



## Just Drive Through It: Thoughts to Live by and Embrace (Paperback)

By Sierra Tango Alpha Romeo

Liferich, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mental health is still a taboo subject, but it affects so many. In Just Drive through It, author Sierra Tango Alpha Romeo shares a chronicle of his life and the struggles of dealing with depression, anxiety, panic attacks, and PTSD. From his birth in Appalachia, to his service in the military, and his love for aviation, this memoir recalls Tango s many life events, including the near-fatal traffic accident while on active duty with a drunk driver that changed his life and the lives of his wife, children, and extended family forever. It narrates his battle with his many demons after the accident and tells how his deep faith in God helped him overcome the negative encounters that blocked his progress. In Just Drive through It, Romeo writes about family, friends, his relationship with God, the United Methodist Church, and answering the calling to be a certified lay speaker. It s a love story filled with God s presence, love, anger, disappointment, euphoria, wealth, health, transgressions, forgiveness, and memories that most people never dream of.



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