

## WHAT PEOPLE ARE SAYING ABOUT

### *LIFE AFTER DEPLOYMENT: Military families share reunion stories and advice* by Karen Pavlicin



#### Summary reviews:

"...Another important book for the military family...Highly recommended!" – *Midwest Book Review*

"In my opinion this book is a must have for today's military families facing the deployments they are facing. There are many stories to help you realize that you are not alone, how others have dealt with the uncertainty of deployment and reunion. It is also filled with tips and links to help you along your journey. Reading this book will not only help you to understand what today's families face, it also gives encouragement in knowing that not only are others facing the same things you are but you can do this just as many other families have done in the past and will continue to do in the future."

— Alanna Schmidtke, North Dakota National Guard family support

"I felt so guilty for a lot of the emotions I'd had during my husband's deployment and reunion. And now, we are going through it all again with our son. It's such a comfort to find out I'm not alone! I was incredibly touched by these stories. Thank you so much for blessing us with this book, your keen insights, and amazing honesty." — Julie LaBelle, military wife and mom

#### Full book reviews:

[Review by Castle Crier for The US Army Corps of Engineers HESCA Library](#)

This book highlights that post-deployment reunions, though a joyful time, are periods of change that may be difficult for each family member. Pavlicin offers humorous ideas and survival strategies based on her own professional experience and passes along suggestions from servicemen and their families whom she interviewed.

The introduction in many ways serves as the summary for the book. Pavlicin emphasizes keeping a sense of humor, allowing each family to make time for themselves, communicating openly about everything, and taking time to adjust to the new situation. Other chapters focus on individual themes in post-deployment life. Three chapters address aspects of the immediate changes after coming home: the first meeting with someone who has been away, adjusting to each other's daily life routines, and dealing with the stressful situations that will arise. Other chapters discuss caring for wounded warriors and grieving for those who don't return home. The last chapter suggests strategies for moving forward with the rest of your life, including building new connections and relationships. A lengthy appendix lists books, military resources, and other organizations that provide information and support for military families or offer resources and assistance to those with anger, depression or PTSD symptoms, wounded warriors, or those suffering from grief. This is a practical guide which will give families lots of ideas about places to look for support.

[Review by Kathy Guzzo for Homefront United Network](#)

Remember when you spent months planning your wedding? Trying to cover all the problems before they occur? Then when the honeymoon is over, you realize that you may have had the perfect wedding day, but you realize you didn't plan for the marriage like you should've.

To me deployments are like that. We plan for them, do what we can do get through them, and then just assume that life afterwards will smoothly fall into place. Just like engaged couples need to plan for the marriage after the wedding, military families need to plan for reintegration after the deployment.

This 2nd book by Karen Pavlicin [LIFE AFTER DEPLOYMENT] does just that. It helps you to prepare for life after deployment while still going through it, or if like a marriage you realize you thought about this a little late and your loved one is already home, it has practical advice for you. Karen interviewed countless military families from all branches in researching this book and each and every one of their stories can be related to by all military families.

No one can totally prepare us for the emotional roller coaster deployments and reintegration brings, but this book will give you tools that will help the process immensely. Karen covers the experience chronologically from planning the homecoming to initial adjustments and post-deployment challenges through the first few months of reunion.

She also emphasizes throughout the book the importance for those that have remained at home, whether spouse or parent, to find a support system and to take care of themselves. We must be strong and whole in order to support our loved one as they return home.

If you or someone you know has dealt with a military casualty, Karen very respectfully and wisely covers this topic as well.

This book is in an easy read format, that has humor intertwined with the tough emotions that life after deployment entails. The book ends with a very thorough and extensive resource list for every stage of military life.

I wish this book had been written during my son's first deployment and homecoming in early 2006, the information would've saved me a lot of wondering about all the 'what ifs?' and made it a more rewarding and positive experience.

Review by Andrew Lubin for Military Writers Society of America

LIFE AFTER DEPLOYMENT is author Karen Pavlicin's sequel to her award-winning book *Surviving Deployment*. Mrs. Pavlicin has written another important book for the military family and their friends and relatives.

The writer is a wife of a Marine with multiple deployments, and this book deals with the many problems faced by wives and families when their servicemen return from deployment. These are not theoretical problems—these are the problems faced by too many families today: dealing with the children, reestablishing parental authority, PTSD, intimacy issues...plus how to best handle combat deaths and injuries. This book is filled with practical solutions Mrs. Pavlicin has elicited from the thousands of wives and families who have —and are—facing these issues.

With so few Americans volunteering to serve in the military (approx 0.07 % of the population), there is a deplorable lack of data and professional assistance for these families; most therapists have no clue how to deal with the anger of a child whose father died in Iraq or came home missing a limb from an IED attack in Afghanistan. This book is the first step to filling that void.

This book should be given to every spouse as his or her serviceman steps off the airplane back onto US tarmac. Well-written and thorough, the issues raised here are important ones that these families need to recognize and face, and Mrs. Pavlicin— the widow of a multiple-deployed Marine— does a first-rate job taking care of her now -over-extended military family. Highly Recommended!!

***Life After Deployment: Military families share reunion stories and advice***

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