

Semper Parents

Supporting Your Marine
and Sharing the Journey



Mary Regner

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“ ... insight into everything from the mission of the Marine Corps, to family life, to career paths to long-distance relationships ... the best guide I have ever seen for any family member or friend who seeks a deeper understanding of Marine Corps life ... ”

—Michael McNamara,
president, All Marine Radio

Semper Parents

Supporting Your Marine and Sharing the Journey

by Mary Regner

Many parents have mixed feelings when their young adult child decides to become a United States Marine. *Semper Parents* invites parents into the Marine Corps extended family, sharing practical tips and perspective from a variety of USMC experiences to help new Marine parents understand military life, answer "what if" questions, celebrate traditions, nurture changing relationships, and more.

Features:

- Overview of Marine Corps structure and common terms
- Stories and perspective from other Marine Corps families
- Tips for the entire Marine journey, from basic training, to duty station assignments, deployments, and leaving the Corps
- Comfort for emotional transitions, long-distance relationships, coping with concern and worry
- Ideas for celebrating USMC customs and traditions, connecting with the military community

“ The guide all Marine parents need ... shows how parents can join their Marine on this incredible and sometimes terrifying journey ... ”

—Besa Pinchotti, executive director and CEO,
National Military Family Association

About the Author



Mary Regner is a passionate advocate for military families. As a Marine Corps mom and spouse, she understands the questions and concerns that arise for a parent when their child makes the decision to join the Marines. She and her husband, Major General Mike Regner, USMC (Ret), have supported their son and his family through two decades of service, multiple combat tours and deployments, and many moves.

To book an engagement or interview, please contact PR@ElvaResa.com.

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