



Waiting for First Light: My Ongoing Battle with PTSD

By Romeo Dallaire

Download now

Read Online ➔

Waiting for First Light: My Ongoing Battle with PTSD By Romeo Dallaire

Longlisted for the RBC Taylor Prize: In this piercing memoir, Roméo Dallaire, retired general and former senator, the author of the bestsellers *Shake Hands with the Devil* and *They Fight Like Soldiers, They Die Like Children*, and one of the world's leading humanitarians, delves deep into his life since the Rwandan genocide.

At the heart of *Waiting for First Light* is a no-holds-barred self-portrait of a top political and military figure whose nights are invaded by despair, but who at first light faces the day with the renewed desire to make a difference in the world.

Roméo Dallaire, traumatized by witnessing genocide on an imponderable scale in Rwanda, reflects in these pages on the nature of PTSD and the impact of that deep wound on his life since 1994, and on how he motivates himself and others to humanitarian work despite his constant struggle. Though he had been a leader in peace and in war at all levels up to deputy commander of the Canadian Army, his PTSD led to his medical dismissal from the Canadian Forces in April 2000, a blow that almost killed him. But he crawled out of the hole he fell into after he had to take off the uniform, and he has been inspiring people to give their all to multiple missions ever since, from ending genocide to eradicating the use of child soldiers to revolutionizing officer training so that our soldiers can better deal with the muddy reality of modern conflict zones and to revolutionizing our thinking about the changing nature of conflict itself.

His new book is as compelling and original an account of suffering and endurance as Joan Didion's *The Year of Magical Thinking* and William Styron's *Darkness Visible*.

↓ [Download Waiting for First Light: My Ongoing Battle with PT ...pdf](#)

📖 [Read Online Waiting for First Light: My Ongoing Battle with ...pdf](#)

Waiting for First Light: My Ongoing Battle with PTSD

By Romeo Dallaire

Waiting for First Light: My Ongoing Battle with PTSD By Romeo Dallaire

Longlisted for the RBC Taylor Prize: In this piercing memoir, Roméo Dallaire, retired general and former senator, the author of the bestsellers *Shake Hands with the Devil* and *They Fight Like Soldiers, They Die Like Children*, and one of the world's leading humanitarians, delves deep into his life since the Rwandan genocide.

At the heart of *Waiting for First Light* is a no-holds-barred self-portrait of a top political and military figure whose nights are invaded by despair, but who at first light faces the day with the renewed desire to make a difference in the world.

Roméo Dallaire, traumatized by witnessing genocide on an imponderable scale in Rwanda, reflects in these pages on the nature of PTSD and the impact of that deep wound on his life since 1994, and on how he motivates himself and others to humanitarian work despite his constant struggle. Though he had been a leader in peace and in war at all levels up to deputy commander of the Canadian Army, his PTSD led to his medical dismissal from the Canadian Forces in April 2000, a blow that almost killed him. But he crawled out of the hole he fell into after he had to take off the uniform, and he has been inspiring people to give their all to multiple missions ever since, from ending genocide to eradicating the use of child soldiers to revolutionizing officer training so that our soldiers can better deal with the muddy reality of modern conflict zones and to revolutionizing our thinking about the changing nature of conflict itself.

His new book is as compelling and original an account of suffering and endurance as Joan Didion's *The Year of Magical Thinking* and William Styron's *Darkness Visible*.

Waiting for First Light: My Ongoing Battle with PTSD By Romeo Dallaire Bibliography

- Rank: #221510 in Books
- Brand: Romeo Dallaire
- Published on: 2016-10-25
- Released on: 2016-10-25
- Format: Deckle Edge
- Original language: English
- Number of items: 1
- Dimensions: 8.70" h x .80" w x 5.90" l, .91 pounds
- Binding: Hardcover
- 208 pages

 [Download Waiting for First Light: My Ongoing Battle with PT ...pdf](#)

 [Read Online Waiting for First Light: My Ongoing Battle with ...pdf](#)

Editorial Review

Review

Longlisted for the 2017 RBC Taylor Prize

“[A]n important look at the plight of returning soldiers. . . . **Dallaire’s work adds to a growing understanding of the special challenges and traumas faced by peacekeepers.** . . . While the average person might not be inclined to read clinical literature, Dallaire offers something more: **an honest, firsthand account—and from a general, no less.**” —*National Post*

