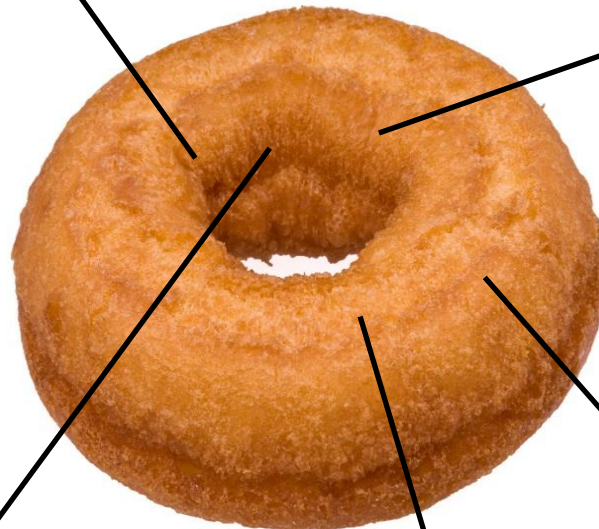
INGREDIENTS

Wheat Flour, Water, Partially Hydrogenated Soybean Oil, Sugar, Whole Wheat Flour, Contains 2% Or Less Of: Artificial Flavor, Baking Soda, Beta Carotene Added For Color, Canola Oil, Caramel Color, Cellulose Gum, Cinnamon, Cream, Dried Apples, Egg Yolks, Enzymes, Folic Acid, Glucono Delta Lactone, Iron, Malt Barley Flour, Mono- & Diglycerides, Niacin, Nonfat Milk, Propylene Glycol Mono- & Diesters Of Fatty Acids, Riboflavin, Salt, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Sodium Stearoyl Lactylate, Soy Flour, Soy Lecithin, Soybean Oil, Thiamine Mononitrate, Wheat Starch. Allergen Information: Contains Egg, Milk, Soy, Wheat. Produced On Shared Equipment In A Facility That Also Processes: Eggs, Milk, Peanuts, Soy, Tree Nuts & Wheat. Icings Applied In A Retail Facility That Also Processes: Eggs, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts & Wheat.

Donuts! They're delicious and our taste buds love them, so what's stopping us from eating them all the time? Maybe this breakdown with make it obvious...

Out of the 220 calories in a single donut, **120 of them come from FAT.**

There's no guarantee that the donut you're eating is a standard size. **It could be larger and/or have frosting or other toppings that add to the caloric count.**



An average serving as **8 grams of sugar!** That's **1/4th** of you daily intake!

There is NO NUTRITIONAL VALUE.

Like the middle of this donut, there's nothing there.

Sugar and Oil are in the top 5 ingredients used. **Flour is listed TWICE in the top 5 ingredients.** The other ingredient is WATER.

So what are you getting out of eating this donut? **NOTHING.** There's nothing nutritious, *let alone nutritionally dense*, about this food! So, do your anatomy a favor and check out the **Fresh Case!** Reach for that fruit, you'll thank yourself.