

# Solo-ops

A  
Survival  
Guide  
for  
Military  
Wives



HILARY MARTIN

# Soloops A Survival Guide For Military Wives

**Clarissa Rachel**



## **Soloops A Survival Guide For Military Wives:**

*Solo-ops* Hilary Martin, 2003      Biblical Cures for the Wounded Spirit Wayne A. Keast, 2023-05-05 About the Book *Biblical Cures for the Wounded Spirit* contains vital information that will answer many questions that those who suffer with PTSD and those close to them are asking How does someone handle the grief experienced in combat How does a spouse or other loved one handle the playing out of stress a combat veteran manifests when they return Fear guilt no peace and other issues are addressed These are emotions that stir the soul and plague those who have experienced unimaginable trauma in a war zone or even in a violent home situation Psychology and drugs are not the answer New Age philosophy will not help The Bible has the answers and will be found in these pages to be the solution that so many have been looking for About the Author Saved at age 14 out of a broken traumatizing home Wayne A Keast entered the Army at age 18 and discovered God s peace in the midst of Army duty that includes deployment and long stretches away from family After years as an enlisted soldier Wayne was called by God into the ministry out of German guard tour on a midnight shift Finishing college and seminary the Army received Wayne back as a commissioned officer and chaplain After a deployment and after surgery Wayne was in a rehab learning about war time PTSD issues by listening to soldiers After much bible study Wayne learned of God s cure for PTSD and how the inevitable wound can be treated successfully Later God showed Wayne a Bible verse that describes the issue Proverbs 18 14 The spirit of a man will sustain his infirmity but a wounded spirit who can bear Wayne retired from the Army in 2012 with a burden for those with PTSD This book is a compilation of the work completed in his Doctor of Ministry Wounded Spirits is Wayne s ministry order under Wounded Spirits INC woundedspiritsministry gmail com www biblecuresforptsd org      *Down Range* Bridget C. Cantrell, Chuck Dean, 2005 *Down range* is a timely book dedicated to bringing the troops home and addressing the challenges of the re integration process from combatant to civilian Bridget Cantrell Ph D and Vietnam veteran Chuck Dean have joined forces to present this vital information and resource manual for both returning troops and their loved ones Here you will find answers explanations and insights as to why so many combat veterans suffer from flashbacks depression fits of rage nightmares anxiety emotional numbing and other troubling aspects of post traumatic stress disorder      *Married to the Military* Meredith Leyva, 2007-11-01 Now revised to reflect the reality of military and economic unrest around the world *Married to the Military* remains an invaluable resource for any military spouse or significant other When you marry a military service member whether a reservist or active you may feel as if you ve also married the United States military While there are plenty of orientation books on military training there is not much information available about handling the personal aspects of military life *Married to the Military* demystifies the often confusing military world so you can make the right choices for yourself and your family Meredith Leyva an experienced military wife and founder of CinCHouse com the Internet s largest community for military wives girlfriends and women in uniform offers time tested advice on everything you need to know from relocation to deployment protocol to finances and

career to kids including Keeping your love life together during deployments Relocating yourself and your family around the world Maintaining your own career when you re expected to move every three years Understanding what pay and benefits you re entitled to and how to maximize them Dealing with post traumatic stress disorder PTSD and other threats to your partner s well being Whether you re figuring out military protocol or trying to understand the medical system this savvy friendly yet authoritative guide details just what you need to know to manage day to day issues and get on with the adventure of military life

**The (Tough Love) Military Wife Survival Guide** S. M. Westerlie,2013-08 Military wives are a diverse and resilient bunch Still before diving into this lifestyle many don t realize how challenging it s bound to become The Tough Love Military Wife Survival Guide offers a no holds barred look at marriage in the military Packed with useful tips hilarious anecdotes and cold hard truths it s the definitive guidebook no new military wife should be without

**Good to Go** Lynne Wilson,1992-11-01 **Blogs, Bombs, and Booby Traps** Gina Sanford,2010 *Holding Down the Fort* Navenka Gabrielson,2017-10-15 Holding Down The Fort is a book for both new and seasoned military spouses The author Navenka Gabrielson has been a military spouse for over 20 years She understands the challenges you face with every move you make every deployment you say goodbye leaving behind precious friendships career challenges and living far away from family Do you feel you have lost yourself Do you press the pause button on your life with every move you make not knowing how to press play again Are you out of energy Tired of moving Wondering how to make friends once more Have you given up on your dreams Navenka is a Nationally Certified Holistic Health Coach with the Institute For Integrative Nutrition She is a certified Personal Trainer and Pilates Instructor She is the founder of Body Harmony She coaches military spouses and is a well known public speaker Navenka will take you on an inner journey of discovering who you are what you want and how you are going to get it In this book you will learn to not just survive in your military life but thrive in it She will teach you that despite your transient lifestyle you can live the life you deserve one that is full of excitement ambition and vitality You don t need to be stuck in a rut any longer Navenka will look at all areas of your life from your physical health to your emotional health and everything in between With Navenka s guidance you will create a life you love today

