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Cultivate predictability in your life without compromising flexibility. In simpler terms, decided to become proactive instead of reactive in all areas of your life. Torrey Shannon: Blogger, writer, speaker, veteran's advocate and full-time caregiver and spouse of a wounded warrior. Torrey Shannon is a blogger and writer, speaker, veteran's advocate and Mom to three children, one of which is an honorably discharged veteran. She is also a full-time caregiver and spouse of a wounded warrior. Her husband, SSG John Daniel Shannon, survived a gunshot wound to the head in a gunfight in Iraq in 2004

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