

RECOMMENDATIONS FOR DEPLOYMENT AND CASUALTY, SPOUSE AND FAMILY ISSUES AND CAREER TRANSITION

General Issues

Title	Author
365 Deployment Days: a Wife's Survival Story	Dawalt, Sarah
After the Boxes Are Unpacked	Miller, Susan
Are You Really Listening?: Keys to successful communication	Donoghue, Paul J, Phd.
At Freedom's Table: More than 200 years of recipes and remembrances from military wives	Tillery, Carolyn Quick
Complete Idiot's Guide to Life as a Military Spouse	McGrath, Lisa
The Courage to Be Brilliant: How five acts of improvement a day will make you shine	Monahan, Marta
A Cup of Comfort for Military Families: Stories that celebrate heroism on the home front	Sell, Colleen
Defending the Military Family	Fishback, Jim
Defending the Military Marriage	Fishback, Jim
Deployment: Strategies for working with kids in military families	Petty, Karen
The Dream Giver	Wilkinson, Bruce
The Dream Giver for Couples	Wilkinson, Bruce
The Dream Giver for Parents	Wilkinson, Bruce
E-Mail to the Front: One wife's correspondence with her husband overseas	Holliday, Alesia
Encouragement for America's Hidden Heroes: Survival tactics for the families of our military forces	Stevens, Amy
Faith Deployed: Daily Encouragement for Military Wives	Green, Jocelyn
Finding Hope Beyond the Battle: A Bible for military families	Available from ISBDirect.com

From a Pebble to a Rock	Correa, Patti A.
God + Military Spouse: United our families will stand	Cline, Kathleen
Help ! I'm a Military Spouse—I Get a Life Too!: How to craft a life for you as you move with the military	Hightower, Kathie
Homefires: War through the eyes of a military wife	Hines, Sherry
Homefront	Tsetsi, Kristen
Homefront Club: The hardheaded woman's guide to raising a military family	Eckhart, Jacey
Hope for the Home Front: Winning the emotional and spiritual battles of a military wife	Waddell, Marshale Carter
Household Baggage: The moving life of a soldier's wife	Krajeski, Marna A.
I Had It All the Time: When self-improvement gives way to ecstasy	Cohen, Alan
I Love a Man in Uniform: A Memoir of Love, War and Other Battles	Burana, Lili
Life After Deployment: Military families share reunion stories and advice	Pavlicin, Karen M.
Life Inside the Wire	Gowans, David
Love In Condition Yellow: A memoir of an unlikely marriage	Raday, Sophia
Loving Your Military Man: A study for women based on Philippians 4:8	Fishback, Beatrice
Married to the Military: A survival guide for military wives, girlfriends and women in the uniform	Leyva, Meredith
Medals Above My Heart: The rewards of being a military wife	Pace, Brenda
Military Wives' Cookbook: 200 years of traditions, recipes and remembrances	Tillery, Carolyn Quick
The Military Family: A practice guide for human service providers	Martin, James A.
Mocha Manual to Military Life: A savvy guide for wives, girlfriends and female service members	Seals-Allers, Kimberly & McBride, Pamela
Moving with Kids: 25 ways to ease your family's transition to a	Burgan, Lori Collins

new home	
Navy Spouse's Guide	Stavridis, Laura Hall
Operation Military Family: How to strengthen your military marriage and save your family	Schindler, Michael J. R.
The Other Side of War:	Caputo, Jessica
Portraits of the Toughest Job in the Army: Voices and faces of modern Army wives	Mock, Janelle H.
The Power of Self-Coaching: The five essential steps to creating the life you want	Luciani, Joseph J.
Separated By Duty, United in Love	Vandevoorde, Shellie
Slowing Down to the Speed of Life: How to create a more peaceful, simpler life from the inside out	Carlson, Richard
Slowing Down to the Speed of Love: How to create a deeper, more fulfilling relationship in a hurried world	Carlson, Richard
Solo Ops: A survival guide to military wives	Martin, Hillary
Spouses Also Serve	Booher, Tiffany
Surviving Deployment: A guide for military families	Pavlicin, Karen M.
That Military House: Move it, organize it and decorate it	Payne, Sandra
Today's Military Wife	Cline, Lydia Sloan
The Treasure of Staying Connected for Military Couples	Lange, Janel
Waiting: One Wife's Year of the Vietnam War	Moore-Lanning, Linda
Waiting Wives: The Story of Schilling Manor, Home Front to the Vietnam War	Moreau, Donna
What Every Military Spouse Should Know to Survive at the Grassroots Level	Wilson, Summer
What's Right With Me: Positive ways to celebrate your strengths, build self-esteem and reach your potential	DeRoo, Carlene
When Duty Calls: A guide to equip Active Duty, Guard and Reserve personnel and their loved ones for military separations	Vandesteeg, Carol
While They're at War: The true stories of the American families on the homefront	Henderson, Kristin

