

1. Record Nr.	UNINA9910808442903321
Autore	Moore Janelle <1972->
Titolo	The deployment toolkit : military families and solutions for a successful long-distance relationship / / Janelle B. Moore and Don Philpott
Pubbl/distr/stampa	Lanham, Maryland : , : Rowman & Littlefield, , 2016 ©2016
ISBN	1-4422-5429-7
Descrizione fisica	1 online resource (301 p.)
Collana	Military Life
Disciplina	355.1/20973
Soggetti	Soldiers - Family relationships - United States Deployment (Strategy) - Psychological aspects Long-distance relationships - United States Military spouses - United States Families of military personnel - United States United States Armed Forces Military life Handbooks, manuals, etc
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Contents; Acknowledgments; Introduction; Chapter One. Types of Separations and Deployments; Chapter Two. Being Apart but Staying Together; Chapter Three. Preparing to Return Home; Chapter Four. Physical, Mental, and Spiritual Care; Chapter Five. Health Issues; Chapter Six. Life Goes On; Resources; Index; About the Authors
Sommario/riassunto	Even when we are not at war, military families often deal with stresses such as frequent moves or the absence of a parent. The Deployment Toolkit provides military families with advice for the many challenges they may be faced with when dealing with deployment, including types of separation/deployments, emotional adjustments, and types of support.