

## BOOK REVIEW

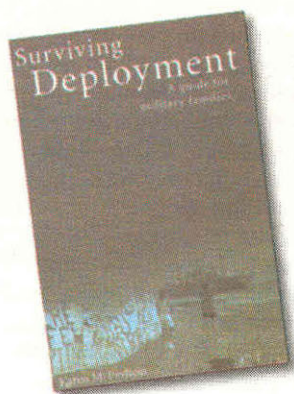
The first step in surviving anything is preparation says author Karen M. Pavlicin in her book, *Surviving Deployment, A Guide for Military Families* (2003 Elva Resa Publishing).

Just as you wouldn't venture into the woods without a supply of water and a first aid kit, you don't want to face deployment without understanding your resources and shifting responsibilities.

"In military life's version of Murphy's Law, deployment virtually guarantees one of the kids will get sick, a major appliance will break, the car will start leaking oil and the dog will run away," Pavlicin writes.

An award winning writer and national speaker as well as the wife of a

Marine, Pavlicin is experienced in offering practical solutions to spouses, parents and children as they face their stressed lives during a deployment.



Her practical, easy-to-read book helps families define financial roles and work out a budget, and how to balance time and resources in a single-parent ("super spouse") household. One chapter is dedicated to survival gear, which includes a sturdy toilet plunger, a journal, lots of friends and a good amount of non-military involvement.

One of the most difficult parts of deployment is to suddenly become a single parent with "Marine Corps requirements." Pavlicin writes at length about preparing kids for the separation, how to share chores, win family cooperation and properly channel strong emotions in times of anger and frustration.

While challenged, military families are not alone. Local communities and organizations give information, guidance and support (see sidebar). "Sometimes they simply help you feel good about yourself and the decisions you've already made," says Pavlicin.

Unfortunately issues of deployment don't necessarily end with the welcoming embrace. Pavlicin, in her final chapter, openly discusses renewing intimacy, dealing with combat stress and restoring effective communication after experiencing profound personal changes.

To order *Surviving Deployment*, call 800-819-7080.