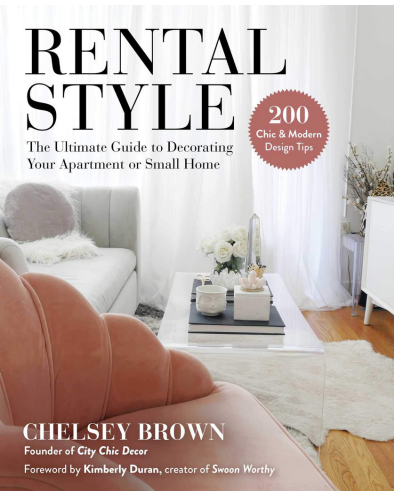


## 1001 THINGS TO LOVE ABOUT MILITARY LIFE by Crooks, et al.

If you want to know what you're getting into, are feeling down about life as a new milspouse, or your spouse is trying to decide if they

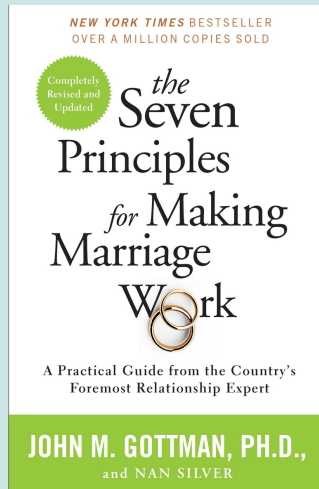
should continue serving, this book can be a help. Not all of it will apply to you or your situation, but it's still chock full of silver linings to consider.



## RENTAL STYLE by Chelsey Brown

Fact: military families often have to rent. Whether you're stationed overseas, required to fill base housing,

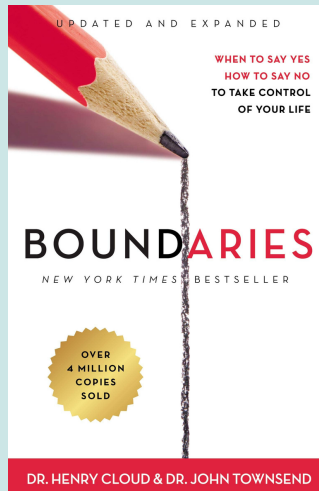
or are choosing to rent a house off base, there are limitations that come with renting. But that doesn't have to stop you from having a cute place! Think of this book as the best Pinterest tips for small or temporary spaces in one handy volume. Just some inspiration to get started.



## THE SEVEN PRINCIPLES FOR MAKING MARRIAGE WORK by Dr. John Gottman

Why do some marriages succeed, while others fail? How useful is most marriage advice? Do yourself a favor, and don't learn this stuff the hard way.

Dr. Gottman has been studying marriages for decades, and he's an authority on the topic. He also has a good sense of humor. In this book, you'll see that all kinds of communication styles can make for a good marriage.



## BOUNDARIES by Drs. Cloud & Townsend

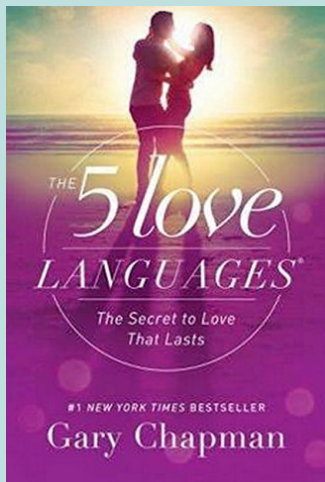
Ever feel guilty saying "no?" Ever struggle with hearing it? Almost everyone struggles with healthy boundaries at some point. Military marriages especially need strong

boundaries, and not enough people think about them. Where do you go when on leave? Whose job is it to tell Mom about a deployment? Read **Boundaries** and then have those talks.

