

**An Interview with Brooke  
King, author of WAR FLOWER:  
MY LIFE AFTER IRAQ**



# WARFLOWER

MY LIFE AFTER IRAQ

BROOKE KING

**Andria Williams:** Brooke, thanks so much for taking the time to chat with Wrath-Bearing Tree. We are all excited to feature an excerpt from your debut memoir, [War Flower: My Life After Iraq](#). In a starred review, Kirkus called it “an absolutely compelling war memoir marked by the author’s incredible strength of character and vulnerability.”

**How long was this book in the making? How does it feel to finally have it out in the world?**

**Brooke King:** It is a bit nerve-wracking to have it out in the world, but then I remember that it took me four years to get it there, and even longer to try and write the book. I struggled with what people would think of me and what I have been through in my life, and then it dawned on me. The 19-year-old girl I was then doing all those things is not the same person that I am today, and so I gave myself permission, in a sense, to just let the criticism slide away. Yes, there are going to be people that judge what I did or shame me for falling in love with an officer when I was a married woman, but to me, that girl no longer exists. A mother of three no, I don’t even know who that girl is anymore because I am so far removed from who she was and to me, that is what makes it okay to have this book out in the world for all to read.

**AW:** I have to ask, because my kids (especially my 11-year-old son) are magnetically drawn to the book’s cover: what’s the significance of Boba Fett? Is that your tattoo?

**BK:** So, it’s funny you should ask. The Fett tattoo is mine. It’s located on the inside of my left forearm. I originally got it because I wanted to get a tattoo that symbolized my nickname, “War Flower.” And because I am a writer and symbolism is everything, the meaning behind it is kind of cool, but also very nerdy. Boba Fett is a bounty hunter from the Star Wars lore. And here is where my nerd shows through... He ultimately was a war byproduct of his father Jango Fett who was a general for the Clone Army during the Clone Wars. The

symbolism behind it is that during his hardships of growing up, he turned away from the traditions of the Mandalorians and chose to follow his own path, and so having him blooming out of a flower seemed to be a perfect metaphor for *War Flower*. The design staff over at University Nebraska Press asked for what my interpretation of *War Flower* was and I mentioned that I had it tattooed on me. I sent them over the image of my tattoo along with the meaning behind it and they loved it so much, they decided to use it.

**AW:** I'm a fan of the Fetts, so I think that's pretty cool. (I have even dressed as a Mandalorian, but that's another story.) Anyway, I love your tattoo, and it makes a perfect cover.

So, the book's synopsis begins, "Brooke King has been asked over and over what it's like to be a woman in combat." I found an intriguing hint of an answer to that in the line, "Here is where a girl is made into a woman and then slowly into a man." What does that mean, exactly?

**BK:** It means that there is a time in every female soldier's service where she is forced to grow up. But for me, as a female soldier who saw a lot of things that normally I wouldn't have, I was forced to grow up, but then thrown into a situation that normally is reserved for a male soldier sort of forced me to become emotionally and mentally like a male soldier. In a sense, I was forced into survival mode by adapting to what male soldiers would normally go through in the harsh condition of combat.

**AW:** And yet, even though many women have served in combat over the last decade and more, you share an anecdote about being driven by your grandfather to the local VA upon your return home and encountering not one, but two VA employees who meet your explanation of combat trauma with disbelief and even

hostility: "A man comes in, asks me to follow him to the TBI and spinal injury ward. He points to the men inside the room, tells me to think long and hard about lying about combat before I tell him anything more."

First of all, what an asshole. But also: How is it possible that such a disconnect can exist, not only between female veterans and the civilian public, but even between women vets and the civilian professionals meant to serve them?

BK: I think it stems from the concern that women are supposed to be the bearers of life, so to think that a woman can be hurt in the same way as a man at war, it makes people uneasy. However, I think the disconnect about female veterans comes from lack of knowledge. Civilians just didn't know to what extent women were involved in OIF and OEF, and because of that, they have a hard time believing when a woman comes in for help with combat PTSD or combat related injuries. In order for this stigma or misconception to diminish, the government and female veterans really do need to speak up and account for that missing link of information. I know that personally speaking up has helped thousands of other women because I was one of the first women to go through combat PTSD treatment from OIF. I went through a lot of trial and error for years until I was able to find a regimen that worked for me.

