



"This book makes uncomfortable reading, but not whingeing. Its not a whine, but a wake up call. Neil is a tough man, he never backed away from danger or problems but took them head on, even though he endured more adversity than most can imagine"

Jonathon Riley
Lieutenant-General
Late Royal Welch Fusiliers

"Thought provoking and gripping, The Battle Within is an excellent read"

Matt Johnson, author of Wicked game

"The war beyond the battlefield, one man's inside account as it happened"

Dr Clive Hathaway Travis, Deputy Prime Ministers
Mental health Hero, and author of Looking for Prince Charles Dog.

THE BATTLE WITHIN, A Soldiers Story

"Neil, you've experienced more emotional stress in the space of two years, than most people would experience in a lifetime. The fact you can still function is testament to your strength of character". Came the words from the Doctor.

The Battle within takes readers on a roller coaster journey through the limits of Psychological trauma and human endurance. From his early days as a bullied schoolboy, to joining the British Army as a Combat Infantryman and the stressful events that followed.

Newly recruited into 1 R.W.F and quickly adopted by the mortar platoon. Life was both fast paced and exciting. Within just 12 months Neil took part in many training exercises in both the uk and aboard. From parachute training, covering the national firestrikes to training as a patrol medic, plus more. He was even planning an attempt on the tough SAS Selection course. It was a young man's dream...but it was all about to change.

Deployed to Southern Iraq in 2004 as part of the mortar platoon. Neil was part of a police training team and acting as patrol medic. April 21st will remain a day never to be forgotten.

3 deadly car bombs ripped through Basra leaving over 70 dead inc many children and many more badly injured. Just 12 miles away at Camp Chindit, 2 more car bombs exploded leaving 11 dead and many more injured Neil who was only 20ft from the blast. Picked up and slammed 5 metres into a ditch and hit with shrapnel. For many this would be traumatic enough, but for Neil this barely scratched the surface as , this was only the beginning of a series of events that would test the mental resilience of even the toughest to the limit, possibly beyond.

This is the inspiring true story of a mind that cannot be broken.

Available on Amazon £ 12.99 , also available as a limited edition signed copy direct from the author. Facebook-Military Author Neil Spencer, or Neilspen31@gmail.com20% profits going to Talking2Minds Charity