

WHAT PEOPLE ARE SAYING ABOUT
SURVIVING DEPLOYMENT: A guide for military families
by Karen Pavlicin



Summary reviews:

"On a personal note, if you and your family are facing deployment, you MUST have this book. Ms. Pavlicin addresses the cold hard reality and mixed emotional feelings that all family members experience when dealing with the deployment of a loved one." — *NYPDWives.com*

"Pavlicin is experienced in offering practical solutions to spouses, parents and children as they face their stressed lives during a deployment." — *Montana Parent*

"A must have book for all military family members - it explains the deployment process, how to cope with separation and the reunion with your loved one."
— AUSA's Family Programs reading list for Deployment and Reunion

"... readable and useful, which may smooth some of the bumps in the road of a deployment."
— Maj. Eric Shuler, *APG News* (Aberdeen Proving Ground, MD)

"Written in straight forward easy-to-read style. A book that should be in every military family household."
— *Carthage Republican Tribune*

"It's a guide to the nuts, bolts, and sheer difficulties of the process. Pavlicin writes from experience."
— *Minneapolis Star Tribune*

"This book is wonderful. I highly recommended it to ALL military families."
— Alisa Mortenson, Ft Lewis, WA

Sample letters from readers:

"Your inspirational book *Surviving Deployment: A guide for military families* is a wonderful instrument for our military families....Your comprehensive checklists and discussions of deployment issues will prove to be very helpful tools for families facing the challenges of deployment for the first time."
— General James L. Jones, USMC, Supreme Allied Commander Europe

"I picked up your book a few months before my husband deployed to Afghanistan and am so glad I did....I have continually referred to your book for guidance and it has quite literally become my bible! I especially enjoyed your comment on the 'domestically challenged attitude!'...Taking your advice... we have worked out a budget, times to call and how much letter writing to expect! ...thank you for taking the time to put together such a wonderful and helpful guide. I could not have survived this deployment without it!"
— Courtney H. of NY

More reader comments:

[A Must for Military Families— Alisa Mortenson from Ft Lewis, WA](#)

This book is wonderful. I highly recommended it to ALL military families. It has lots of ideas and things to consider. It has short stories of other families' experiences. And it covers all branches of the military. I'm recommending this book to ALL my online support groups, my FRG and I'm recommending it to you!

[Awesome! - Like Talking to a Great Friend— Janice Potter from San Diego, CA](#)

A friend gave me this book because my husband is deployed and she thought it had great advice and checklists in it. While it does have all that great info in it, what I love best is all the personal stories. The author does a great job of weaving in how other people have handled certain situations. Whenever I looked

up something in the book, I found myself sitting down and reading it for a while because it was so interesting - like talking to a good friend who understands just how I feel. It's so interesting to read other people's experience during deployments, how they found out about it, how they handled their kids' emotions, etc. I laughed and cried because it is like reading about myself! I got so many ideas. Awesome.

Get it for Your Kids' Sake! Great Resource, Dynamic Speaker!— A reader from Fort Drum, NY

I recently attended a deployment/reunion workshop given by the author. She is a dynamic speaker, down-to-earth person, and has lots of experience to share. She has a great sense of humor and outlook on life. Everyone at the workshop received a book. I read it right away.

I have four young kids. My husband has been deployed for a year and I sometimes lose my patience! I learned some great tips for "winning cooperation" and seeing things from my kids' perspective. (And yes, I realized a few things that are my fault that I've been blaming on my kids!)

I highly recommend this book!

And if you can, get the author to speak at your post/base. The workshop was a nice complement to the book. She made it very relevant to our battalion's situation. I was feeling down when I went in and I came out feeling inspired and ready to handle the last stretch of deployment. It was nice to see the author's sense of humor and examples continued in the book. I think my kids are very happy I attended and read this book! Get it for yourself and your kids will benefit too!

Great for After Deployments Too— A reader from Harvey, MI

Having been through a long deployment, I can honestly say that the time after the deployment - when we got back together again - has been just as hard as during the deployment! For different reasons, of course. I found this book to be very helpful for our reunion and getting back to "normal" life. It covers everything from courting and sex to changes in parenting roles, children's reactions, and being sensitive to how to talk about combat situations.

I like that it gives perspectives and tips for service members coming home as well as for family members. It helped us understand and think about it from each other's point of view. Some of the information is great for any couple who wants to strengthen their relationship or if one of you travels a lot.

I wish I had read this book before the deployment (I didn't make the time) but I'm really glad I started reading it just before our homecoming. Good advice and some great stories. Don't just buy it, make time to read it!

A Good Book for First Time Deployment— K. Bennett from Lincoln, NE

I ordered this book as a fiancée going through a first time deployment and found it to be very useful. More useful than any other book I have read so far or information that I have found online. It is a very real and captivating book and it only took me one day to finish it (it's a pretty lengthy book!). I would recommend this book to any girlfriend, fiancée, or wife of a military man. There seemed to be more information for the wives, but that's a good thing! Loved it!

I Like the Balance of Information and Writing Style—Harriet Plank from Camp Lejeune, NC

In the past few years, there have been several books published for military spouses and families. I've read a lot of them. Some don't have much information - just fluffy stuff. And some are not well written. This book is different.

