



# Right Side Up: Find Your Way When Military Life Turns You Upside Down

*Judy Davis*

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Constant change ... drama ... stress ...

Have the demands of military life become overwhelming?

You may feel powerless right now, but every challenge and sacrifice you rise above helps you grow into the person you want to be!

**Are you ready to be happy in military life?**

In this practical and motivating personal guide, you will:

- Define your role as a military spouse and tweak your expectations of military life.
- Identify situations that cause you stress and create strategies to calm chaos, deal with drama, and respond to change.
- Find ways to cut the yuck from your life, make yourself a priority, and fully embrace military life.

There is no one-size-fits-all answer to living a happier life--military or otherwise--but the exercises in this book will help you create your best plan based on *your* needs, *your* personality, and *your* insights. Move through the emotional side of military life with strength and joy--and land right side up!

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