

Separated By Duty United In Love A Guide To Long Distance Relationships For Military Couples

The Complete Idiot's Guide to Long-Distance Relationships - Seetha Narayan 2005

"Staying together while you're far apart?" Maintaining a long-distance relationship is a challenge. In this helpful guide, author Seetha Narayan herself one-half of such a couple offers understanding, tips, and real-life suggestions for keeping long-distance love alive. This book helps readers learn how to adjust to a long-distance relationship, use phone and e-mail effectively, raise kids together when they're apart, deal with issues of fidelity, and more. -This is the first book geared toward couples in committed relationships looking to do the work it takes to make it through the long haul -In the current economic climate, more and more couples are facing the hard choice of embarking on a long-distance marriage -Couples in which one or both spouses is serving in the military are dealing with marriage at a distance?this book speaks to them, too
Bulletin of the Atomic Scientists - 1979-03

Books and Beyond [4 volumes] - Kenneth Womack 2008-10-30

There's a strong interest in reading for pleasure or self-improvement in America, as shown by the popularity of Harry Potter, and book clubs, including Oprah Winfrey's. Although recent government reports show a decline in recreational reading, the same reports show a strong correlation between interest in reading and academic achievement. This set provides a snapshot of the current state of popular American literature, including various types and genres. The volume presents alphabetically arranged entries on more than 70 diverse literary categories, such as cyberpunk, fantasy literature, flash fiction, GLBTQ literature, graphic novels, manga and anime, and zines. Each entry is written by an expert contributor and provides a definition of the genre, an overview of its history, a look at trends and themes, a discussion of how the literary form engages contemporary issues, a review of the genre's reception, a discussion of authors and works, and suggestions for further reading. Sidebars provide fascinating details, and the set closes with a selected, general bibliography. Reading in America for pleasure and knowledge continues to be popular, even while other media compete for attention. While students continue to read many of the standard classics, new genres have emerged. These have captured the attention of general readers and are also playing a critical role in the language arts classroom. This book maps the state of popular literature and reading in America today, including the growth of new genres, such as cyberpunk, zines, flash fiction, GLBTQ literature, and other topics. Each entry is written by an expert contributor and provides a definition of the genre, an overview of its history, a look at trends and themes, a discussion of how the literary form engages contemporary issues, a review of the genre's critical reception, a discussion of authors and works, and suggestions for further reading. Sidebars provide fascinating details, and the set closes with a selected, general bibliography. Students will find this book a valuable guide to what they're reading today and will appreciate its illumination of popular culture and contemporary social issues.

How to Make Your Long-Distance Relationship Work and Flourish - Tamsen Butler 2014

Relationships are tough, and putting states or even oceans between two people does not make things any easier. Although some long-distance relationships won't work, that doesn't mean you can't make yours successful and fulfilling. This guide will give your relationship the chance it deserves. You will learn how to establish the terms of your relationship, including how to know if you are ready to make this commitment, when to schedule phone calls, and how often you should visit. You will discover the essential relationship-building skills you need, including open communication, realistic expectations, and balanced emotional and physical intimacy. You will learn the best ways to share travel costs and what to do when visiting in order to make the most out of your limited time together. Long-distance relationships cannot be compared to other relationships, and this book gives couples who are living apart dozens of tips to keep that special spark alive.--From publisher description.

Returning Home from Iraq and Afghanistan - Institute of Medicine 2010-03-31

Nearly 1.9 million U.S. troops have been deployed to Afghanistan and Iraq since October 2001. Many service members and veterans face serious challenges in readjusting to normal life after returning home. This initial book presents findings on the most critical challenges, and lays out the blueprint for the second phase of the study to determine how best to meet the needs of returning troops and their families.

The One Year Yellow Ribbon Devotional - Brenda Pace 2016-01-15

The One Year Yellow Ribbon Devotional will encourage those of us staying behind to pray for those who are taking a stand for our freedoms. During a time of war and election of a new president, The One Year Yellow Ribbon Devotional meets a large need in our society. So many people are affected by the absence of those who leave home and serve in distant lands. Those who are left behind often struggle to find contentment and hope. This devotional will not only meet the needs of those individuals but will also encourage all Americans to take a stand by praying for our country and the men and women serving overseas.

Medals Above My Heart - Brenda Pace 2004

A unique devotional that reveals the shared experiences of being a military person's wife and the medals women wear above their own hearts as a result.

Bulletin of the Atomic Scientists - 1966-06

The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security. Founded by Manhattan Project Scientists, the Bulletin's iconic "Doomsday Clock" stimulates solutions for a safer world.

Latina Style Magazine - 2006

Bulletin of the Atomic Scientists - 1970-12

The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security. Founded by Manhattan Project Scientists, the Bulletin's iconic "Doomsday Clock" stimulates solutions for a safer world.

Signature Wounds - David Kieran 2019-04-02

The surprising story of the Army's efforts to combat PTSD and traumatic brain injury The wars in Iraq and Afghanistan have taken a tremendous toll on the mental health of our troops. In 2005, then-Senator Barack Obama took to the Senate floor to tell his colleagues that "many of our injured soldiers are returning from Iraq with traumatic brain injury," which doctors were calling the "signature wound" of the Iraq War.