Surviving Deployment I like because it has a good balance between well-researched information, practical checklists, and real life examples. The personal examples/stories are selective and weaved into the information so the information is more true to life. The author is a very good writer so the information and stories flow well. It's easy to pick up the book and use the information or just enjoy reading it.

Another difference is that this book is what I would consider full-length - about 100 pages more than most of the other books. There are whole chapters on important deployment-focused topics like children, finances,

communication, and reunion. I also like the two chapters with ideas specifically for spouses taking care of ourselves and using our survival gear.

Overall, I think this is the best resource on deployments. This isn't the book you want if you're looking for a general overview of military life, but if you are in a deployment situation, this is definitely the book to get. I've been through three major deployments and I highly recommend this book.

Learned a Lot— R. Chong from Kailua, HI

As a new Army wife, I was very unknowledgeable about the inner workings of the military. My husband is currently training to go to Iraq in another state. This book has helped me to understand what is and will be happening in our relationship and lives together as we prepare to be apart for the next 18 months. I recommend this book to anyone who is just starting off as a military spouse.

Not Just for Military— Brekel from Hampton, VA

I am a Military "Brat" as well as a Military spouse. After reading this book I realized that even though I have been a spouse for 17 years there are still things to be learned, things to be updated (wills) and reviewed (insurance policies, budgets). This book has checklists that are for anyone to follow not just Military. If you have spouses that travel this book is for you, if you have children this book is for you, if you have moved recently or are planning to this book is for you. New to the military? *Surviving Deployment* is exactly what you need!

Covers Everything About Deployments!— A reader from Fort Drum, NY

This book is so well put together. It covers every aspect of deployments - I can't think of anything I wanted to know that isn't covered here. Every military family should have this book!!

Full book reviews:

Review by *Montana Parent*

The first step in surviving anything is preparation says author Karen M. Pavlicin in her book, *Surviving Deployment: A guide for military families* (2003 Elva Resa Publishing).

Just as you wouldn't venture into the woods without a supply of water and a first aid kit, you don't want to face deployment without understanding your resources and shifting responsibilities.

"In military life's version of Murphy's Law, deployment virtually guarantees one of the kids will get sick, a major appliance will break, the car will start leaking oil and the dog will run away," Pavlicin writes. An award-winning writer and national speaker as well as the wife of a Marine, Pavlicin is experienced in offering practical solutions to spouses, parents and children as they face their stressed lives during a deployment.

Her practical, easy-to-read book helps families define financial roles and work out a budget, and how to balance time and resources in a single-parent ("super spouse") household. One chapter is dedicated to survival gear, which includes a sturdy toilet plunger, a journal, lots of friends and a good amount of non-military involvement.

One of the most difficult parts of deployment is to suddenly become a single parent with "Marine Corps requirements." Pavlicin writes at length about preparing kids for the separation, how to share chores, win family cooperation and properly channel strong emotions in times of anger and frustration.

While challenged, military families are not alone. Local communities and organizations give information, guidance and support (see sidebar). "Sometimes they simply help you feel good about yourself and the decisions you've already made," says Pavlicin.

Unfortunately issues of deployment don't necessarily end with the welcoming embrace. Pavlicin, in her final chapter, openly discusses renewing intimacy, dealing with combat stress and restoring effective communication after experiencing profound personal changes.

Review by Maj. Eric Shuler, APG News (Aberdeen Proving Ground, MD)

How do you prepare yourself and your family for an extended separation? The book *Surviving Deployment: A guide for military families* is a great starting point.

Deployment is a fact of military life. The number of reserve, guard, and active troops scheduled for deployment is at record levels. The question is no longer will I get called up but when.

Surviving Deployment: A guide for military families begins with the definitions of deploy and deployment. Author Karen Pavlicin presents a graph showing the three phases of deployment. The first phase is pre-deployment and preparation. Phase two is deployment separation and the last is post deployment and reunion. All three phases contain several stages. In the first phase the spouse will encounter shock, denial and anger. Many thoughts run through your mind. The last stage is having the service member being reintegrated into the family. The book will help the reader get through the beginning, middle, and end of the deployment.

The other chapters cover communication between the family and the deployed service member. One of the cardinal rules is "do not write a letter or email when you are upset or angry."

While today's technology--digital photos, videos, email, satellite phones--can help ease the separation, the spouse is still not home. The book contains good information on financial planning and paperwork. When does the service member get paid and how much? How does the service member pay the mortgage if in Iraq? Does the spouse have a durable power of attorney? Financial planning is essential for the household. The checklists in the book will help guide the reader through the planning process.

The chapter "Super Spouse" focuses on taking care of the spouse. Get some exercise, talk to friends, eat right, and keep the mind healthy are some tips. Health is very important. One of the suggestions is volunteering to help others. A spouse may discover that other families have it even rougher.

There were certain tasks that the spouse performed that now fall on the partner's shoulders. Do not despair, there are many helpful options available. Do not make the mistake of not asking for help.

While no book can answer all of the questions, this is well researched and written by a spouse whose husband was deployed.

Deployment means a tough time for all involved. The spouse worries about the service member, and the service member wishes he/she were home to help.

Surviving Deployment: A guide for military families is readable and useful, which may smooth some of the bumps in the road of a deployment. The only line I would add to the book is, "It was the best of times and the worst of times."

God bless America.

Surviving Deployment: A guide for military families

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