

Elva Resa Publishing

Making a positive difference in people's lives

Media Contact: Elva Resa PR, 651-357-8770, pr@elvaresa.com

NEW BOOK RELEASE: *Military Spouse Journey: Discover the Possibilities & Live Your Dreams*

New book for military spouses offers personal stories, life exploration exercises, and research-based ideas to help military spouses find joy and fulfillment in careers, volunteering, education, and other personal dreams amidst the challenges of military life.

Title: *Military Spouse Journey: Discover the Possibilities & Live Your Dreams*

Authors: Kathie Hightower and Holly Scherer

Publisher: Elva Resa Publishing

ElvaResa.com, MilitarySpouseJourney.com

Available from: all major booksellers, Amazon.com, MilitaryFamilyBooks.com

ISBN: 978-1-934617-17-5

Publication Date: Sept 1, 2013

Retail Price: \$16.95

Format: 6" x 9" Paperback, 272 pages

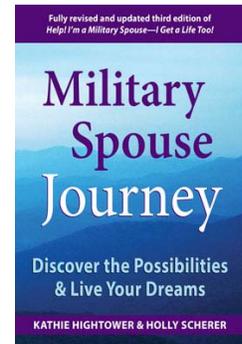
(St. Paul, MN)—Award-winning independent publisher Elva Resa Publishing is pleased to announce the September 1 release of *Military Spouse Journey: Discover the Possibilities & Live Your Dreams* by Kathie Hightower and Holly Scherer. A completely revised and updated third edition of the previously titled *Help! I'm a Military Spouse—I Get a Life Too!: How to Craft a Life for You as You Move with the Military*, this book empowers military spouses to take charge of their life journey by defining their goals and taking strategic actions toward achieving them.

Frequent moves and deployments can make it difficult for military spouses to pursue their own career aspirations and life goals. Since 1993, Kathie Hightower and Holly Scherer have mentored military spouses across the globe through their workshop “Follow Your Dreams While You Follow the Military,” sharing the message of how they discovered their own paths amidst the challenges of military life. Both authors have served as role models to military spouses, young and seasoned, sharing their research and expertise on how to live your best life possible while supporting the demands of a military career.

“After twelve years of multiple wars, military families today especially need this inspiration,” says Bianca Strzalkowski, senior editor for military family life at Elva Resa. “*Military Spouse Journey* is a much needed resource for the selfless, unsung heroes of the military spouse community. This book helps spouses make the components of military life work for their own aspirations, while enjoying every unexpected moment this life has to offer.”

In *Military Spouse Journey: Discover the Possibilities & Live Your Dreams*, Kathie and Holly offer lessons learned, inspiring success stories of fellow military spouses, and research-based ideas that can be applied to any stage of the journey. They teach spouses to explore their passions while building a strong support system to guide them through the many twists and turns of military life. The combination of research-based information, along with the lessons learned of other successful military spouses, will motivate women and men to create an action plan to move forward, even when it seems impossible.

Although this book shares examples specific to military life, the information and approach can be used by anyone wanting to pursue their life dreams.



Key Features and Benefits:

- Conversational tone encourages readers to tap into the richness and possibilities of the unique military lifestyle.
- Anecdotes from several military spouses provide inspiring peer examples and success stories.
- Exercises help readers discover passions, strengths, and goals, and create an action plan to move forward, even when it seems impossible.
- Research-based information offers five keys to happiness readers can apply every day, anywhere.
- Resources and tips throughout the book create easy paths for continued learning and support.
- Written by two seasoned military spouses who have learned, sometimes the hard way, how to follow their dreams AND be happily married to their military service member spouses.

About the Authors:

Kathie Hightower is an accomplished author, columnist, and international speaker, who retired as an Army Reserve lieutenant colonel. Her experience both wearing the uniform and being a military spouse gives her a realistic perspective on how to live your best life.

Holly Scherer is an international speaker, military life consultant, and accomplished author, with master's degrees in family relations and special education. A career-driven military spouse, Holly has multitasked her way through thirteen moves in twenty-six years, taking on leadership positions with each new location.

"Holly and Kathie have both been role models for me and many other military spouses," says Strzalkowski, who was named Military Spouse of the Year in 2011. "They have been trailblazers who inspired an entire generation of military spouses to believe they can, in fact, be something, whatever that something may be."

Military Spouse Journey: Discover the Possibilities & Live Your Dreams will be released September 1 and is available at www.MilitaryFamilyBooks.com.

###

ELVA RESA PUBLISHING LLC is an independent publisher based in St. Paul, Minnesota, whose mission is to make a positive difference in people's lives. Its primary imprint specializes in books for and about military families. www.ElvaResa.com, www.MilitaryFamilyBooks.com