[BusyNestNews.com](http://BusyNestNews.com)

# The BUSY NEST NEWS Reader's Guide for

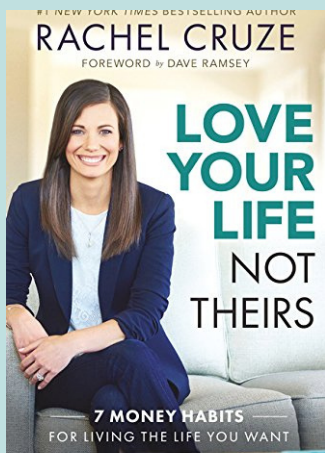
# NEW MILITARY MILSPOUSES



## THE 5 LOVE LANGUAGES, by Gary Chapman

This book is kind of everywhere in the military. Besides being a useful lens for looking at your relationship and communication style, **The 5 Love Languages** is a

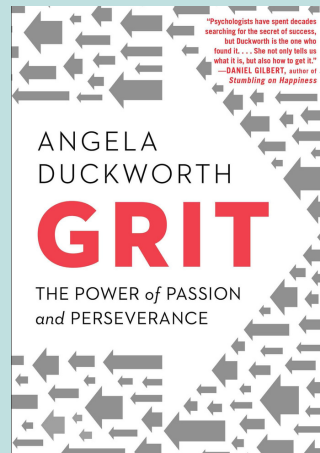
big part of military culture. So much so that we recommend asking around before you purchase your own copy; there's usually someone somewhere who can get you a copy for free. If not, the base library is sure to have a copy or ten. The military edition is fundamentally the same as the original (pictured), it's still good, but no need to get it specifically.



## LOVE YOUR LIFE, NOT THEIRS, by Rachel Cruze

Comparison is rampant in military life! Because you **think** you know how much your neighbors make, it can feel especially

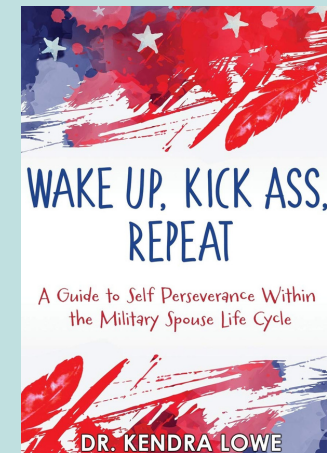
confusing when they buy a brand new car, and your family is struggling to make ends meet or pay off loans. So we love Rachel Cruze's very real message about living YOUR best life and ignoring the Joneses.



## GRIT, by Angela Duckworth

What causes people to become experts in their chosen field? What can we learn about success from West Point grads, Super Bowl

winners (and losers), CEOs, and professional musicians? In **Grit**, Duckworth explores the science of success and passes on some lessons for inculcating grit and an attitude of resilience in ourselves, our children, and our teams.



## WAKE UP, KICK ASS, REPEAT, by Kendra Lowe

**Wake Up, Kick Ass, Repeat** is a guide to become a more resilient military spouse, even in the face of true traumas,

challenges, and prolonged stress. Dr. Lowe, herself a former Airman and Air Force Spouse, walks the reader through exercises grounded in Rational Behavior Therapy (RBT) to establish healthier thought patterns and build useful habits for when times are tough.

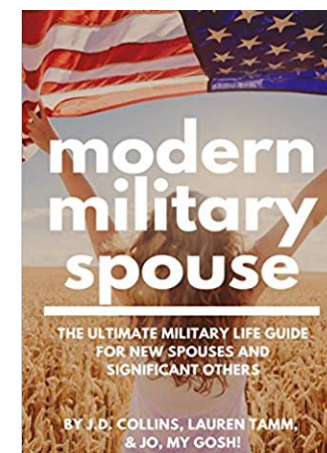


## ADULTING, by Kelly Brown

Everyone should read this book in their 20s! If you're already past yours, read it anyway.

Ever feel like everyone else has some secret

knowledge about how to be an adult, while you're still struggling to write a good thank you note? Brown's book reveals that we're all just winging it with something, and then she tells you how to get it right. Whatever "it" is.



## MODERN MILITARY SPOUSE by Collins, et al

There's no one type of military spouse these days. The milspouse bloggers who collaborated on this book know that! They also

know that despite our uniqueness, milspouses share many of the same struggles. With that in mind, they sought to answer common questions and prepare you to navigate and thrive within this life.