



Military Spouse Journey: Discover the Possibilities and Live Your Dreams (Paperback)

By Kathie Hightower

Elva Resa Pub., United States, 2013. Paperback. Book Condition: New. Revised, Updated. 228 x 152 mm. Language: English . Brand New Book. Military Spouse Journey helps readers craft their best life possible. The unique components of military life can make it challenging for military spouses to pursue careers and other personal dreams. This encouraging book, written by two experienced military spouses, shares lessons learned, success stories of fellow military spouses, life exploration exercises, and research-based ideas that can be applied to any stage of life s journey.Although this book shares examples specific to military life, the information and approach can be used by anyone wanting to pursue their life dreams.Key features: -- Conversational tone encourages readers to tap into the richness and possibilities of the unique military lifestyle.-- Anecdotes from several military spouses provide inspiring peer examples and success stories.-- Exercises help readers discover passions, strengths, and goals, and create an action plan to move forward, even when it seems impossible.-- Research-based information offers five keys to happiness readers can apply every day, anywhere.-- Resources and tips throughout the book create easy paths for continued learning and support.-- Written by two seasoned military spouses who have learned, sometimes the hard...



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