Alarming stories of veterans taking their own lives raised a host of vital questions: Why hadn't the military been better prepared to treat post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI)? Why were troops being denied care and sent back to Iraq? Why weren't the Army and the VA doing more to address these issues? Drawing on previously unreleased documents and oral histories, David Kieran tells the broad and nuanced story of the Army's efforts to understand and address these issues, challenging the popular media view that the Iraq War was mismanaged by a callous military unwilling to address the human toll of the wars. The story of mental health during this war is the story of how different groups—soldiers, veterans and their families, anti-war politicians, researchers and clinicians, and military leaders—approached these issues from different perspectives and with different agendas. It is the story of how the advancement of medical knowledge moves at a different pace than the needs of an Army at war, and it is the story of how medical conditions intersect with larger political questions about militarism and foreign policy. This book shows how PTSD, TBI, and suicide became the signature wounds of the wars in Iraq and Afghanistan, how they prompted change within the Army itself, and how mental health became a factor in the debates about the impact of these conflicts on US culture.

Bulletin of the Atomic Scientists - 1955-04

The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological

developments that impact global security. Founded by Manhattan Project Scientists, the Bulletin's iconic "Doomsday Clock" stimulates solutions for a safer world.

Bulletin of the Atomic Scientists - 1970-06

The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security. Founded by Manhattan Project Scientists, the Bulletin's iconic "Doomsday Clock" stimulates solutions for a safer world.

[The 5 Love Languages Military Edition](#) - Gary Chapman 2017-01-03

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.

For Service to Your Country: - Peter S. Gaytan 2011-04-01

The Must-Have Guide To Veterans' Benefits If you're a veteran--or a veteran's family member--you know how hard it is to navigate the VA benefits maze. This definitive guide steers you through the process so that you and your family can get the benefits you're entitled to. Filled with vital information on the latest programs, here is clear, step-by-step, form-by-form advice on cutting through the red tape. And if benefits are denied, it will show you how to appeal an unfair decision. In this newly updated edition, you'll find essentials on: Health Care, Disability, and Rehabilitation--including changes in eligibility and access; Emergency Room care at non-VA facilities; Project Hero for veterans in rural areas; the VA's new suicide prevention outreach initiative; the Benefits Delivery at Discharge program (BDD) for transitioning service members. Education--Complete information on the Post 9/11 GI Bill, which doubles educational benefits to eligible veterans. VA Loans for Home Ownership--For veterans facing foreclosure or looking to purchase after foreclosure. Job Preference Eligibility and Entrepreneurship Opportunities--New non-VA services that are available to veterans. Plus new benefits for dependents and an expanded resource list. When you're dealing with a system that says "no" more than "yes," it helps to know every angle--before you fill out those forms in triplicate. "Take advantage of these opportunities if you are eligible. You've earned them and deserve them." -Bob Dole

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.

[Courage After Fire for Parents of Service Members](#) - Paula Domenici 2013-07-01

Parents of returning service members may sometimes feel that their voices are not heard. The media is saturated with stories about troops returning from deployment with mental health problems like post-traumatic stress, depression, and substance abuse. Some also return home with physical problems including traumatic brain injury, physical pain or more severe injuries like amputations. Almost all returning service members experience reintegration challenges such as readjusting to family and community, finding employment or attending school. But rarely do we hear how parents are taking on the role of supporting their sons and daughters who have served our country. In countless ways these parents provide help—and when their military child suffers significant physical or psychological injuries, they may once again become their primary caretaker. For mothers and fathers and others in a parenting role, it can be overwhelming at times, and resources are limited. *Courage after Fire for Parents of Service Members* provides a compassionate and accessible guide for the parents or guardians of returning troops. This groundbreaking book acknowledges the significant contribution and sacrifice parents have made for their military children, provides strategies and resources that will assist them in understanding and supporting their son or daughter, and will validate their own personal experiences. Recommendations for helping them care for their returning service member are woven throughout the book, as well as education about the importance of taking care of themselves to help prevent caregiver burnout. Vignettes and reflections from parents who have had a child deploy offer a sense of hope and community. Even in the best of circumstances, parents play an instrumental role in helping their sons and daughters successfully reintegrate after deployment. This book is a valuable resource for any parent who is seeking to better understand and support a returning military child while caring for themselves.

Best Life - 2006-06

Best Life magazine empowers men to continually improve their physical, emotional and financial well-being to better enjoy the most rewarding years of their life.

[The Advocate](#) - 2005-01-18

The Advocate is a lesbian, gay, bisexual, transgender (LGBT) monthly newsmagazine. Established in 1967, it is the oldest continuing LGBT publication in the United States.

Commuter Spouses - Danielle Lindemann 2019-03-15

What can we learn from looking at married partners who live apart? In *Commuter Spouses*, Danielle Lindemann explores how couples cope when they live apart to meet the demands of their dual professional careers. Based on the personal stories of almost one-hundred commuter spouses, Lindemann shows how these atypical relationships embody (and sometimes disrupt!) gendered constructions of marriage in the United States. These narratives of couples who physically separate to maintain their professional lives reveal the ways in which traditional dynamics within a marriage are highlighted even as they are turned on their heads. *Commuter Spouses* follows the journeys of these couples as they adapt to change and shed light on the durability of some cultural ideals, all while working to maintain intimacy in a non-normative relationship. Lindemann suggests that everything we know about marriage, and relationships in general, promotes the idea that couples are focusing more and more on their individual and personal betterment and less on their marriage. Commuter spouses, she argues, might be expected to exemplify in an extreme manner that kind of self-prioritization. Yet, as this book details, commuter spouses actually maintain a strong commitment to their marriage. These partners illustrate the stickiness of traditional marriage ideals while simultaneously subverting expectations.

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