

PRESS RELEASE: Iraq Combat Veteran Major Anthony Jones Opens Up About His Battle Against Traumatic Brain Injury And Post Traumatic Stress Disorder In His Book "BRAIN PAIN."

LAS VEGAS, U.S.A. (2017) - "BRAIN PAIN" - Fighting Traumatic Brain Injury and Post Traumatic Stress: A father-son memoir, has hit the bookshelves. The Author, Major Jones survived multiple explosions in Iraq and has written a book to share his lessons and bring continued awareness of Traumatic Brain Injury (TBI) and Post Traumatic Stress (PTS) and what he calls "The next Concussion Crisis." Major Jones has a unique perspective on this, as his Marine father, survived four explosions during the siege of Khe Sanh, in Vietnam.

Major Jones began this project as a cathartic journey and to share his lessons from years of fighting his "Brain Pain." That's how he's described the headaches and anxiety to his doctors since first being hit. That pain was the seed that grew into "Chaos," overtaking and almost ending his life. This memoir isn't a combat story; it's a "back here" story.

He calls his nemesis "Chaos;" the sum of TBI and PTS, i.e. headaches, anxiety, lethargy, irritability, memory loss, depression, leading to bad choices, such as alcohol and drug abuse, to bad financial decisions, personal destitution, dissolution of family and friends, which can finally lead to the perceived last choice, suicide. "Chaos" weakens these links in our mental health "Chain," or damaged brain. A healthy "Mental Health Chain" is the result of having proper morals, values and ethics, reinforced by well thought out choices. The author's story relates how he "Does The Work" to strengthen the links in his "Chain." Since being hit in 2007, Major Jones has navigated these challenges and shares insights and lessons of what has been called the signature "Invisible Wounds" of these wars.

"Brain Pain is an absolutely fantastic book and needs to be read by all, especially medical and mental health personnel." [***Rear Admiral Joan M. Engel, 18th Director of the USN Nurse Corps***](#)

Major Jones; "My shrapnel wounds have long healed and to look at me, I look normal. I discovered it was impossible for my family, friends and advocates to understand. I wrote this for all to understand the damaged mind of combat concussed veterans." There are over 300,000 combat veterans who have traumatic brain injuries, over 75,000 of those are blast induced, and even more with diagnosed post-traumatic stress. "The next Concussion Crisis" will be the result of the aging Vietnam veterans who were not diagnosed and forgotten, and the Iraq / Afghanistan combat blast-induced veterans. It's already catching up with us. There are currently 5.3 million Americans living with TBI.

"Brain Pain" reviews dozens of proven therapies such as Equine Therapy, Service dogs, Music Therapy, Exercise and the Outdoors, Wounded Warrior Programs, Brain Games, Acupuncture, Medical Marijuana, Meditation, Hyperbaric Oxygen Therapy, Neurological Botox, Medication and Drug Abuse, Suicide, Faith and he shares his own personal Near Death Experience from beyond. It is available on Amazon Books and Kindle. Major Jones is the single author and is available for interviews and discussion. To find out more, visit <http://majoranthonyjones.com/> - https://youtu.be/GrcNWsD3_BY

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REVIEWS:

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The writings in this book opened my eyes to the plight of our returning Warriors, especially those with invisible wounds. We have no idea the physical pain and mental anguish that is haunting their daily life. Yet, they strive on and "do the work". They are humans with trauma and those living in Chaos. This officer's account serves as launch pad for conversation and action for improving therapeutic modalities, mindfulness and holistic care yielding purpose and life to those that have served in the US Military. Tony is a brave man who shares his trials and research to survive. He took the courage to write and I am changed because of it. With Gratitude! **Jana York, Health Promotion Educator (Retired), US Army MEDDAC-Japan.**

I am an RN at William Beaumont Army Medical Center in El Paso Texas but live in Las Cruces, New Mexico. I would like to thank you from the bottom of my heart, for your very touching and enlightening book. I'm sure the Holy Spirit guided you to write it. I also, wish to thank you for your excellent bravery and service for our country. I am a grateful American we have warriors such as yourself. My brother is smiling down on you every day because he was a selfless human being and I miss him daily. I will pray that this book will save other warriors. **Yolanda Rivas, RN, BSN WBAMC**

The only reason you don't see "Verified Purchase" for this review is because I was fortunate enough to receive an advanced copy of this important book. Rarely have I read about, or engaged in conversation with, a wounded warrior who expressed himself so honestly and viscerally. In writing this book, Major Jones took a giant leap forward in his own healing journey, while also blazing a new trail upon which other empowered wounded warriors [and the people who love them] may now more willingly travel. As a psychologist working with combat veterans returning from deployment, they have often stated that the transition and healing required upon their return is in many ways more challenging than being in combat itself. I hope the warriors who read this book will garner the insight and understanding it takes to make that transition and embark on that healing journey; and also hope the people who love them will accompany them --- because healing occurs within the context of connection. Thank you, Major Jones, for your service, your sacrifice and for writing this book. You are a true warrior in every sense of the word. **Dr. Valerie Galante – Phd. Author of “Finding Your Way.”**

You may know that traumatic brain injury (TBI) has been a huge issue affecting not only pro NFL players but also the more than 2.4 million veterans who've served in the "Global War on Terror." Tony Jones, whom I feel lucky to call a friend and mentor, has written an outstanding biography detailing just how much sacrifice is entailed in "taking one for the team" by sustaining such an injury...and also the kind of drive, passion, and determination it takes to turn such a challenge into a strength. Tony also honors his parents by telling the parallel story of his father in Vietnam, and of how his parents met, which I found touching. Highly recommended whether you want to understand TBI or you're just interested in a unique veteran's life. **Bryce Rogow – U.S. Marine Combat Medic**