

Published Book Resources for Adults

This book listing is comprised of reviews from MFRI staff members who have reviewed hundreds of books for different audiences. The books listed below met our minimum criteria for inclusion in a list of potential resources for those working or interacting with adults who have a military connection.

365 Deployment Days: A Wife's Survival Story

Authors: S. Dawalt
ISBN: 9781933538945

Book Review: One person's view and experiences of deployment. May be more suited for active duty military wives.

A year of Absence: Six women's stories of courage, hope, and love

Authors: J. Redmond
ISBN: 965748316

Book Review: Follows 6 different relationships through the deployment process and the various experiences encountered.

After the Boxes are Unpacked

Authors: S. Miller
ISBN: 9781561794058

Book Review: Faith-based focus to assist military families.

Angry Children, Worried Parents: Seven Steps to Help Families Manage Anger

Authors: Sam Goldstein, Robert B. Brooks, Sharon K. Weiss
ISBN: 1886941580

Book Review: Provides great suggestions for parents to manage anger.

Behind the Blue-Star Banner: A Memoir from the Home Front

Authors: Michelle S. Cuthrell
ISBN: 1934635227

Book Review: Good resource for community members to get a glimpse of the experiences, but also for families who have deployed spouses or children. Easily identifiable emotions and strategies to connect to.

Childhood and Trauma: Separation, Abuse, War

Authors: Elizabeth Ullman & Werner Hilweg (Eds.)
ISBN: 754610748

Book Review: Provides a good crash course for parents. Useful for anyone wanting to learn more about this subject.

Coping with Physical Loss and Disability: A Manual

Authors: Rick Ritter, Tyler Mills (Illustrator)

ISBN: 1932690182

Book Review: Good resource for anyone that is dealing with a physical injury. Recommended for a provider coordinating a support group for wounded veterans.

Dads at a Distance: An Activities Handbook for Strengthening Long-Distance Relationships

Authors: National Institute for Building Long Distance Relationships Staff

ISBN: 967359953

Book Review: Interesting ideas for many different occasions where a father is away from his children.

Father and Son: Time Lost, Love Recovered

Authors: Edward C. Sellner

ISBN: 877935432

Book Review: Provides a walk through one person's stages of grief when a parent dies unexpectedly. Male readers may find it especially helpful.

Flags of Our Fathers: Heroes of Iwo Jima

Authors: J. Bradley

ISBN: 1417751401

Book Review: An historical picture that brings you into the life of a soldier and their family.

Grief and the Loss of an Adult Child, Vol. 8

Authors: Otto Schwarz Margolis, Austin H. Kutscher, Eric R. Marcus

ISBN: 027591304X

Book Review: Provides good therapeutic interventions through multiple stories which may be very helpful for parents and clinicians attempting to relate to adolescents with anxiety/depression/guilt.

Heart of a Hawk: One families sacrifice and journey toward healing

Authors: D. Tainsh

ISBN: 965748383

Book Review: Resource for those wanting to better understand the family's journey through deployment.

Help! I'm a Military Spouse - I Want a Life Too!: How to Craft a Life for YOU as You Move with the Military

Authors: K. Hightower, H. Scherer

ISBN: 9781419607103

Book Review: Positive, realistic and appropriate topics for military spouses. Would also be a useful tool for Family Readiness Group Leaders to plan learning activities at meetings.

Helping Your Kids Connect: 250 Activities to Help Your Children Stay Connected to Their Long Distance Mom or Dad

Authors: National Institute for Building Long Distance Relationships Staff

ISBN:

Book Review: Great, simple activity ideas for all age ranges. Could be useful for Family Readiness Groups to do activities with children during the deployment cycle.

Heroes at Home: Help and Hope for America's Military Families

Authors: E. Kay

ISBN: 764205595

Book Review: Good resource for military spouses and community members with a desire to help military families.

Hope and Healing: A Caregiver's Guide to Helping Young Children Affected by Trauma (The Zero to Three Early Care Library)

Authors: Kathleen Fitzgerald Rice

ISBN: 943657938

Book Review: Real life case examples in a language useful for parents or teachers. Provides strategies for healing.

