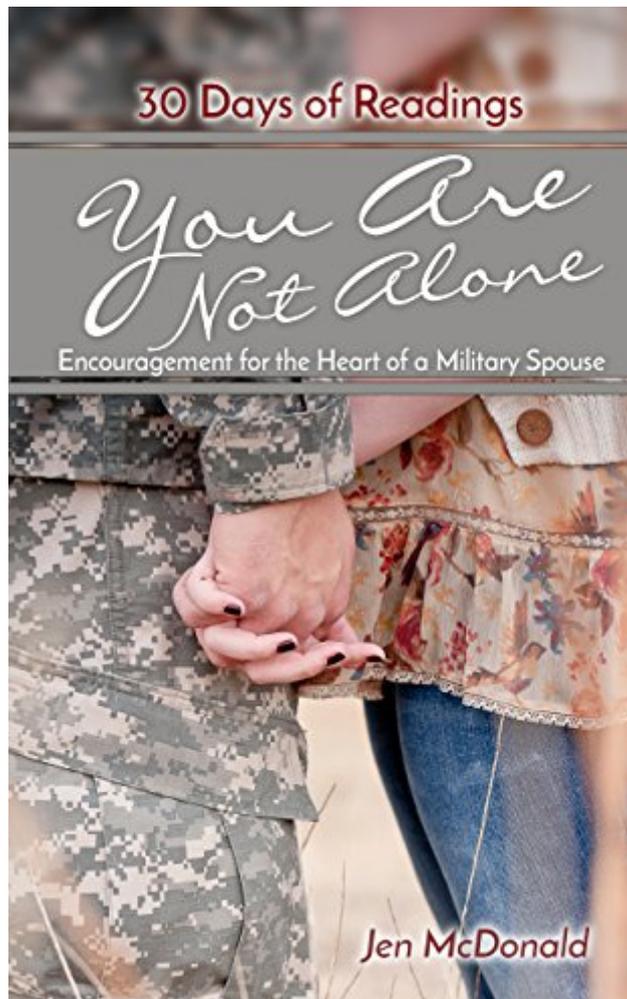


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# You Are Not Alone: Encouragement For The Heart Of A Military Spouse



## Synopsis

"If the military wanted you to have a spouse, they would have issued you one." -Uncle Sam  
When you marry a military member, your life is suddenly no longer your own. You not only marry the one you love, but also a whole new way of life--one filled with separations, moves, deployments, and other challenges. How to cope with this ever-changing life? Jen McDonald is right there with you. For nearly three decades as a military spouse, she's been in the trenches of this unique military world and carved out her own rewarding life. In *You Are Not Alone: Encouragement for the Heart of a Military Spouse*, Jen offers a helping hand and a whisper of "You've got this!" as you make your own way. She celebrates the great moments with you, commiserates when it's not so easy, and points you to hard-won wisdom and helpful resources. Most of all, she reminds you that you're not alone on this military spouse journey. Each daily reading is written from the perspective of faith. In her warm, authentic style, Jen offers practical tips, related Scripture, and journal prompts for further reflection. Whether it's a deployment, move, or raising military kids, find real-life inspiration and hope from someone who's been there. "Jen McDonald's words often bring tears and laughter of reliability within the same sentence. For years, she has been delighting audiences with the knowledge that they are not alone on this journey. Once again, she does it here." - Kate Dolack, Editor-in-Chief, *Military Spouse Magazine*

## Book Information

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## Customer Reviews

How I wish Iâ™d had this wonderful book to read when I was a young Army wife! Jenâ™s words of wisdom would have been just what I needed to endure the long days of TDY and solo parenting! Drawing on her experiences from living around the world, her stories are engaging and her down-to-earth encouragement is like having coffee with a dear friend. I especially love the challenging thoughts at the end of each story. This is one of those books I will return to again and again for inspiration. ~ Karen Campbell

Jen truly has a heart for the military spouse, and it shines through in her reflections in her book. As a military brat and later a military wife, I can relate to the feelings of bewilderment and remoteness military life brings. This book is like sitting down with an experienced and caring friend.

This is exactly the kind of book I needed! Jen "gets it". She's walked through the ups and downs of the military life and shares insights she learned along the way. When we marry our military men, we many "think" we know what we're getting into...but we find out we really had no idea!! I needed this book back at the beginning of this journey. I recommend it to every spouse looking for wisdom on how to live this crazy, messy thing we call life. And for those who aren't on the military road, check it out anyway. The principles shared here cross over to every walk of life. Beautifully written!!

A wonderful devotional book - was able to relate to so much of her struggles. I like that there was a prayer, Scripture reading and a tidbit to focus on for each day. Reading Jen's book made me feel like I was chatting with a friend. Highly recommend this!

I had the opportunity to review a portion of this book pre-release and am so thankful that I did!! I was able to relate to each and every entry. I laughed at some, nodded in understanding with others, and cried during ones that touched my heart to the core. I even read a few to my AF husband and he laughed and said, "I'm thankful that you don't feel alone in your military spousal journey". Jen's format for each daily entry is perfect for someone like me. It feels as if Jen is sitting across from you,

having a cup of coffee and a muffin, just sharing from her heart. She begins each entry with a quote that relates to the entry to come, she gives a personal story that each and every reader will be able to relate to in our military journey, she asks questions to make you think and gives sound advice, she adds amazing Bible verses that relate to your heart, and ends in a daily prayer. This devotional is perfect for anyone, especially military spouses. Take heart, we are all in this together and Jen brings daily applications that help us survive one of the toughest jobs: being a military spouse.

Jen is the kind of friend and mentor I wish I'd had at my husband's very first duty station. I read this book while my husband was on a 30-day TDY assignment, and it took me back to the days of my husband's first year-long deployment ... the hardest time of my life and marriage up to that point. I only wish I'd had "You Are Not Alone" to read back then! Whether or not you are a follower of Jesus Christ, if you are a young military spouse in need of love and encouragement, this book is for you. Thank you, Jen, for reminding me that no matter how isolated I feel ... Jesus is my strength, my shield, and the people that make up our thriving military community are His hands and feet. We are in this together! I'm going to include a copy of this book in every PCS and deployment care package I make for a military spouse friend from now on!

Jen McDonald knows and understands military spouses. Years of first-hand experience solidifies a genuine connection to spouses of all ages. Her heartfelt, wise, and encouraging messages offer indispensable how-to advice for navigating the most common, but personal, mix of emotions each spouse will feel over a lifetime (or just 3 years!) of military service. During times of separation, control of your own life becomes an issue. Some of us hold on too tight, and some of us lose sight of the road ahead. Jen's book is a practical guide to conquer feelings of helplessness through faith and prayer. *You Are Not Alone: Encouragement for the Heart of a Military Spouse* is enjoyable reading in one session, but is also a comforting resource to refer to daily.

Jen is an incredibly relatable author and she draws from her own experiences to encourage and refocus her readers. I earnestly wish this book had been available when I was a new military spouse. I believe the wisdom offered in these daily readings would've saved me from so much of my own ridiculous expectations of myself. There is a deep undercurrent of grace and empathy in Jen's writing and I believe that any military spouse, new or more experienced, would benefit from this book!

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