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Help! I'm a Military Spouse: I Want a Life Too! - How to ...

"Guide for military spouses to help you define and live your dreams, even when faced with frequent moves, separations, and other challenges of military life. Includes tips and exercises to help you explore your passions, strengths, and goals, and apply five keys to happiness"--

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Help! I'm a Military Spouse is not a book about being the perfect military spouse. And it's not about rebelling against military life. It's about creatively taking advantage of the military life's opportunities to fulfill one's own dreams.

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Help Im A Military Spouse I Get A Life Too How To Craft A ...

Military Spouse section is designed to supports military spouses everywhere. Find articles on deployment, relationships, military benefits, TRICARE and more.

Military Spouse & Family Resources | Military.com

For more information, see the Military Health Benefits for Divorced Spouses article in the Military Divorce Guide. Post-9/11 GI Bill Benefits. The Post-9/11 GI Bill is an extraordinarily valuable benefit, which provides a member or family member with up to \$160K of benefits towards a college degree, comprised of a monthly housing allowance, tuition reimbursement, and a book/supply stipend.

Checklist of Military Spouse Benefits after Divorce ...

The Uniformed Services Former Spouse Protection Act is a federal law that provides certain benefits to former spouses of military members. An un-remarried former spouse may receive medical, commissary, exchange and theater privileges under the Morale, Welfare and Recreation program and other benefits if he or she meets the requirements of what is known as the 20/20/20 rule:

Understanding the Military Divorce Process | Military ...

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Rights of Divorced Military Spouses | Military OneSource

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Federal agencies can use the military spouse non-competitive hiring process to fill positions on either a temporary or permanent basis. You ' re eligible if you are: A spouse of an active duty member of the armed forces. A spouse of a service member who is 100% disabled due to a service-connected injury.

USAJOBS Help Center | Military Spouses

Find military spouse employment resources and tips from experts. Get tips on building a resume and standing out in an interview. See more tips.

Military Spouse Employment | Military.com

Knowing all the military benefits available to you, the military spouse and your family is essential. See benefit info on TRICARE, legal assistance and more.

You Are Not Alone: Encouragement for the Heart of a Military Spouse is a book of 30 daily readings designed to encourage, strengthen, and uplift military spouses. Whether it's a deployment, move, or raising military kids, Jen McDonald presents real-life solutions and inspiration from someone who's been there. Written from the perspective of faith, Jen includes related Scripture and a short guided prayer with each reading, as well as journal prompts and practical tips. Since its publication in 2016, You Are Not Alone has resonated with military spouses both new and experienced around the world and ranked as an Amazon bestseller in both the Military Families and Christian Devotionals categories.

Raised as an army brat, Angie Ricketts though she knew what she was in for when she eloped with Darrin -- then an Infantry Lieutenant -- on the eve of his deployment to Somalia. Since then, Darrin, now a Colonel, has been deployed eight times, serving four of those tours in Iraq and Afghanistan. And Ricketts has lived every one of those deployments intimately -- distant enough to survive the years apart from her husband, but close enough to share a common purpose and a lifestyle they both love. With humor, candor, and a brazen attitude, Ricketts pulls back the curtain on a subculture many readers know, but few ill ever experience Counter to the dramatized snapshot seen on Lifetime's Army Wives, Ricketts digs into the personalities and posturing that officers' wives must survive daily -- whether navigating a social event at the base, suffering through a husband's prolonged deployment, or reacting to a close friend's death in combat. At its core, No Man's War is a story of sisterhood and survival. As Ricketts states: "We tread those treacherous waters together. Do we sometimes shove each other's heads underwater for a few seconds? Maybe even on purpose? Of course. Are we sometimes dragged underwater ourselves by the undertow created by all of us struggling together too closely? Without a doubt. But we never let each other drown. Our buoyancy is our survival."

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 Safety 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

Advice for military couples " As soon as I arrived in Afghanistan, I began reading The 5 Love Languages®. I had never read anything so simple yet so profound." — Anonymous soldier If you are in a military relationship, you know the strain of long deployments, lonely nights, and difficult transitions. For extraordinary challenges like these, couples need specific advice. In this updated edition of The 5 Love Languages®: Military Edition, relationship expert Dr. Gary Chapman teams up with Jocelyn Green, a former military wife, to speak directly to military couples. They share the simple secret to loving each other best, including advice for how to: Build intimacy over long distances Reintegrate after deployment Unlearn harsh military-style communication Rebuild and maintain emotional love Help your spouse heal from trauma and more With more than 10 million copies sold, The 5 Love Languages® has been strengthening millions of relationships for over 25 years. This military edition will inspire and equip you to build lasting love in your relationship, starting today. Includes stories from every branch of service, tips for expressing love when apart, and an updated FAQs section.