AW: *War Flower* alternates between sections of traditional first-person memoir, and brief chapters of creative nonfiction in which you imagine your way into the minds of other people—a teenage Iraqi girl, a tormented young boy—and even (as in "Dog Tags") inanimate objects. How and when did the structure of the book become clear to you? Did it begin as a more traditional memoir, or did you always know that you wanted it to be more of a kaleidoscopic view of war and homecoming?

BK: I began writing the book several years ago and it wasn't until I ran into a part of the memoir where I couldn't remember all the details correctly enough that I began to

imagine what it would be like to be that person. I am referring to the section "Ghosts" where I imagine what it would be like to be an Iraqi girl on the other side of the war. After I wrote this section, I realized that memories are a jumbled mess of information recollected over time, and someone with combat PTSD has memories that are distorted by their trauma, so when I went back to rethink the structure, I decided that the structure should mimic my memories; fragmented, disjointed, and at times kaleidoscopic.

**AW:** Your wartime experience appears to have given you an empathy with veterans of former wars, and particularly for Vietnam veterans. In the chapter "Legacy," you very sensitively craft a sort of plural voice of Vietnam vets: "I am nothing, they would say. I am the fault of my government, my father. I am plagued with nothing but lies. I did what I was told."

This tone seems matched by one of your early observations about your time in Iraq: "We didn't know the names of the streets or which roads led to nowhere. When shit hit the fan, sometimes we didn't know which direction to fire the bullets...In the end the only thing we knew for certain was that we were all soldiers stuck in the same godforsaken country until the military let us leave or we died, whichever came first."

**Do you think there is a particular understanding between veterans of Vietnam and the GWoT?**

**BK:** I think there is a sort of "oneism" that comes from being a combat veteran. There is a silent understanding that even though your war was somewhere different, you can still share that bond of knowing they went through hell as well. So you adopt with it this perspective of empathy towards other combat

veterans of foreign wars. You know their struggle because you are silently struggle with the same issue. Though by no means was the homecoming I received the same as the Vietnam veterans, but it is that quiet understanding amongst us that to suffer and see war changes you into someone else, that there is a slow coming back process that each veteran must take. Some get there sooner than others and some never find their way back to the person they were before war.

**AW:** You mention reading Hemingway's *The Sun Also Rises* while in Iraq. I'd love to hear more about your reading (and listening!) life during your military service—boot camp, wartime—because it seems that this kind of inner world is so linked to a person's state of mind at difficult or transformational moments. (Did you listen to the Grateful Dead in Iraq, for example, or did that just bring back too many memories of your dad?)

**BK:** When I was deployed I listen all sorts of music. On days when I needed to unburden my soul a bit, I would turn on the Grateful Dead and listen to Jerry's guitar in "Stella Blue" crying out to me, allowing me to feel the emotions that I needed in order to get through another day. Other days, I would stare at a blank page in my notebook unable to write a single line. Halfway through my deployment, I stopped reading and writing all together. I stopped listening to the Grateful Dead and listened more to heavy metal like Cradle of Filth and Dark Funeral. Some of soldiers around me listened to Slipknot. Sometimes I went days without anything but the sound of mortar rounds exploding and helicopters flying overhead, soldiers laughing and arguing in the smoke area, and sometimes, I just listened to the wrench I was holding while I laid underneath a truck ratcheting a bolt down. The sounds of war and of home coagulate if you let them, so I made it a point to never let the two intermingle for too long because I become either homesick or pissed off that I was still stuck in Iraq.

**AW:** Metal! Were you a fan before you went to Iraq, or did you

**start listening to it there?**

**BK:** I listened to Pantera and Slayer, and I think I even listened Iron Maiden, but I really didn't listen to it too much before. I was a punk rock kid growing up so I listened more to the Ramones, Rancid, Anti-flag, and Bouncing Souls, that sort of stuff. It wasn't until the guys in the PSD team put on Slipknot and Cradle of Filth that I began to listen to more mainstream metal. And even then, it was only because one day I was smoking a cigarette and I began to really pay attention to the lyrics and was honestly blown away by how poetic Corey Taylor's lyrics were, and it sort of resonated within my soul how I was feeling at the time and gave me some sort of tragically fucked-up sense of peace to know someone else had a dissonance within themselves they were wrestling with, in a way listening to it made it feel as though there weren't two different women inside of me trying to tear my body in half so that they could both be free. I felt that the war for me was a constant struggle between who I wanted to be as a human being and the person I had to be in order to survive, and for me, music sort of helped calm the tearing apart of my soul.

