



Right Side Up: Find Your Way When Military Life Turns You Upside Down (Hardback)

By Judy Davis

Elva Resa, United States, 2014. Hardback. Condition: New. Language: English . Brand New Book. This practical and motivating personal guide helps military spouses define their own role and expectations for military life. Examples, exercises, and reflections guide readers to identify stressful situations and emotional reactions to daily challenges, and create strategies to calm chaos, deal with drama, and respond to change. Readers complete a personalized Right Side Up plan in the back of the book using the tips and techniques from each chapter they find most helpful for their unique needs and personality.



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