

# DOWNLOAD PDF THE COMPLETE IDIOTS GUIDE TO LIFE AS A MILITARY SPOUSE

## Chapter 1 : The Complete Idiot's Guide to Life as a Military Spouse by Lissa McGrath

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Okay maybe I am no longer an actual book reader but more like kindle reader. The point is I love to read and when I entered in this military life I wanted to get my hands on anything that could give me a better understanding. Of course there are forums and Facebook groups but there is nothing wrong with having some kind of a go to guide that you can refer back to. It shares stories from military wives in all aspects of the lifestyle. Stories include those from military wives decades ago, spouses who have lost their husbands at war and much more. This is a book full of lessons taught through beautiful and true stories. *A Year of Absence: Marriages are pushed to the breaking point by the constant strain of fifteen months apart. Each morning the women anxiously scan the headlines, wondering if they still have a husband, if their children still have a father. Some form friendships that become their lifeline. Others somehow find courage despite their isolation.* *The 5 Love Languages Military Edition: The Secret to Love That Lasts* This book is an amazing book even without the military version of it, but the military version is great because it applies to our lifestyle. *Intro To Army Life: A Handbook For Spouses and Significant Others Entering The Army Lifestyle* Allison actually sent me this book and if it was smaller in size it would be the best go to guide for any question you have. Things to learn, understand and accept, Army hierarchy and social structure, military particulars, tips for dealing with deployment and the resulting emotions, military ID perks, the affects of rank, top Army acronyms and other strange words, understanding military time, USO services, benefits and pay, PTSD signs and symptoms, resources for military children, and advice on how to find military discounts. Well that was the fictional spin on it but you **MUST** read the book that the show was inspired by. It takes place at Fort Bragg and if you live here you will weirdly find interest in locating areas where the stories in the book takes place. Since the military and its rules change so much some of the info maybe a bit outdated however the general outline is great info to know. Today's military has changed dramatically? Approximately half of our 1. And for a military spouse, information and support are not easy to find. The three authors share their experiences and offer advice for a variety topics and obstacles including maintaining your relationships with far-away friends and family, PCSing across the globe, getting an education and having a career, and figuring out what being a military significant other means to your life. The book also comes with free printables, a military life resources section, and a glossary of terms, abbreviations, and acronyms that every military spouse needs to keep on hand. This post contains affiliate links.

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*The Complete Idiot's Guide to Life as a Military Spouse has 25 ratings and 1 review. Jenny said: After reading this book (and years of experience as a Mi.*

As much as I loved my husband, I was still fairly clueless about life in general, without factoring in how much military life complicates a marriage. Fortunately, there were a few books at the time about navigating the military spouse world I was able to read, and I devoured them. So what are my favorites? Here are the best books for new military spouses. *Married to the Military*: I had never even step foot on a military base, and the thought of making a ton of mistakes and getting my husband in trouble terrified me. I have done our taxes and our bills since we tied the knot nine years ago, and I credit that book to helping me get through our first IRS season without pulling my hair out. *The 5 Love Languages Military Edition*: Chapman I read the original 5 Love Languages book, and it was such an eye opener! It makes complete sense that what I consider to be gestures of love, my husband may not. The military edition offers much of the same information, but with a military slant, and takes into consideration the unique challenges of a marriage strained by deployments and frequent time spent apart. Mollie Gross is unapologetically honest about her experiences as a Marine spouse in *Confessions*. A stand-up comedian and author, she has taken her hilarious, sometimes awkward military spouse situations and published them to make the rest of us feel not-so-silly. According to several shining five-star ratings, *Surviving Deployment* offers advice, ideas and warnings of things to watch for during a deployment. Geared toward families with and without children, the personal stories and experiences of military spouses who have been there, done that will help you feel at ease. The author has several other books geared toward military families, and works to educate schools, organizations and local government on how they can best support the military community. For all the tears you shed over these emotional stories, though, the strength and inspiration the storytellers convey in their words is worth the ugly cry. These families have seen the most difficult and emotional parts of the military lifestyle, and from it, they see beauty and strength. Basically, this is a guide to all those tiny things every other spouse seems to know except youâ€™”how to enroll your kids in DEERS, what to do if you need to file your taxes and your spouse is deployedâ€™”the big stuff. These are just six of the dozens of books by and for military spouses out there.

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Share Tweet Subscribe Military children are no strangers to division. The book goes beyond rules for keeping a marriage healthy and dives into parenting your child as a couple, a united front. Of course, all kids will try to break parents down. Your children will be the ultimate losers because it will not be clear what is expected of them. Kids may not realize it, but they like and need discipline. Further, you will have eroded trust in your marriage. Therefore, you must always stand by your spouse at the time, even if you disagree strongly. Afterward, in private, you can discuss how you might have handled the situation differently. Though they adapt well to change, it is important to give them as much stability at you can, even if it comes in the form of discipline. Blogger Katie Dillon agrees. She is the owner of [lajollamom](http://lajollamom.com). Plus, what works for one kid may not for another, so there may be trial and error involved along with a great deal of patience on the part of parents. It is important for both parents to compliment the child, even if one is far from home. Through technology, of course. If the child does something worth celebrating, take a video of his or her action and send it in an email to the deployed parent. For example, maybe your 3-year-old is cleaning up his or her toys after an afternoon of playing. Cheer the child on, catch it on video and sent it to your partner. The next time the child gets a chance to skype with his or her deployed parent, they parent can praise the child for being so well behaved while he or she is away. Rewards charts are also excellent ways to keep the child on the right track, and a great way to have something tangible to show the deployed parent. If mom is away on a trip for several weeks, the child can keep track of his or her positive choices and actions with stickers. When mom returns from the field, he or she can relive the achievements with her and earn praise from her as well. For example, ask your son or daughter to record one poor choice and one positive choice each day. If a child has to write about negative choices and their consequences, he or she is really forced to think about that action. The bottom line is this: It is important to maintain a united front at all times when parenting your children and setting examples for them. Consistency is terribly important when it comes to discipline and the techniques must be age-appropriate.

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*The Complete Idiot's Guide to Life as a Military Spouse by Lissa McGrath For better, for worse, for Uncle Sam! Today's military has changed dramatically, and spouses need to be prepared.*

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*For better, for worse, for Uncle Sam! Today's military has changed dramatically, and spouses need to be prepared. Approximately half of our million fighting men and women are married.*

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