**AW:** Well, I think that's a really powerful explanation of what music does best.

**Is there anything you left out of the book that you wish, in retrospect, that you'd included?**

**BK:** I think every writer wishes they had put something in the book that they forgot, but for me, I struggled with whether or not to include more about my late ex-husband. He passed away right after I signed my contract and though he was happy that the book was getting published, I wish I had incorporated more about our marriage, more about how he was the one to save me in Iraq from not only the war, but from myself. He truly was a wonderful man and I wish I had incorporated more of that in there. The next book, however, does pick up where this one



left off, so maybe there is time to redeem myself.

**AW: I was very sorry to hear of your loss. For what it's worth, I think the book paints him in a positive light—as a mostly helpful, concerned person for whom life was not particularly easy.**

**What were the hardest and most effortless parts of the book to write?**

You always want to say that the easiest parts of the book are the ones where you talk about your family, but for me, the easiest part to write in the book were the wartime sections. Because I had gone through so much therapy and introspective at myself and war, it became very easy to write it down. To me, the hardest part was writing about my family. I really didn't want to write about my upbringing. It wasn't something I wanted to put in the book simply because I couldn't dedicate enough space to the matter that it needed, and so I ended up summarizing those parts and it really pained me to do that in particular because I knew I would be leaving huge sections of my life out that needed to be discussed fully. I also feel bad about it because I shed some of my family members in a very negative light, much to their dismay, and I have gotten flack for it by them, but in my defense, I did tell them that the next book was going to discuss more of family and less of war. It also was extremely hard to dissect my marriage that at the time I was writing the book was in steady decline. How was I supposed to write about falling in love with my husband when I knew he was somewhere else with another woman? But I found another reason as to why to tell that love story; my twin boys, who the book is dedicated to. I wanted them to know who their father was when I met him and even more so now that he has passed, so I wrote everything down as though we were still in love and tried to remember those memories instead.

**AW: In the Sierra Nevada MFA program, you were able to work with writers who were not just talented at their craft but are**

**also combat veterans. What did this mean for you in developing confidence as a writer? Do you think your MFA experience would have been different if it had not included other veteran-writers?**

**BK:** Being in the SNC MFA wasn't just about being surrounded by combat veteran writers, it was about being surrounded by talented writers. I found that I was more so inspired to tell my story from the non-veteran writers than I was the faculty that were veterans. Of course, it helped that I had other vets cheering me on in my journey as a writer, but writers like Patricia Smith reading "Siblings." Gah! It gives me goosebumps just thinking about it now. Colum McCann. Rick Moody. Writers, truly amazing writers inspire and light a fire underneath your ass, and I think the director bringing those writers is what really helped me become the writer I am.

**AW:** I love hearing that. I had a similar feeling when I went into my MFA program, too—that I was finally joining a creative culture that I felt I'd been seeing from the outside for a long time. And we can all use a creative fire lit under our asses, I suspect. What projects are you working on next?

I have started writing my new book, nonfiction of course. It really does pick up where "War Flower" left off, and traces the roots of my childhood while raising my children, the ups and downs of my marriage to James, my struggle with PTSD, and the death of James which damn near almost broke me. To say that this second book is going to be a hard one to write is an understatement, but I think will be almost like an emotional enema, and will really be interesting for readers who are struggling with PTSD, or the loss of a veteran to suicide, or even being a parent struggling to raise your kids. What made "War Flower" so unique was that I was a woman with combat PTSD, but having PTSD while trying to raise kids is a whole other beast that I really didn't tackle full on in "War Flower" so the next book is really going to explore transgenerational trauma and female veteran related issues

that surround combat PTSD.

**AW: Can't wait to read it. Thanks so much for talking with me,  
an sharing your work with Wrath-Bearing Tree.**