“Dallaire reveals an intriguing oxymoron: a poetic general; a soulful warrior.” —*The Globe and Mail*

“**[E]xtraordinary book. . . . There is light in *Waiting for First Light*.**” —Carol Off, CBC

“The courage and intensity of [his] revelations are deeply personal and unsettling. . . . But there is much here . . . to inspire and nurture hope. . . . Dallaire’s book is an eloquent cautionary tale about what can happen if PTSD goes unaddressed for too long. . . . **This is a valuable and rare look into the soul of one who suffers from PTSD.** On this merit alone it will stand as an important read.” —*The Globe and Mail*

“**[B]rutally revealing. . . . Dallaire’s raw and emotionally devastating new book lays bare his own inner torment.** . . . He is not a man given easily to spilling his guts. He wonders if his graphic honesty, stripping away veils that have hidden two decades of pain, will inspire contempt for his perceived weakness. . . . But he had a powerful motive to start digging. Service and duty matter more than anything else to Dallaire, and he could see how a description of his post-Africa life—the story of the other hell—could help fellow sufferers. . . . **If PTSD has had a face in Canada over the last twenty years, it is Roméo Dallaire’s. His life story, in effect, is a personal history of how Canada, and the modern world in general, has responded to PTSD.**” —*Maclean’s*

“[A]n important petition for a greater understanding of our returning veterans.” —*National Post*

“A stirring account from a tragic mission that crystallizes the necessity of ensuring invisible injuries are treated with the requisite resources, attention and time as those that are physical in nature. Bravo Zulu, General Dallaire. Canada, and the international community, thanks you for your leadership.” —**Scott Maxwell**, Executive Director, Wounded Warriors Canada

“I was left reeling by this book, overcome by shock, dismay, amazement. I’ve never read anything about post-traumatic stress quite so stark, honest and graphic. Roméo Dallaire bares his soul to the world . . . it’s an act of stunning courage and a literary tour de force.” —**Stephen Lewis**

“Roméo Dallaire’s PTSD, stemming from his experiences and peacekeeping responsibilities during the horrific Rwandan genocide, has affected all aspects of his life for the past twenty years. With brutal honesty and characteristically unsparing of himself, he shows the reader how PTSD has caused unshakable guilt, perennial insomnia, persistent distress, complicated family difficulties and spiritual angst. **Although this book is about pain, it is not about despair. It is a triumph.** His understanding of human suffering at a very personal and intense level has propelled him into his current role as a champion for many important humanitarian causes such as the plight of child soldiers. By looking his demons in the eye and holding that

gaze despite institutional ignorance and inaction, General Dallaire has transformed the Canadian military so that servicemen and women with PTSD may now acquire the treatment and support they need. **This book is a compelling, evocative, educational and riveting inspiration to all of us.**” —**Matthew J. Friedman MD, PhD**

Senior Adviser (and former Executive Director), National Center for PTSD, U.S. Department of Veterans Affairs

Professor of Psychiatry and Pharmacology/Toxicology, Geisel School of Medicine at Dartmouth

Praise for LGen. the Hon. Roméo Dallaire:

“He’s a great Canadian hero and a great human being recognized all over the world.” —Gurbir Sandhu, executive director of Calgary Centre for Global Community, *Calgary Sun*

“Roméo Dallaire is passionate about his project: the Roméo Dallaire Child Soldier Initiative. His goal is to end the use and recruitment of child soldiers around the world. He’s so dedicated to the effort, he resigned as a Senator to raise awareness. . . . Horton High students have been coming to hear Dallaire speak since 2010 and he’s having an effect on them. ‘Many of them leave saying this is one of their most memorable moments of high school—to hear such a great humanitarian speak,’ says Renata Verri, a History teacher at Horton High.” —Ray Bradshaw, *Global News*

“Through all your trials and sorrows, you have come to exemplify the greatest ideals to which we can aspire. You move us to come together and express our common humanity. . . . You have made us all more human, more feeling, more emotionally attached to people and situations half a world away. We know one thing—you will not quit—and this in itself is a reason for all of us to remain hopeful, to keep looking for reasons for optimism.” —Former Governor General Adrienne Clarkson, on the occasion of the presentation of the Pearson Peace Medal to Roméo Dallaire

