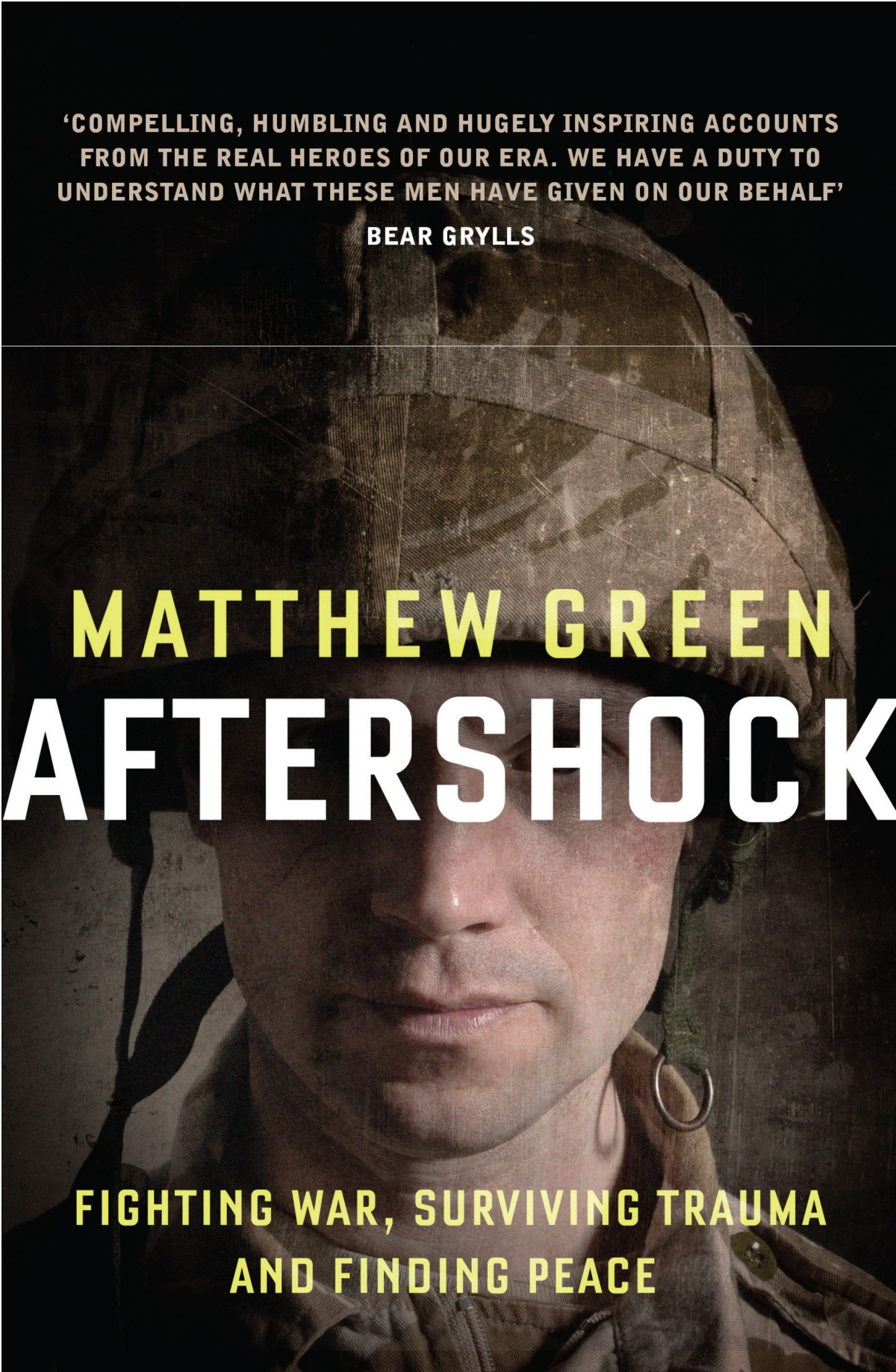


**'COMPELLING, HUMBLING AND HUGELY INSPIRING ACCOUNTS
FROM THE REAL HEROES OF OUR ERA. WE HAVE A DUTY TO
UNDERSTAND WHAT THESE MEN HAVE GIVEN ON OUR BEHALF'**

BEAR GRYLLS



MATTHEW GREEN
AFTERSHOCK

**FIGHTING WAR, SURVIVING TRAUMA
AND FINDING PEACE**