



Help! I'm a Military Spouse--I Get a Life Too!: How to Craft a Life for You As You Move With the Military, Second Edition

Kathie Hightower and Holly Scherer

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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. Military lifestyle columnists, workshop presenters and longtime military spouses themselves, Kathie Hightower and Holly Scherer show how to tap into the richness and possibilities of a life with the military. Their positive, practical tips include:

- Five keys to happiness for a life with the military
- Fifty tips to maintain energy and lower stress
- Seventy creative and practical ways to follow one's dreams

Updated to address the latest issues, this ultimate self-help book is for anyone engaged to someone in the military, for the new military spouse, and for the longer-term spouse frustrated by the unique challenges of the military lifestyle.

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