A young widow embraces a second chance at life when she reconnects with those who understand the sacrifices made by American soldiers and their families in award-winning author Laura Trentham ' s The Military Wife. Harper Lee Wilcox has been marking time in her hometown of Kitty Hawk, North Carolina since her husband, Noah Wilcox ' s death, nearly five years earlier. With her son Ben turning five and living at home with her mother, Harper fights a growing restlessness, worried that moving on means leaving the memory of her husband behind. Her best friend, Allison Teague, is dealing with struggles of her own. Her husband, a former SEAL that served with Noah, was injured while deployed and has come home physically healed but fighting PTSD. With three children underfoot and unable to help her husband, Allison is at her wit ' s end. In an effort to reenergize her own life, Harper sees an opportunity to help not only Allison but a network of other military wives eager to support her idea of starting a string of coffee houses close to military bases around the country. In her pursuit of her dream, Harper crosses paths with Bennett Caldwell, Noah ' s best friend and SEAL brother. A man who has a promise to keep, entangling their lives in ways neither of them can foresee. As her business grows so does an unexpected relationship with Bennett. Can Harper let go of her grief and build a future with Bennett even as the man they both loved haunts their pasts?

Are you a military spouse struggling to keep your career going while juggling all the competing demands of military life? This book offers a glimpse into the lives of other military spouses who have faced the same challenges and reflect candidly about the good, the bad, and the ugly of their experiences. In addition to sharing these real-life stories gathered in her research, Michelle Still Mehta offers a strategy for managing the conflicts so many military spouses encounter. This 3 M framework provides practical advice in three key areas that must be balanced in order to sustain your career: - Marriage: What support do you need from your spouse to make a career possible? - Motherhood / Fatherhood: What are your expectations and needs as a parent and how do they mesh with your career plans? - Military Life: What aspects of military life need to be reconciled with your career goals (e.g., deployments, unpredictable work schedules, PCS moves)?Michelle Still Mehta, PhD, is a consultant, researcher, writer, and coach specializing in military spouse employment, the psychology of working life, and organizational change. Through her writing, Dr. Mehta hopes to promote open dialogue and positive culture change within the military community. She is also an Air Force spouse and resides with her family in the Washington, DC, area.

NEW: UPDATED AND EXPANDED. Confessions of a Military Wife is an honest, witty, and often hilarious look at the life of the new generation military wife. Mollie Gross learned the hard way to laugh instead of cry at what she could not control as a military spouse. And as she quickly discovered, nearly everything was out of her control! A standup comedienne, public speaker, and wife of a Marine Corps officer, Mollie explores everything about the Ó issued Ó spouse, from deployment and the stress of having a husband in a combat zone, to the realization that marriage changes when your husband returns home from war. Nothing is taboo or out-of-bounds in Confessions, including the Ó parties Ó military wives throw for themselves before hubby returns. (You Óll have to read the book to find out about those!) Updated, expanded, and now in paperback, Confessions is a can Ót-put-down book that will leave you laughing and crying at the same time. About the Author: Mollie Gross is a professional stand-up comedienne, motivational speaker, and the wife of a USMC Iraq War veteran. She teaches audiences to Ó Handle it with Humor Ó Ó to learn how to laugh through life Ó s toughest challenges. To follow her on social media, listen to her podcast, or inquire about booking, please visit www.molliegross.com. Ó Mollie Gross is the Chelsea Handler of the milspouse community. She Ó s unfiltered, honest, and hilarious, with an underlying message to stop whining and be proud. Think of it as heartfelt humor for the home front. Ó Ó Military Spouse magazine Ó Mollie Ó s no-holds-barred account of what it was like during her first four years of being married to a Marine, dealing with the moves, wartime deployments, and life on the home front, will leave you laughing, crying, and shaking your head in disbelief asking, Ó Did she really just say that? Ó Ó Ó Kristine Schellhaas, founder USMC Life

They say you are what you eat—but apparently, with whom you eat is pretty important too. Current medical research bears this out. But wellness was not what motivated mil-blogger/ Navy wife and mom Sarah Smiley to invite one guest every week for 52 weeks to have dinner with herself and her three young sons. Sarah's motivation was to fill a void in her family life: that empty chair at the dining room table while her Navy pilot husband, Dustin, was deployed overseas for a year. But what started as a gesture meant to distract the boys from missing their Dad became a joyous journey as the unlikeliest people accepted the invitations... and brought dessert. The Smiley family discovered that a surprising number of people really are available for dinner. You just have to ask. Each dinner guest taught them about life, and the importance of sharing something simple and intimate—like a meal—to cement these valuable lessons in place. From a state senator (she baked brownies) to sports superstars (ice cream), from the boys' teachers (cookies) to their 94-year old neighbor—with R2-D2 making a very special visit—each Smiley dinner guest leaves an indelible impression. Throughout the book, Sarah Smiley's unvarnished detailing of the emotional ebb and flow of being a "single mom" to three irreplaceable boys while trying to balance career, car pool and dinner prep is Bombek-esque at times, deeply moving at others. DINNER WITH THE SMILEYS transformed the family, so much so that even upon Dad's return home, the dinners have continued... one new guest every week. DINNER WITH THE SMILEYS shows how one family made a difference not only in their own lives, but the life of each guest as well. Full of humor and heart, this memoir will remind readers how nice it is to sit down, break bread, and connect, as well as surely inspire many invitations to the dinner table.

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.

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