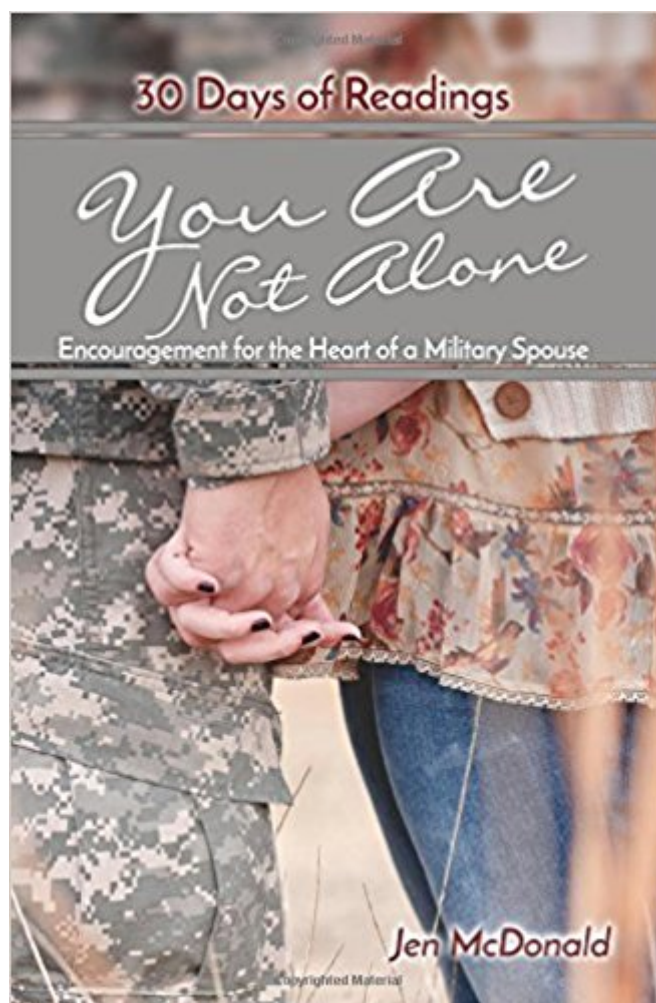


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# You Are Not Alone: Encouragement For The Heart Of A Military Spouse



## 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

Jen McDonald has been "married to the military" for 25+ years, and is the mother of four, including one son in the military. She and her Air Force husband have been stationed all around the world

from Europe to the Pacific and won't count how many houses they've lived in because that would be too depressing. She writes regularly for Military Spouse Magazine and has been published in numerous books and national publications including Good Housekeeping, Redbook, and Family Magazine, as well as online sites such as Crosswalk.com and Focus on the Family's Family Talk Radio. An experienced editor, she currently serves as the Content Editor for MilitaryByOwner Advertising. She loves to connect with and encourage other military spouses, whether it's through her writing or in real life. She regularly writes about military life, parenting, and homeschooling, while her Instagram is full of foodie pics and running selfies, as she believes in hobbies that complement each other. Connect with Jen at [jenmcdonald.net](http://jenmcdonald.net)

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!!

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 have 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!

How I wish I'd had this wonderful book to read when I was a young Army wife! Jen'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

As a former military spouse, I wish I would have had this book back in the day when I was living military life. Even so, I got a lot of encouragement by reading it now. Great ideas for coping and just

all around good thoughts to focus on when things get hard. The stories are very relatable with practical applications to real, daily life. I will definitely be passing this on to as many military spouses as possible!

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 wish I had this book 20+ years ago! Military spouses have so many unique experiences that it is easy to feel isolated. The encouragement given in this book truly speaks to the reader. The funny stories and the positive attitude is a must read for all.

About two fifths of the book is mostly irrelevant to non-Christians, but it's got some useful advice and tips. I find myself binge reading it instead of spreading it out to a chapter per day like the book recommends.

I read this book via an -US KINDLE Unlimited download. How many of you reading this love to read romances? How many of you are into reading those which happen to fall under the sub-genre of military romances? How many love fantasizing about being in the shoes of the female protagonists in these stories, longing to be in the arms of the man in uniform in these stories and the HEA you've always desired to have with a guy who's considered to be a hero in another person's eyes other than your own. While these stories are wonderful to read, there's a reality which is seldom, or better yet, never gone into. In this book Jen McDonald takes you from the realm of romance books and fiction into the real world; the real world of which she's a part of for over 25 years. The blunt reality is not like in a romance novel where you're marrying the guy you love, you're also marrying all his comrades in the service he's enlisted in along with a new way of life you probably didn't foresee or had imagined. You've probably just wanted to settle down, own a home and raise a family; but once you've become a military family you go where they want you to go and when they want you to go. And even though you might remain stationary in one place, your dear other half might be deployed to G-d where with the dreadful possibility he might never return alive. Ms. McDonald in her book has aptly described how she's managed to sustain

herself and her family through the years she's been an obedient military spouse. With the addition of biblical quotations and her own triumphs, the author tries to elicit her readers to remind themselves that military spouses are not alone in their journeys. While this book's target audience seems to be military spouses, this book proves to be quite beneficial to all those who have friends that have a military spouse. This book is not only beneficial to any woman who has a military husband, it also should prove to be beneficial to any guy who has a military wife. Given the extremely worthwhile intention of this book, how can I not give it or its author 5 STARS.

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