



A Warrior's Garden: A Therapeutic Guide to Living with Post Traumatic Stress Disorder (PTSD)

Ralph Malachias Gaskin

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A Warrior's Garden is written from the mind of a Warrior. Malachias spent 28 months in Iraq with the Third Infantry Division. Fifteen months as a Combat medic, also used in his secondary MOS as an infantryman. And then another 13 months as an OJT Vocalist for the Third Infantry Division Band. Malachias retired after spending a total of 17 combined years in the Army and Army National Guard. He was medically retired for PTSD, mTBI, arthritis, bursitis, tinnitus, and hearing loss. After two years of dedicated therapy and taking all the medications that were thrown at him, he decided there had to be a better way. Tired of feeling drugged up and like he was high all the time he and his wife took matters into their own hands and decided to start an organic garden in their back yard. This book isn't just about gardening. It's about finding your path. Your way of healing and getting better! It's based on his three pillars specific to him. Music, Faith, and Gardening. Join Him on his journey. Strength and Honor!

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