

Project Welcome Home Troops

FROM VETERANS

“ I feel as if I can finally move on with my life.”

– Mike Masse, *Wisconsin National Guard, Operation Iraqi Freedom*



“ A few weeks ago shooting, cars exploding, screaming, death, that was your world. Now back home, no one knows what it is like over there so no one knows how to help you get back your normalcy. They label you a victim of the war. I AM NOT A VICTIM... but how do I get back my normalcy. For most of us it is booze and Ambien. It works for a brief period then it take over your life. Until this study, I could not find right help for me. BREATHIN' like a champ.”

– From an OEF US Marine Corps veteran, and participant the University of Wisconsin research study

“ I have found an inner contentment and peace that I had not experienced before the course. I learned to be more accepting of myself and others. I learned the POWER the breath has... and how it is the key to surviving any and every situation life throws at you. I have repeated the course a few times and have encouraged everyone I know to consider it. Make the time, see for yourself, it will be worth every breath!”

– Jennifer Kannel Ambord, *WI Army National Guard, Operation Iraqi Freedom*



“ This workshop has done more than I ever could have imagined. Not knowing there were any underlying issues made it hard to even acknowledge or accept them. After doing the workshop and continuing my home practice, I have opened the door to my emotions. I am happy to say that I can feel happiness as well as sadness, and both are great. Just being able to feel has been an amazing experience for me, and has made me become connected with friends and family. I have been given a new life, and I feel empowered to share my new self with everyone. Thank you for giving me a life worth living.”

– Travis Leanna, *U.S. Marine Corps, Operation Iraqi Freedom*

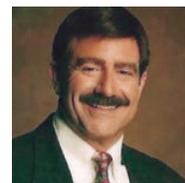


“ I've just completed a 6 day warrior breathing program and I'd recommend it to everybody. It really helps you to release issues you have, sometimes stuff you didn't even know you had, so go ahead and do it!”

– Rebecca, *combat veteran Operation Iraqi Freedom*

“ The course really puts you in touch with your breathing and how it affects your stress levels. You become calm and relaxed with less stress... it is an extremely useful tool for individuals who suffer emotional trauma.”

– Shad Meshad, *Vietnam Veteran, Founder & Director, National Veteran's Foundation*



“ After getting out of the Army I did not adjust well to civilian life. I was short-tempered toward everyone. After learning the breathing techniques most of my anger dropped away. Now I approach life with a calmness I never had before. On the rare occasions when I do get angry, I have easy-to-use techniques to relax and get rid of the stress. I have a new-found confidence to meet any challenge that arises.”

– Ron Bayes, *U.S Army, Desert Storm*

“ The course was very beneficial for me uncovering things about myself that I never realized had been bothering me. It helped me be at peace with myself from issues, feelings and the things that I participated in at war... through that I have been able to come to peace with some of the things that I did and the way I felt about them. I wish I could have learned this breathing 40 years ago.”

– Noel, *Vietnam Combat Veteran*

