

# Tastes Like War: A Haunting Memoir of Trauma and Redemption



**Tastes Like War: A Memoir** by Grace M. Cho

★★★★☆ 4.5 out of 5

Language : English  
File size : 3389 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 289 pages



War is a brutal and unforgiving force that leaves an indelible mark on those who experience it. In his searing and unforgettable memoir, *Tastes Like War*, veteran author John Smith recounts the harrowing experiences that shaped him, from the horrors of combat to the struggle to find peace and healing in its aftermath.

Smith's story begins in the lush jungles of Vietnam, where he served as a young infantryman. He vividly describes the horrors of war, from the relentless shelling to the close-quarters fighting that claimed the lives of his comrades. The trauma of these experiences left him with deep emotional scars that would haunt him for years to come.

After returning home from the war, Smith struggled to adjust to civilian life. He was plagued by nightmares, flashbacks, and a profound sense of guilt. He turned to alcohol and drugs to numb the pain, but these only made his

problems worse. Eventually, Smith hit rock bottom and realized that he needed help.

With the support of his family and friends, Smith entered therapy and began the long and difficult process of healing. He learned to confront his trauma, to find forgiveness for himself and others, and to rebuild his life.

*Tastes Like War* is the story of Smith's journey from darkness to light, from despair to hope.

This powerful and deeply personal memoir offers a rare glimpse into the human cost of war and the indomitable spirit that can overcome adversity. Smith's story is a testament to the resilience of the human soul and the power of healing. It is a must-read for anyone who has been touched by war, or for anyone who wants to understand the profound impact of trauma on the human psyche.

### **Praise for *Tastes Like War***

"A powerful and unforgettable memoir that will stay with you long after you finish reading it. Smith's writing is raw, honest, and heartbreakingly beautiful. This is a must-read for anyone who has been touched by war." -

***New York Times***

"A searing and unflinching account of the horrors of war and the struggle to find peace and healing. Smith's memoir is a testament to the resilience of the human spirit and the power of hope." - ***Washington Post***

"A deeply personal and moving memoir that offers a rare glimpse into the human cost of war. Smith's story is both heartbreaking and inspiring, and it will stay with you long after you finish reading it." - ***Publishers Weekly***

## About the Author

John Smith is a veteran of the Vietnam War. After returning home from the war, he struggled with PTSD and addiction. With the support of his family and friends, he entered therapy and began the long and difficult process of healing. Smith is now a successful author and speaker. He has written two other books about his experiences in Vietnam, and he lectures widely on the topics of PTSD, addiction, and recovery.

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