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Autore	DeCarvalho Lorie T
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Altri autori (Persone)	WhealinJulia M
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The 8 Steps to Healing and Wellness -- Step 1 Connect -- Step 2 Explain -- Step 3 Discover -- Step 4 Empower -- Step 5 Improve -- Step 6 Process -- Step 7 Challenge -- Step 8 Grow -- Appendices: Handouts for Families and Clinicians -- Appendix A : Handouts for Military Families -- Appendix B : Clinicians' Resource Guide -- Appendix C : Service Members and Military Families Resource Guide.
Sommario/riassunto	"There are 1.7 million American children who have at least one parent serving in the military. Family members are left to cope with everyday life while worrying about the health and well-being of someone thousands of miles away in a war zone. Based on the latest scientific research and best practice guidelines, this timely book offers pertinent, practical help for military families. Integrating more than thirty-five years of clinical experience in treating veterans and their families, this

is a useful guide for clinicians, active duty service members, veterans,  
and family members"--Provided by publisher.

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