

4 Pieces of Advice Veterans Give Other Veterans

Ed: Just try it. Take a step. Go and be completely honest with someone and tell them what's going on with you and see what can happen.

Antonio (TJ): Learn how to empower yourself, to take control of your life.

Linda: You got to find a mission, again, a purpose for your life and that [00:00:30] will actually help you to where you're going to be, whatever you want to be.

Tim: Be honest with yourself and be honest with the people who love you and who'll stand by you. You're most likely going to lose very little and you're going to gain a lot.



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