[Loving Your Life](#) Dorothy Bonvillain,2015-05-31 The military does not issue a Manual for Success to spouses who enter a military lifestyle MILSO This book fills that gap Having served 43 years as a military wife Dr Dorothy speaks from her heart and offers a voice of wisdom to all who desire to become more and do more These seven proven steps will prepare you for days when you feel second best to the mission and provide you tools to help you manage the PCS process balance your personal and professional life and shorten your learning curve This success roadmap will guide you out of the chaos of living in survival mode to a new level of awareness that will help you achieve your highest potential

**Encouragement for America's Hidden Heroes** Amy Stevens,2004 Sam and the Floorboard Gang the First Adventure is a children s fantasy book that takes you inside a world you never knew existed Sam and his friend discover a hidden town beneath his bedroom floorboards The fun just begins when the

Mayor of the town tells them that he has a shrinking potion that can make them as tiny as he is Sam tries it and ends up spending most of his nights in Wee Town flying with his new friend Bugboy and having one great adventure after another Sam and the Floorboard Gang the First Adventure is a must read for children who like easy fast paced fantasy adventure books

*The Mocha Manual to Military Life* Kimberly Seals-Allers, Pamela M. McBride, 2009-06-30 From Kimberly Seals Allers the creator of the Mocha Manual series and coauthor Pamela McBride a seasoned military wife comes the ultimate guide to life love and logistics for military spouses girlfriends and female service members Whether you're just beginning to date a military man and pondering the ins and outs of a long distance relationship as he moves from base to base or you're a newly wed military wife *The Mocha Manual to Military Life* has a host of tips for optimizing your romance Beyond matters of the heart the book also offers advice on everything from how to thrive during deployment to how to master military protocol to how to best build friendships among military wives Accessible and witty *The Mocha Manual to Military Life* is a fresh and timely must read for all women but particularly African American and Latina women affected by military service Written in the same informative tone as the other books in the Mocha Manual series with sidebars and testimony from women who have experience navigating military life this book is sure to be essential reading for all women engaged in some form or fashion with the military

**Modern Military Spouse** Lauren Tamm, J. D. Collins, Jo My Gosh, 2016-01-11 Let's take the guesswork out of military life Join me along with hundreds of other military spouses and grab your copy of *Modern Military Spouse* today It has everything you need to survive the ups and downs of military life After reading this book you will be able to Prepare and navigate PCS moves military homecomings and military deployments easier Understand terms acronyms and abbreviations all in one convenient location Gain instant access to over 22 printable checklists Learn how to navigate getting an education and managing your career as a military spouse Build a budget that will work for your military family using our step by step guide for finances and a downloadable spreadsheet Learn the keys to nurturing a military marriage that will survive the challenges of military life Help your child through military life using key resources and best tips for parenting military kids Here's what's included 14 comprehensive chapters 20 printable documents and checklists Including deployment PCS marriage and resume Receive a link in the book to download the printables 3 bonus sections Including acronyms abbreviations and terms What you'll learn When You Don't Have a Ring What to Do When Your Service Member's Gone Preparing for a Successful Military Marriage Creating a Budget That Works Hitting the Books Military Style Military Proofing Your Career Building a Strong Support Network Becoming a Good Military Spouse Navigating Military Life with Kids Step by Step to PCS Moving and Living Overseas Using Social Media Safely Complete List of Resources for Spouses Abbreviations Acronyms and Terms Defined And more Jo JD and Lauren did the hard work for all of us They took an overwhelming amount of confusing and out of date information for military spouses and turned it into a fun modern book This guide helps you understand military life and find the resources you are looking for Jen Pilcher Founder MilitaryOneClick.com Finally A

military spouse handbook that I can recommend to new spouses This book is the friend I wish I had when I was a young Navy wife I wouldn't have felt so alone so unusual and so un-military if someone would have given me Modern Military Spouse along with my dependent ID Modern Military Spouse is a mentor a drinking buddy and a confidant for today's military spouse Michelle Volkmann managing editor NextGen MilSpouse

**Life Hacks for Military Spouses** Allison Wood, Tracey Enerson Wood, Kristen Riffle, 2021-04-20 A colorful collection of tips and tricks for getting the most out of the nomadic military lifestyle Told through humorous anecdotes by those with years of unique experiences these life hacks reveal a special culture with expectations and numerous obstacles to be faced along the way Military life boasts of travel to exotic places immersion in the worldly cultures and cuisine that most Americans can only dream about and on the government's dime to boot At least that's what the common perception is But those who have served know that while the above may be true military life comes with its own set of challenges and can be a hardship as much as it is rewarding Here to help is the advice guidance and personal stories of spouses from all walks of life in stages from the newlywed to the retired and properly salty They share tips on overcoming the numerous obstacles and navigating the special culture traditions and the one of a kind lingo of military service Gathered mostly from those who are affiliated with the military but also from those with similar diplomatic lifestyles the anecdotes reveal the special bond they share with their fellow spouses and the wisdom gained to pass to the next generation The very special illustrations were created by a talented Air Force wife and reflect both the strong beauty and earnestness of those who are engaged in our nation's most serious business and yet have learned not take themselves too seriously