I'm Already Home... Again: Keeping Your Family Close while on Assignment or Deployment

Authors: E. Dumler

ISBN: 974035912

Book Review: Provides a good list of ideas for deployment and suggestions of ways to connect with other families

Life After Deployment: Military Families Share Reunion Stories and Advice

Authors: K. Pavlicin

ISBN: 965748375

Book Review: Simple look at realistic expectations following deployment.

Long Distance Couples: An Activities Handbook for Strengthening Long-Distance Relationships

Authors: National Institute for Building Long Distance Relationships Staff

ISBN: 967359937

Book Review: A great pre-deployment resource book to assist with developing communication ideas, activities and a plan for couples to maintain relationships.

Moms Over Miles: An Activities Handbook for Strengthening Long-Distance Relationships

Authors: National Institute for Building Long Distance Relationships Staff

ISBN: 967359961

Book Review: A guide with good activities and ideas. Many activities may be more relevant and easier to utilize for shorter deployments.

Once a Warrior: Wired For Life

Authors: B. Cantrell and C. Dean

ISBN: 615141323

Book Review: Good balance between clinical and military terminology with useful information on reintegration.

Raising Resilient Children: A Nine Session Parenting Curriculum to Foster Strength, Hope and Resilience.

Authors: Goldstein, S., & R. Brooks

ISBN: 1557665990

Book Review: Useful tool for early intervention programs or professionally led parent support groups. Simple, systematic, and easy to follow instruction along with thought provoking questions and summaries.

Rule Number Two: Lessons I Learned in a Combat Hospital

Authors: Dr. Heidi Squier Kraft

ISBN: 316067903

Book Review: Well written and an easy read; Applicable to different audiences

Rule Number Two: Lessons I Learned in a Combat Hospital

Authors: Dr. Heidi Squier Kraft

ISBN: 316067903

Book Review: A good resource for VA support volunteers as it dives in to the emotions presented by the soldier and those that care for them.

Shared Courage: A Marine Wife's Story of Strength and Service

Authors: M. Keener

ISBN: 9780760329962

Book Review: Candid snapshot of life as a military spouse.

Surviving Deployment: A Guide for Military Families

Authors: K. Pavlicin

ISBN: 965748367

Book Review: Is a nice companion to a military family care plan. A tool to assist with communication about preparing for deployment with good topics and information to assist through deployment.

Surviving Military Separation: 365-Day Activity Guide for the Families of Deployed Personnel

Authors: Marc CB Maxwell, Val Laolagi (Illustrator)

ISBN: 1932714235

Book Review: Even though the exact time-frame of a deployment changes with military needs, the suggestions are helpful and provide good ideas for the entire family while separated.

Surviving The Death of a Sibling: Living through Grief when an Adult Brother or Sister Dies

Authors: T. J. Wray, Barbara Sturman

ISBN: 609809806

Book Review: Good resource on grief and loss of an adult sibling. Deals clearly with grief and how individuals experience loss differently.

The Grieving Child: A Parent's Guide

Authors: Helen Fitzgerald

ISBN: 671767623

Book Review: Not military specific, but offers useful coping skills to assist a parent/caregiver and professional working with a child after a loss.

The Homefront Club: The Hardheaded Woman's Guide to Raising a Military Family

Authors: J. Eckhardt

ISBN: 1591142287

Book Review: Reviews spousal life and provides different ways to cope with being a part of the military

The Military Family Network: Your Connection to Military Friendly Businesses, Resources, Benefits, Information and Advice

Authors: Military Family Network

ISBN: 9781933102351

Book Review: Credible sources of information on military life culture, rules and regulations.

The Scorpion Stings

Authors: S. C. Starkey

ISBN: 9780977019502

Book Review: Useful description of past issues surrounding the current conflict.

The Survival Guide for Marriage in the Military

Authors: G. T. Gomulka

ISBN: 9780974808307

Book Review: Good resource to provoke thought and conversation to real issues couples may go through.

We Band of Sisters

Authors: G. Rollings
ISBN: 1600349358

Book Review: A general down to earth look at the good and difficult in a positive nature.

We Will Not Be Strangers: Korean War Letters between a M.A.S.H. Surgeon and His Wife

Authors: D. G. Horwitz
ISBN: 9780252022043

Book Review: Useful for individuals looking to explore how to communicate during the deployment through letter writing. Could be used as a communication tool for both pre-deployment and during deployment.