When Lieutenant Commander Heidi Kraft's twin son and daughter were fifteen months old, she was deployed to Iraq. A clinical psychologist in the US Navy, Kraft's job was to uncover the wounds of war that a surgeon would never see. She put away thoughts of her children back home, acclimated to the sound of incoming rockets, and learned how to listen to the most traumatic stories a war zone has to offer.

One of the toughest lessons of her deployment was perfectly articulated by the TV show M*A*S*H: There are two rules of war. Rule number one is that young men die. Rule number two is that doctors can't change rule number one. Some Marines, Kraft realized, and even some of their doctors, would be damaged by war in ways she could not repair. And sometimes, people were repaired in ways she never expected. RULE NUMBER TWO is a powerful firsthand account of providing comfort amidst the chaos of war, and of what it takes to endure.

My Personal Review:
Dr Kraft's book is in no way insulting to other services. As an army officer and mother currently deployed to Iraq, I found her depiction of life in Iraq realistic and sympathetic toward our warriors, regardless of branch of service. She focuses on our Marines because that's her perspective from the war and in no way is offensive or insulting. If anything, she gives us a glimpse into the lives of Marines from a provider's point of view.
I laughed over the Legend of the Camel Spider, because the stories about that thing get bigger with every deployment. And I cried when she wrote letters to her twin toddlers, because I'm going through something similar. At the end of the book, she makes a comment about people back in the States having such trivial problems compared to what the Marines she counseled did and I agree with her assessment. Once you've gone through an experience that is true suffering, the every day problems that overwhelm people in the rear do seem trivial by comparison.
An amazing book by a sympathetic author. Highly recommend for anyone, but especially mothers, going through a deployment away from their children.

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Rule Number Two: Lessons I Learned in a Combat Hospital - 5 Star Customer Reviews and Lowest Price!