*A Family's Guide to the Military For Dummies* Sheryl Garrett, Sue Hoppin, 2008-10-27 Expert advice on all aspects of military life A Family's Guide to the Military For Dummies is for the millions of military dependents family members and friends who are looking for straightforward guidance to take advantage of the benefits and overcome the challenges unique to life in the military This comprehensive guide covers such key topics as introducing military life to readers new to the armed forces financial planning relocation deployment raising kids alone while a partner is away and taking advantage of the available benefits It offers tips and advice for dealing with emotions that surround events like deployments deciphering the acronyms used in daily military life forming support groups keeping track of a loved one's whereabouts and surviving on a military base in a foreign country

*Wake Up, Kick Ass, Repeat* Kendra Lowe, 2019-12-31 The path Dr Kendra Lowe has walked as a cadet at the Air Force Academy as an active duty service member and now as a military spouse has given her a front row seat to many of the traumas setbacks successes discriminations and celebrations that military families experience These experiences fueled ten years of research aimed at better understanding military spouse stress and how bad the stress really is as well as the unique contributing factors of the military lifestyle Most significant were the findings that 27 percent of military spouses report significantly high levels of stress while 20 percent have a higher clinically significant level of stress In other words approximately one in four military spouses wake up every

day under a heavy layer of stress that builds day by day week by week and year by year Unfortunately many military spouses perceive this stress as normal unaware of how dangerously close they are to clinically significant levels of emotional social or physical distress Wake up Kick Ass Repeat was created to help alleviate these significant concerns This comprehensive and invaluable tool will help you accept the unique nature of military life anticipate and persevere in the face of social emotional setbacks practice effective coping strategies and learn to thrive on to new possibilities Dr Kendra has expertly woven research personal anecdotes powerful stories from other military spouses as well as practical principals of Rational Behavioral Therapy to help individuals work through stressful situations while maintaining better emotional control This is a must have book for military and first responder spouses their family members professionals working with military and first responder families as well as anyone seeking to find a way to help themselves to better social and emotional health Dr Kendra also includes thoughtful questions and exercises that any individual or group can put to immediate use

**Reintegration** Kathy Barnett, Carrie Daws, 2015-05-29 Deployments are inevitable in military life Short or long relatively safe or extremely dangerous time away from our men is standard issue How can the family left behind best deal with the transition before and after deployment And what should we do if he comes home different Those who deal with long separations due to a career know that the first weeks back can be trickier than when you first began living together as a couple particularly if the mission was stressful or life threatening While the Bible doesn't specifically mention reintegration God still gives us great advice on preparing our hearts and minds so that our marriage can thrive even through Reintegration

**Separated By Duty, United In Love (revised):** Shellie Vandevoorde, 2010-08-18 Where Can You Turn when the bills are due the kids are acting out loneliness and doubt are creeping into your quiet hours and you're handling it all alone If your partner is in the military these challenges may be the greatest that your relationship will ever face Now is the time you need answers resources and understanding This is the book that will give them to you Military wife and U S Army veteran Shellie Vandevoorde has penned a practical compassionate guide to help military couples cope with the separation of active deployment Now updated and expanded Separated by Duty United in Love is infused with her years of experience offering sound and comforting advice from someone who's been there Vandevoorde explores real life issues and shares invaluable insights on the best ways to Keep the lines of communication open while your partner is away Address your children's fears as you cope with your own Juggle finances and other household duties Find the balance you desperately need Cope with post traumatic stress injury and other challenges when a spouse returns from war Utilize military resources and support groups to help yourself through the toughest times You are not alone Separated by Duty United in Love gives you the tools and the encouragement you need to help your military relationship survive and thrive

**Surviving Deployment** Clarissa Rachel, 2024-04-30 Surviving Deployment A Guide for Military Spouses is an essential resource for partners of service members facing the daunting reality of deployment This comprehensive guide offers practical advice emotional support and

valuable insights to help military spouses navigate the complexities of deployment with resilience and grace What You ll Discover Pre Deployment Preparation Strategies for managing legal and financial affairs setting up effective communication plans and building a solid support network Features Checklists and Templates Access practical tools to help you prepare for deployment manage during your spouse s absence and navigate reintegration Resource List A curated list of resources including support groups counseling services and educational grants tailored for military families [Surviving Deployment](#) Karen Pavlicin,2021-10-26 Personal stories practical ideas and checklists help readers know what to expect how to prepare and how to personally grow as individuals and families Updated second edition includes new information about longer repeat and multiple deployments self care and wellness and stories and examples from recent conflicts **The Complete Idiot's Guide to Life as a Military Spouse** Lissa McGrath,2008-09-02 For better for worse for Uncle Sam Today s military has changed dramatically and spouses need to be prepared Approximately half of our 1 4 million fighting men and women are married And for a military spouse information and support are not easy to find Included here is How to enroll in the Child Development Homes program What to do before a permanent change of station PCS How to prepare for the deployment and the return of a spouse Easy ways to calculate benefits allowances and special pays



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