



# Inside My Prison of Darkness: Understanding Post-Traumatic Stress Disorder

*Joseph Schillaci*

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## **Inside My Prison of Darkness: Understanding Post-Traumatic Stress Disorder** Joseph Schillaci

A young Italian man from New York, author Joseph Schillaci was attending the police academy when a trainer predicted that at least two members of the class would die during their duty. Schillaci didn't die physically, but he died inside his heart as a result of his participation in a fatal shooting on September 22, 1991. In this memoir, Schillaci describes his police work, the details of the shooting, and his subsequent psychological healing from post-traumatic stress disorder. Inside My Prison of Darkness narrates his story of how he suffered two years with depression, confusion, loneliness, and darkness-and how this drastically affected his work and his relationship with his wife and children. Moving and powerful, Inside My Prison of Darkness offers an honest testimonial about overcoming hardship and living life to its fullest. It provides guidance for learning how to go beyond and give it your all in every aspect of life-caring, loving, taking responsibility, and making a difference.

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