

FOREWORD



Edward Byers, Jr.

Fellow Christians, Mental Warriors, and those Suffering,

I am honored to write this letter in support of my esteemed colleague and friend, Spiro Demetriadi, author of the transformative book, *How To Kill PTSD Before It Kills You: Harness the Power of Spiritual Combatives to Defeat PTSD and Suicidal Thoughts for Optimal Mental Health*".

As a retired Navy SEAL Master Chief and Medal of Honor Recipient, I have faced numerous physical battles, yet I recognize that the spiritual battles Spiro addresses are equally, if not more, critical to our well-being.

In *How To Kill PTSD Before It Kills You*, Spiro offers profound insights into the internal struggles many face, particularly those who have served in demanding roles such as the military, law enforcement, and firefighting. Drawing from his extensive background—including his service as a U.S. Army Infantry veteran and his role as the Military/Law Enforcement Advisor and Combatives Director at the Gracie Academy—he provides practical guidance to navigate and overcome the challenges of Post-Traumatic Stress Disorder (PTSD). His approach is deeply rooted in traditional Christian spirituality, making complex theological concepts both understandable and actionable.

Spiro's dedication to his faith and his commitment to helping others grow spiritually are evident throughout his work. He delves into the nuances of spiritual warfare, offering readers tools to strengthen their relationship with God and fortify their souls against daily challenges. His mission, as outlined in the Spiritual Warfare Development Group (SWDG), is to train warrior-minded individuals in thought-to-thought spiritual combat, preparing them to wage spiritual warfare against the forces of darkness.

What sets *How To Kill PTSD Before It Kills You* apart is Spiro's ability to blend timeless spiritual wisdom with contemporary applications. His writing resonates with those seeking to deepen their faith and provides a roadmap for personal transformation. The book serves as a strategic framework, heavily based on God's Word, to triumph over or prevent PTSD by embracing spiritual truths and insights while gaining a solid foundation in the Christian faith.

I have personally benefited from Spiro's insights, finding renewed strength and clarity in my spiritual journey. His work serves as a testament to his profound understanding of the human soul's struggles and his unwavering commitment to guiding others toward spiritual resilience.

I wholeheartedly recommend *How To Kill PTSD Before It Kills You* to anyone seeking to engage earnestly in their spiritual development and overcome the challenges associated with PTSD. Spiro's work is a beacon of light for those navigating the complexities of faith and mental health in today's world.

Strength through Humility,

Edward Byers

Edward Byers
USN (SEAL) Ret. & Medal of Honor Recipient
February 2025

