



## Separated By Duty, United In Love (revised): Guide to Long Distance Relationships for Military Couples (Updated)

By Shellie Vandevoorde

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### Separated By Duty, United In Love (revised): Guide to Long Distance Relationships for Military Couples (Updated) By Shellie Vandevoorde

#### Where Can You Turn. . .?

. . .when the bills are due, the kids are acting out, loneliness and doubt are creeping into your quiet hours--and you're handling it all alone? If your partner is in the military, these challenges may be the greatest that your relationship will ever face. Now is the time you need answers, resources, and understanding. This is the book that will give them to you.

Military wife and U.S. Army veteran Shellie Vandevoorde has penned a practical, compassionate guide to help military couples cope with the separation of active deployment. Now updated and expanded, *Separated by Duty, United in Love* is infused with her years of experience, offering sound and comforting advice from someone who's been there. Vandevoorde explores real-life issues and shares invaluable insights on the best ways to:

- Keep the lines of communication open while your partner is away
- Address your children's fears as you cope with your own
- Juggle finances and other household duties
- Find the balance you desperately need
- Cope with post-traumatic stress, injury and other challenges when a spouse returns from war

- Utilize military resources and support groups to help yourself through the toughest times

You are not alone. *Separated by Duty, United in Love* gives you the tools and the encouragement you need to help your military relationship survive--and thrive.

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