



Confessions of a Trauma Junkie: My Life as a Nurse Paramedic (Reflections of America)

Sherry Jones Mayo

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Ride in the back of the ambulance with Sherry Jones Mayo

Share the innermost feelings of emergency services workers as they encounter trauma, tragedy, redemption, and even a little humor. Sherry Jones Mayo has been an Emergency Medical Technician, Emergency Room Nurse, and an on-scene critical incident debriefer for Hurricane Katrina. Most people who have observed or experienced physical, mental or emotional crisis have single perspectives. This book allows readers to stand on both sides of the gurney; it details a progression from innocence to enlightened caregiver to burnout, glimpsing into each stage personally and professionally.

Emergency Service Professionals Praise *Confessions of a Trauma Junkie*

"A must read for those who choose to subject themselves to life at its best and at its worst. Sherry offers insight in the Emergency Response business that most people cannot imagine."

--Maj Gen Richard L. Bowling, former Commanding General, USAF Auxiliary (CAP)

"Sherry Mayo shares experiences and unique personal insights of first responders. Told with poetry, sensitivity and a touch of humor at times, all are real, providing views into realities EMTs, Nurses, and other first responders encounter. Recommended reading for anyone working with trauma, crises, critical incidents in any profession."

-- George W. Doherty, MS, LPC, President Rocky Mountain Region Disaster Mental Health Institute

"Sherry has captured the essence of working with people who have witnessed trauma. It made me cry, it made me laugh, it helped me to understand differently the work of our Emergency Services Personnel. I consider this a 'MUST READ' for all of us who wish to be helpful to those who work in these professions."

--Dennis Potter, LMSW, CAAC, FAAETS, ICISF Instructor

"Confessions of a Trauma Junkie is an honest, powerful, and moving account of the emotional realities of helping others! Sherry Mayo gives us a privileged look into the healing professions she knows firsthand. The importance of peer support is beautifully illustrated. This book will deepen the readers respect for those who serve."

--Victor Welzant, PsyD, Director of Education and Training The International Critical Incident Stress Foundation, Inc

Learn more at **www.SherryJonesMayo.com**

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