



## Navy Spouse's Guide (Paperback)

By Laura H. Stavridis

Naval Institute Press, United States, 2002. Paperback. Condition: New. 2nd ed. Language: English. Brand new Book. Naval officers and enlisted personnel undergo extensive training to cope with the special demands of their duties at sea and ashore, but what about their spouses and children? This practical, one-of-a-kind guide fills the gap by helping families navigate the unique challenges of Navy life. Personal, friendly, and easy to use, this updated edition of the original 1997 guide is based on interviews with Navy spouses and a lifetime of lessons learned by the author as a Navy junior and wife of a career naval officer. Using an array of hard-to-find diagrams, charts, facts, and figures from a wide variety of sources, Laura Stavridis explains every aspect of Navy life in a frank, open discussion. The particulars of pay, living expenses, travel, children, emergencies, support groups, and social life, as well as medical, legal, and educational issues are described in a spouse-to-spouse format. Readers learn what to expect with regard to separation, homecomings, life overseas, shore duty, marital dynamics, and divorce. Also covered are such vital topics as military careers, spousal careers, reenlistment, retirement, and transition to civilian life. Useful phone numbers, checklists, glossary, and...



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