



Kansas City, MO Author Publishes Book on Veterans

This Book Details the Obstacles Veterans Face when Coming Home and Lays out Tools to Help Them and Their Families

Overcoming Survival Mode, a new book by Anna Rosa R. Alonzo, has been released by Dorrance Publishing Co., Inc.

From the days of the American Revolution through the current Operation New Dawn, service men and women have returned from duty emotionally and physically wounded. They are greeted with a lack of federal benefits, the stigmatization associated with the military and mental illness, and a shortage of avenues for psychological and treatment and support. *Overcoming Survival Mode* details these and other challenges veterans face as they return to mainstream American society and provides education and tools to help veterans and those who care about them at this critical time in their lives.

Anna Rosa R. Alonzo shares knowledge from her research and years of experience working with veterans who have returned home. Her passion also comes from personal experience as the wife of a veteran of the U.S. Army and Navy, who served three tours over eleven years, and as the granddaughter of a veteran of the Vietnam War. She hopes readers will come away with a better understanding of the struggle of veterans and some of the tools available to help them become resilient and thrive as they reintegrate into civilian life.

About the Authors

As the wife of an army and navy veteran, Anna Rosa R. Alonzo is passionate about issues affecting veterans. She holds a bachelor's degree in psychology, an associate's in social sciences, and is pursuing a master's degree.

Alonzo is the adventurous mother of a beautiful daughter and enjoys spending time with her family and in the great outdoors. She loves living in Las Vegas, Nevada.

Overcoming Survival Mode is a 60-page paperback with a retail price of \$10.00. The ISBN is 978-1-4809-8386-1. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore www.bookstore.dorrancepublishing.com.