Wings of Our Own: Heroes, happenings and history or Air Force spouses	Johnson, Paulette K.
A Year of Absence: Six women's stories of courage, hope and love	Redmond, Jessica
Your Military Family Network: Your connection to military friendly businesses, resources, benefits, information and advice	Military Family Network
	TRAUMA, INJURY AND GRIEF
:60 Second Anger Management: Quick tips to handle explosive feelings	Hershorn, Dr.Michael
After the War Zone: A practical guide for returning troops and their families	Friedman, Matthew J., PhD
Back From the Front: Combat trauma, love and the family	Matsakis, Aphrodite
Brain Injury Survival Kit: 365 tips, tools and tricks to deal with cognitive function loss	Sullivan, Cheryle
Brain Injury Survivor's Guide: Welcome to our world	Jameson, Larry
The Changing Season: The Inspirational fight of a young military spouse and a mom diagnosed with Breast Cancer	Draught, Sonja Eileen
Children and Grief: When a parent dies	Worden, J. William
Combat Stress Injury: Theory, research and management	Figley, Charles
Combat Stress Reaction: The enduring toll of war	Solomon, Zahava
Counseling Military Families: What mental health professionals need to know	Hall, Lynn K
Courage After Fire: Coping strategies for troops returning from Iraq and Afghanistan and their families	Armstrong, Keith
Down Range: To Iraq and back	Cantrell, Bridgets C., Phd.
Families Under Stress: An assessment of data, theory and research on marriage and divorce in the military	Karney, Benjamin R.
Finding Your Way After Your Spouse Dies	Feiber, Marta
Flashback: Posttraumatic stress disorder, suicide and the lessons of war	Coleman, Penny
Haunted by Combat: Understanding PTSD in war veterans	Paulson, Daryl S.

including women, reservists, and those coming back from Iraq	
Heart of a Hawk: One family's sacrifice and journey toward healing	Tainsh, Deborah H.
Helping Children Cope with the Death of a Parent: A guide for the first year	Greenwalt, Paddy
Heroes at Home: Help and hope for America's military families	Kay, Ellie
How to Go On Living When Someone You Love Dies	Rando, Therese A.
I can't Get Over It: A handbook for trauma survivors	Matsakis, Aphrodite
I'm Grieving as Fast as I Can: How young widows and widowers can cope and heal	Feinberg, Linda
In an Instant: A family's journey of love and healing	Woodruff, Lee
In Harm's Way: Help for wives of military men, police, emts and firefighters	Matsakis, Aphrodite
The Language of Letting Go	Beattie, Melody
Living and Surviving in Harm's Way: A psychological treatment handbook for pre- and post-deployment	Freeman, Sharon, ed.
Living with Brain Injury: A guide for families	Senelick, Richard C.
Lower Limb Amputation: A guide to living a quality life	Cristian, Adrian
Mindstorms: Living with traumatic brain injury	Cassidy, John W.
Moving A Nation to Care: Post-traumatic stress disorder and America's returning troops	Meagher, Ilona
Once a Warrior: Wired for life	Cantrell, Bridgett C., Phd.
An Operators Manual for Combat PTSD: Essays for coping	Hart, Ashley B.
Post-Traumatic Stress Disorder Sourcebook	Schiraldi, Glenn R.
The PTSD Workshop: Simple, effective techniques for overcoming traumatic stress symptoms	Williams, Mary Beth
Returning Wars' Wounded, Injured and Ill: A reference handbook	Ainspan, Nathan D.
Soldier's Heart: Close-up Today with PTSD in Vietnam Veterans	Schroder, William
Transforming Stress: The Heartmath solution for relieving	Rozman, Deborah

