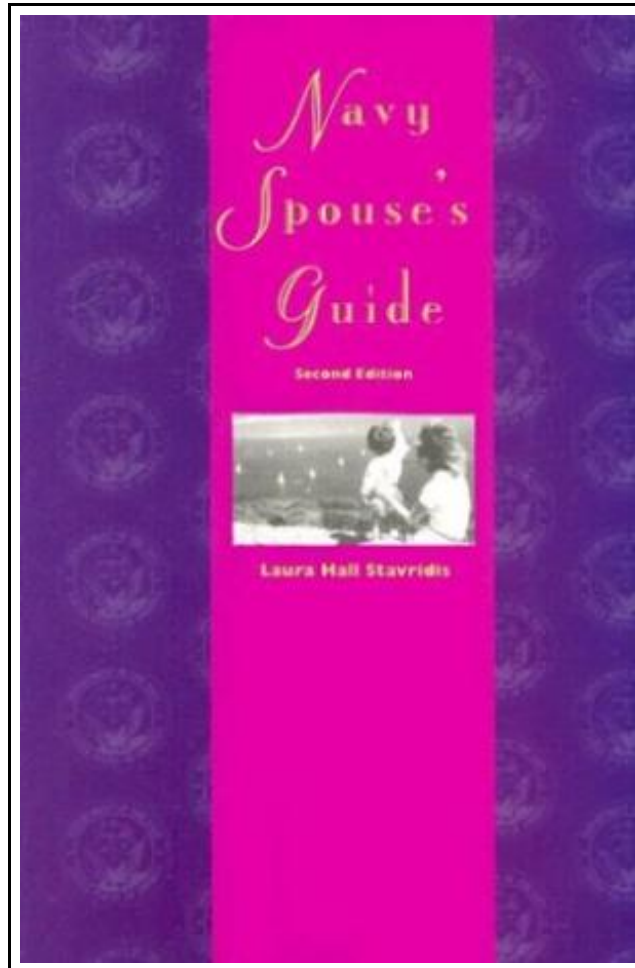


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Naval Institute Press. Paperback. Book Condition: new. BRAND NEW, Navy Spouse S Guide (2nd edition), Laura H. Stavridis, Naval officers and enlisted personnel undergo extensive training to cope with the special demands of their duties at sea and ashore, 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 an interesting, 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 an up-to-date primer on the Navy's organization, ships and aircraft, and chain of command complete this unique reference. New to this second edition are discussions of e-mail communication, Internet resources, and spouse leadership roles within the Navy. For anyone starting out or contemplating life with a mate in the sea services this one-volume source of user-friendly information will prove invaluable.



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