Army Empowerment by Angel H.

July 2017 marked one of the longest chapters in my book.

From Korea to Kuwait to Africa.

When I enlisted I had no idea of the physical, mental,

emotional pain and hardship that I was about to feel.

The abundance of pain I have put my body, mind and heart through.

I feel so lost.

I went from a woman leader to a woman victim.

Fear, guilt, anger and resentment.

I am so angry.

They say “Be all you can be” and I was.

But now I am lost and homeless.

My boundaries were crossed.

My soul was isolated.

Here I am, going into battle yet again.

Only the battle is all within me.