“[Dallaire] is . . . a Canadian hero, embodying in his humanity, his pragmatism, his complete absence of racism and grandiosity and his passionate, dogged, global civility many of our country’s most cherished values. . . . Dallaire gives us something to believe in. That he has done so with his eyes and heart wide open to the worst our species has to offer is a monumental achievement.” —*The Vancouver Sun*

About the Author

ROMÉO DALLAIRE is a retired lieutenant-general, retired Canadian senator, and celebrated humanitarian. In 1993, LGen Dallaire was appointed force commander for UNAMIR, where he bore witness to the Rwandan genocide. His Governor General's Literary Award-winning book, *Shake Hands with the Devil*, exposed the failures of the international community to stop that genocide. It has been turned into an Emmy Award-winning documentary as well as a feature film; it has also been entered into evidence in war crimes tribunals trying the perpetrators of the Rwandan genocide. Dallaire has received numerous honours and awards, including Officer of the Order of Canada in 2002 and the United Nations Association in Canada's Pearson Peace Medal in 2005. His second book, *They Fight Like Soldiers, They Die Like Children*, was also a national bestseller. Since his retirement, he has become an outspoken advocate for human rights, mental health and war-affected children. He founded the Roméo Dallaire Child Soldiers Initiative, an organization committed to progressively ending the use of child soldiers worldwide through a security sector approach.

JESSICA DEE HUMPHREYS is co-author of the acclaimed bestsellers *Child Soldier: How Boys and Girls are Used in War* and *They Fight Like Soldiers, They Die Like Children*.

Users Review

From reader reviews:

Tonia Lee:

Have you spare time for just a day? What do you do when you have more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a walk, shopping, or went to the particular Mall. How about open or perhaps read a book titled Waiting for First Light: My Ongoing Battle with PTSD? Maybe it is to be best activity for you. You recognize beside you can spend your time together with your favorite's book, you can wiser than before. Do you agree with its opinion or you have different opinion?

Brandon Justice:

This Waiting for First Light: My Ongoing Battle with PTSD usually are reliable for you who want to be considered a successful person, why. The explanation of this Waiting for First Light: My Ongoing Battle with PTSD can be among the great books you must have is giving you more than just simple studying food but feed you with information that might be will shock your before knowledge. This book is definitely handy, you can bring it almost everywhere and whenever your conditions at e-book and printed versions. Beside that this Waiting for First Light: My Ongoing Battle with PTSD giving you an enormous of experience such as rich vocabulary, giving you trial of critical thinking that we know it useful in your day action. So , let's have it and luxuriate in reading.

Sherri King:

Reading a book tends to be new life style in this particular era globalization. With reading you can get a lot of information that will give you benefit in your life. Using book everyone in this world can easily share their idea. Guides can also inspire a lot of people. Plenty of author can inspire all their reader with their story or maybe their experience. Not only situation that share in the books. But also they write about the ability about something that you need instance. How to get the good score toefl, or how to teach children, there are many kinds of book that exist now. The authors on this planet always try to improve their skill in writing, they also doing some study before they write to their book. One of them is this Waiting for First Light: My Ongoing Battle with PTSD.

Charles Towns:

Are you kind of stressful person, only have 10 or perhaps 15 minute in your day to upgrading your mind skill or thinking skill actually analytical thinking? Then you have problem with the book when compared with can satisfy your limited time to read it because all of this time you only find e-book that need more time to be learn. Waiting for First Light: My Ongoing Battle with PTSD can be your answer mainly because it can be read by a person who have those short spare time problems.

**Download and Read Online Waiting for First Light: My Ongoing
Battle with PTSD By Romeo Dallaire #FTUPS6YRCGV**

Read Waiting for First Light: My Ongoing Battle with PTSD By Romeo Dallaire for online ebook

Waiting for First Light: My Ongoing Battle with PTSD By Romeo Dallaire Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Waiting for First Light: My Ongoing Battle with PTSD By Romeo Dallaire books to read online.

Online Waiting for First Light: My Ongoing Battle with PTSD By Romeo Dallaire ebook PDF download

Waiting for First Light: My Ongoing Battle with PTSD By Romeo Dallaire Doc

Waiting for First Light: My Ongoing Battle with PTSD By Romeo Dallaire Mobipocket

Waiting for First Light: My Ongoing Battle with PTSD By Romeo Dallaire EPub