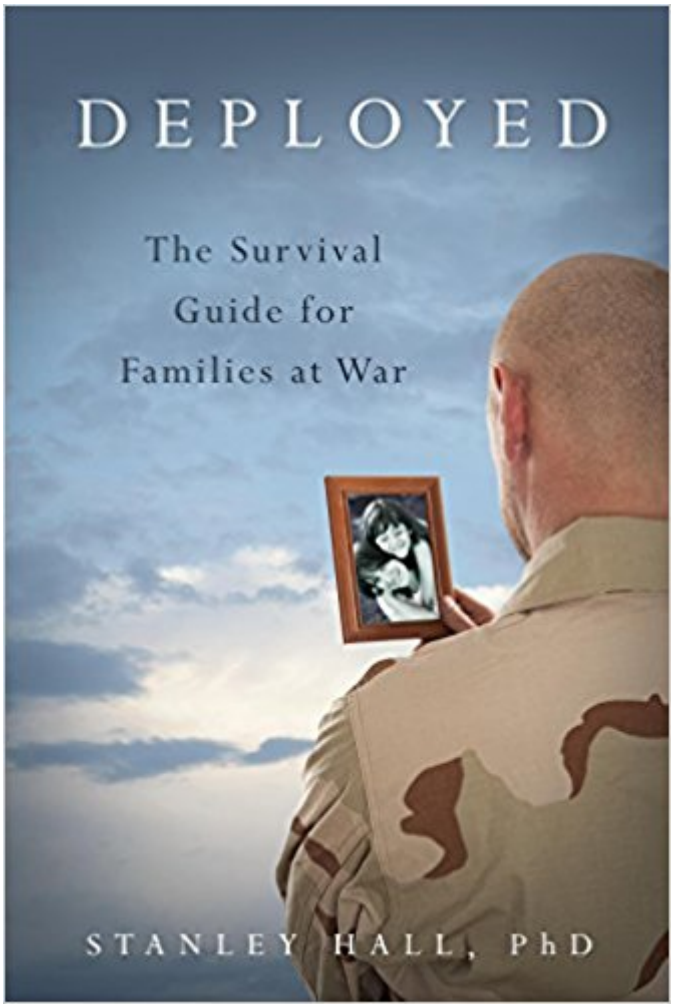
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Deployed: The Survival Guide For Families At War



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Synopsis

Wondering what you are in for as you move to your first military base, or as you try to recover from numerous deployments? Deployed! is the perfect solution for every member of a military family who wants a healthy family. From the time you finish boot camp to the time you return from your last deployment, this book provides principles that will guide you in your journey through family life in the military. In the face of extended war, record high divorces, and combat stress, professional on-base counselor Dr. Stanley Hall gives answers and directions for wading through it all and finding more happiness and success in your military family than you ever imagined.

Book Information

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Customer Reviews

""As a true patriot and supporter of our nationÃ¢â ¬â„¢s heroes, Dr. Hall has taken the time to help military families understand the unique challenges that attend military service.Ã Â While we, as a nation, honor our soldiers, there is a growing need to offer them additional support to have successful marriages and families in light of the unique stressors they endure while putting it on the line for their country.Ã Â What about pre-deployment and post-deployment?Ã Â What about dealing with the reality of conflict and survival?Ã Â What about the Ã¢â ¬Å“missionÃ¢â ¬Â• of returning home?Ã Â Dr. Hall has provided answers to these and other relevant questions in this book....have a look."" Ã Â Ã¢â ¬â œMark Mauzy, PhD

Dr. Stanley Hall has worked with service members in the Navy and Marines since 2009 working in

the Deployment Health Clinic using the best training available to help families work through the symptoms associated with PTSD and TBI. Dr. Hall has also worked extensively with couples who are struggling in abusive relationships on the Marine base. Dr. Hall has years of experience using Heart Math (an extensively researched treatment) to help individuals and families address issues of anger, depression, anxiety, and stress. Dr. Hall also has been practicing Eye Movement Desensitization and Reprocessing (EMDR) and Prolonged Exposure (PE) to help hundreds of individuals work through traumatic memories from childhood abuse and combat.

This is one of the few books out there that accurately describes the fundamentals of the military family life. It is even a good read if you are in military studies and would like some background. There are also pieces of advice in this book that would help couples that aren't in the military lifestyle.

I learned so much from this book! Dr. Hall has encapsulated the keys of a happy family which apply whether in the military or not, but he explains the principles through the lense of a military family. I was amazed as I read the book at how concepts that I had taken for granted where explained so clearly and given to me in such an understanding way that I quickly adopted them into my mind set and I see that they are already changing the way I treat my wife and our children in a very positive way. This is a great book - I highly recommend it. Yes, I very highly recommend this book!

DEPLOYED gives families (mainly military, but also any family) tools to be better, be closer, and stay connected through the many challenges of life. While I'm not married to the military, I have siblings who are in the military and have spent a lot of time in military towns. The issues and solutions Dr. Hall provides are real. I hope you'll give this book a try. I recommend this book.

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