Mail Call

Оре	en When You Need This Book
Nev	w to Military Life
Му	Story: Did I Sign Up for This?
Оре	en When
	Your Lover Is in Basic Training9
	You're Dating Long Distance
	Others Don't Understand Military Life
	You Want to Get Married
	You're Planning a Military Wedding
	You Become a "Dependent"25
	You Visit a Military Installation the First Time
	It Feels Like You Have No Friends
	You're Looking for a Job34
	You Have Questions About Housing
	You Need a Budget
	You're Going to Your First Military Ball
	You Spend Your First Night Alone
Ha	ndle With Care
Му	Story: Big News on a Post-it Note
Оре	en When
	The Military Throws You Curve Balls53
	You Celebrate Your Birthday Alone
	You're Angry at the Military 57
	You Love Your Military Life59
	You Have Trouble Sleeping
	You Miss Important Family Events
	You're Thinking About Having a Baby66
	You Want to Go Back to School
	You've Been Insulted
	You Don't Feel Welcome

You Feel Disconnected From Military Life
You're Envious of Other Couples
You Feel Out of Control84
Your Service Member Is Injured
You Want to Pray
Your Marriage Needs Extra Encouragement91
Changes of Address
My Story: When Does the Fun Begin?
Open When
You're Making Your First Military Move100
You Want to Plan a Smooth Move
You Get Orders You Don't Want106
You May Have to Live Apart
You Get Orders to Move Overseas
It's Time to Clean Out All the Stuff
Your Orders Change on Short Notice
You're Thinking About a DITY Move
You Say Goodbye to a Home You Love
Your Kids Don't Want to Move
You Have a Long Drive Ahead
Something Precious Is Lost or Broken
Starting Over Is Hard
You Need Friends in a New Place
Your Child Struggles at a New School
You're Stuck in Temporary Housing With Kids
You're Adjusting to Life in Another Country
You're Grieving Your Previous Duty Station149
Sealed With a Kiss
My Story: Alone in the Storm
Open When
You First Learn About Deployment Orders
You Want to Feel Prepared161
It's Time to Tell Your Children
You Will Give Birth Without Your Spouse

Y	ou're Ininking About Relocating During Deployment1/	2
P	re-Deployment Trainings Exhaust You	⁷ 5
Y	ou Don't Understand Why You're Arguing17	⁷ 8
It	's Time to Say Goodbye	32
E	verything Is Falling Apart18	35
Y	ou Want to Trust Your Loved One	37
Y	ou Miss a Phone Call19	0
It	Seems You Never Get to Talk19	2
Y	ou Want to Set Goals19	96
Y	ou'll Be Apart on a Special Occasion	8
Y	ou Have Little Ones Who Need You20	1
T	he Kids Are Acting Out)4
Y	ou Hit the Deployment Wall)6
Y	ou're Planning Post-Deployment Leave20)9
F	amily Members Want to Be at Homecoming	. 1
It	's Almost Time for Homecoming21	4
T	he Road to Reintegration Is Bumpy21	.7
Seaso	oned Spouses	
My St	cory: Retirement Was Almost in Sight22	22
Open	When	
Y	ou're Tired of Military Life22	26
Y	ou're the Seasoned Spouse22	29
Y	our Child Leaves the Military Nest	3
Y	ou're Searching for Your Identity23	6
It	's Time to Leave Active Duty23	9
Epilog	gue: A Letter to Myself	13
Ackn	owledgments	<u>1</u> 7