

A Veteran's Letters, a Scholar's Wisdom, and a Spirit Reclaimed: Duke Talbott's Memoir Paves a Bold Path to Recovery



Elkins, West Virginia Oct 23, 2025 ([Issuewire.com](https://www.issuewire.com)) - In *Appalachian Free Spirit: A Recovery Journey*, Duke Talbott, Ph.D., shares more than just his story—it's a deep spiritual awakening, a historical exploration, and a heartfelt guide to healing. From the hills of West Virginia to the deserts of Somalia and the chaotic jungles of Vietnam, Talbott's remarkable journey spans continents and decades, ultimately leading to a hard-won peace achieved through Twelve Step recovery and the wisdom found in the teachings of Gnosticism, Buddhism, and Taoism.

As a Professor Emeritus of History at Glenville State College and a former elected official, Talbott writes with the clarity of a scholar and the vulnerability of a man who bravely confronted addiction, PTSD, and the haunting memories of war. Drawing on letters he wrote to his parents during his time as a Peace Corps volunteer and as an infantry sergeant, Talbott revisits the emotional landscapes of his past with unflinching honesty and surprising grace.

This book isn't just about recovery. It's about reclaiming the soul after it's been scattered across time, trauma, and geography.

Appalachian Free Spirit is a testament to resilience and transformation. It speaks to veterans, seekers, and anyone who's ever wondered if peace is still possible after the storm. With a blend of philosophical depth and Appalachian grit, Talbott invites readers to walk alongside him through struggles with addiction and recovery and toward discovering a life filled with meaning.

The book is now available through major retailers and independent bookstores.

For more information, you can send an email to duke.talbott@glenville.edu or leave a message at www.primixpublishing.com

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Source : Primix Publishing

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