



“You don't need to have all the answers and you don't need to be able to "see" the final destination. You just need to find a reason to hold on to the greatness that's still within you and that's enough. Rest assured, it is there and it is waiting. Go get it!”

~ Dedoceo Habi

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About The Book

On 23 October 1983, at 6:22 am, America experienced the horrors of war when a terrorist bomb kills 241 US Service Members in Beirut, Lebanon. "Memoirs In The Moment" provides an honest look at the impact, experiences, and perspectives that challenge Mr. Habi, who was there on that fateful day. It provides gems of insights on how he has learned to manage his PTSD and it shares the journey of living with the effects of PTSD. Ultimately, the book illuminated life with PTSD, and how to make life better for those living with PTSD, and those who love them.

About The Author

Born in 1963, Dedoceo Habi served honorably in the United States Marine Corps and United States Air Force, and later went on to earn degrees in degrees in Film and in Entertainment Business from The Los Angeles Film School. He has a history of working in community around health care concerns. "Memoirs In The Moment" tells a candid and revealing story of the intersection of life and trauma and sheds light on how to move forward in despite inner resistance.

Having lived with PTSD for three decades before finally going to the Veterans Administration for help, the book shares the journey from innocence to devastation to becoming self aware and finding new happiness.

Mr. Habi is available for speaking engagements.