worry, fatigue and tension	
Traumatic Stress: The effects of overwhelming experience on mind, body and society	Van Der Kolk, Bessel A.
War and the Soul: Healing our nation's veterans from Post-traumatic Stress Disorder	Tick, Edward
War Trauma: Lessons unlearned, from Vietnam to Iraq	Monsour, Raymond
Widow To Widow: Thoughtful, practical ideas for rebuilding your life	Davis, Genevieve
	MATERIALS FOR CHILDREN
Daddy Is A Soldier	Hallowell, Kirsten
Daddy, You're My Hero (board book)	Ferguson, Michelle
Daddy's in Iraq, but I want him back	Hoyt, Carmen R.
H is for Honor: A military family alphabet	Scillian, Devin
How to Take the Grrrr Out of Anger	Verdick, Elizabeth
I Miss You: A first look at death	Thomas, Pat
Love Lizzie: letters to a military Mom	McElroy, Lisa Tucker
The Magic Box: When parents can't be there to tuck you in	Sederman, Marty
My First Deployment	Stillion, Lisa
My Dad's a Hero	Christiansen, Rebecca
The Next Place	Hanson, Warren
Night Catch	Ehrmantraut, Brenda
A Paper Hug	Skolmoski, Stephanie
Red, White and Blue Good-bye	Tomp, Sarah Wones
Samantha Jane's Missing Smile	Kaplow, Julie
Tear Soup	Schweibert, Pat
Uncle Sam's Kids: When duty calls	Sportelli-Rehak, Angela
Uncle Sam's Kids: Moving again Mom	Sportelli-Rehak, Angela
While You Are Away	Spinelli, Eileen
A Year Without Dad	Brunson, Jodi
	CAREERS, FINANCE AND TRANSITION
24 Hours to the Perfect Interview: Quick steps for planning,	DeLuca, Matthew J.

organizing and preparing for the interview that gets the job	
150 Best Jobs Through Military Training	Shatkin, Laurence
301 Smart Answers to Tough Interview Questions	Oliver, Vicky
Armed Forces Guide to Personal Financial Planning, 6th edition	Belknap, Margaret H
Expert Resumes for Military to Civilian Transitions	Enelow, Wendy S.
Federal Reserve Guidebook: Strategies for writing a winning federal electronic resume, KSA's and essays, 4th ed.	Troutman, Kathryn
Government Jobs in America: U.S. state, city and federal jobs & careers – with job titles, salaries & pension estimates: Why you want one, what jobs are available, how to get one 2008	Government Job News
Guerrilla Marketing for Job Hunters: 400 unconventional tips, tricks and tactics for landing your dream job	Levinson, Jay Conrad
Interview Magic: Job interview secrets from America's career and life coach	Whitcomb, Susan Britton
Interview Power: Selling yourself face to face	Washington, Tom
Job Search Magic: Insider secrets from America's career and life coach	Whitcomb, Susan Britton
Job Search: Marketing your military experience	Henderson, David G.
Jobs and the Military Spouse: Married, mobile and motivated for employment	Farley, Janet I.
Jump Start Your Career: Finding the right job after military service	Crews, Jerry
Knock 'em Dead, 1008: The ultimate job search guide	Yate, Martin
Military Advantage: A comprehensive guide to your military & veterans benefits	Michel, Christopher P.
Military Pay, Benefits and Retirement	Lund, John V.
Military Resumes and Cover Letters, 2nd ed.	Savino, Carl S.
Military-to-Civilian Career Transition Guide: The essential job search handbook for service members	Farley, Janet I.
Military-to-Civilian Resumes and Letters, 3rd ed.: How to best communicate your strengths to employers	Savino, Carl S.

Military Spouse Finance Guide: Financial advice for the Homefront	Pioneer Services
Military Transition to Civilian Success: The complete guide for veterans and their families	Krannich, Ron
Next-Day Job Interview: Prepare tonight and get the job tomorrow	Farr, J. Michael
Perfect Phrases for the Perfect Interview: Hundreds of ready-to-use phrases that succinctly demonstrate your skills, your experience and your value in any interview situation	Martin, Carole
Personal Finance for Military Families	
Real KSA's—Knowledge, Skills and Abilities—For Government Jobs: Improve your chances of gaining federal employment by preparing top-notch KSA's	McKinney, Anne
Resume Magic: Trade secrets of a professional resume writer	Whitcomb, Susan Britton
Resumes for Former Military Personnel, 3rd ed.	McGraw-Hill, ed.
Ten Steps to a Federal Job: Navigating the federal job system, writing federal resumes, KSA's and cover letters with a mission	Troutman, Kathryn
What Color is Your Parachute? 2008: A practical manual for job-hunters and career-changers	Bolles, Richard Nelson
Working Around the Military: Challenges to military spouse employment	Harrell, Margaret