



Irishman John-Paul Jordan, still only in his thirties, has led an extraordinary life ... from the Foreign Legion and security in Iraq to serving his country in Afghanistan for which he was decorated for his leadership and bravery ... and on to ‘ herding journalists on the front line in Libya ... and hunting for gold in Afghanistan ... However, once back in Civvy Street, the camaraderie was gone; he found himself a prisoner of war to PTSD. Dehumanized by those professionals who he had turned to for help, this Special Forces veteran and former Legionnaire was brought to his knees. His marriage was over; his home was lost. In isolation, his world unraveled, and the seeds of destruction had been well and truly sewn. Knowing he would never see military action again and faced with the realization of the war raging within him in the spiral of PTSD, John-Paul felt condemned as a man. But, on 1 April 2016, he surrendered – life, too, it would seem, has a sense of humour. He asked for help ... and found the answers within. In war, John-Paul was the first to batter down the door, whether he was facing bullets or bombs. His story is a testament to the strength of the human spirit: to get back up and to lead from the front. He did not go through ‘ all that just to go through ‘ all that. This is his story of his return to freedom and joy. Buckle up, because this veteran doesn't do anything by halves...

Appel: A Canadian in the French Foreign Legion is the first-hand account of the author ' s six years as a professional soldier during the 1990s, and his experience in the Legion's elite Groupe des Commandos Parachutistes (GCP). Joel Struthers recounts the dangers and demands of military life, from the rigours of recruitment and operational training in the rugged mountains of France, to face-to-face combat in the grasslands of some of Africa ' s most troubled nations. Told through the eyes of a soldier, and interspersed with humorous anecdotes, Appel is a fascinating story that debunks myths about the French Foreign Legion and shows it more accurately as a professional arm of the French military. Struthers provides insight into the rigorous discipline that the Legion instills in its young recruits, – who trade their identities as individuals for a life of adventure and a role in a unified fighting force whose motto is “ Honour and Loyalty. ” Foreword by Col. Benoit Desmeulles, former commanding officer of the Legions 2e Régiment Étranger Parachutistes.

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