

## **Amazon Reader Reviews of *Help! I'm a Military Spouse – I Want a Life Too!* by Kathie Hightower and Holly Scherer**

*As of Feb. 24, 2006, 5 Star Average from 13 reader reviews*

### **5 Star Review: Must-read for Military Spouses!, February 24, 2006**

Reviewer: Nikki C. Thomas (Ft. Rucker, AL)

As a new military spouse, I had been struggling (like many) with an almost hopeless feeling when it came to pursuing my dreams. In my particular case- Southern Alabama is NOT the place an aspiring actress wants to be stuck! However, after reading "Help! I'm a Military Spouse..." my spirit was uplifted and I realized that there are SOOOO many ways to pursue my goals- no matter where the Army sent us! With my renewed drive and new insight, I was able to do some networking and get myself into a NYC acting class, as well as land a PRINCIPLE role in a local movie. The book is funny, inspirational and shows you that there is a way!!!! Since I've read "Help! I'm a Military Spouse.." GREAT things have been happening for me! Go out and get this book now!

### **Especially as a military spouse...love it!, February 21, 2006**

Reviewer: **P. Ward** (Ft. Leonard Wood, MO)

Being a military spouse myself....I'm loving this book!

Holly and Kathie's book is full of "you CAN do it" stories from front cover to back. Not only do they have lots of stories of others that have been successful, they have included practical (and fun) exercises in the book to help you on your way. I especially appreciate the message of balance and establishing your priorities. There are always opportunities available to us. Holly and Kathie have written a great book to help you see everything as an opportunity and discover your purpose in life. This is a must read for all military spouses or anyone wanting to make big changes in their life. Life is an adventure....live it!

### **5 Star Review: A Must Have Book!, January 26, 2006**

Reviewer: **Lori Cleymans** As a military spouse of 9 years, I'm so happy to see a book like this come out. I have volunteered and worked for many Marine Corps programs and I hear over and over again spouses complain about their circumstances and how life is on hold until the next duty station or until the Marine leaves the service. This book helps you to not only identify your goals with practical steps, but then how to go about achieving them in the military life. Holly and Kathie provide an abundance of resources - web sites, books, magazines, and inspiring testimonials of successful military spouses. No matter how long you have been with the military, this book is a must have! I met Kathie and Holly at a seminar at Camp Pendleton last year and their knowledge, energy and advice helped me in both my professional life and personal life. As I was reading this book, my husband went TAD for the first time since we were married and we just started our family with our baby girl. I was really bummed and kicking myself since I know spouses who have weathered much tougher

storms. But in the book on page 91 it reads " We are all so different in our energy levels, in our basic mood levels, in our organization habits, and in past experiences that have taught us or not taught us effective coping skills. Some people inherit a tendency to depression. Just because one person can easily handle a tough situation doesn't mean we all can." That statement alone got me through the first week of crankiness, frustration at being a single parent for the first time and the loneliness. Please buy this book and spread the word to your friends, family, neighbors, co-workers! An excellent read with easy steps to follow and loaded with helpful advice.

**5 Star Review: An excellent tool for military spouses!**, January 23, 2006

Reviewer: **E. Feigenbaum** (Missouri)

I personally know Holly Scherer and can truly say, she is the ultimate military spouse goddess. She served as my role model when I was a newlywed military spouse many years ago. When I first married, I didn't like what I saw for my "military-spouse" future. I was an Army brat but it's one thing to be a child of a military member than being married to one. I had a career before I married, and had to give it up in order to move along in my husband's career. I thought that once you marry into the military, you become a second-class citizen and walk 10 steps behind your husband. I also believed the only career you could have being married to the military was either a nurse or teacher because there was always a need for those positions and they were transferable. I found out through Holly's wisdom, expertise and love that that is absolutely not true. There are so many opportunities, volunteer or paid or ones you create yourself, that are out there for us. Spouses do have choices and Holly ever so sweetly guided me in the right direction. And now her book she's co-authored gives all of us the tools we need to survive and thrive.

**5 Star Review. Military spouses NEED this book!**, November 3, 2005

Reviewer: **S. Ealy "Domestic Goddess"** (Iwakuni, Japan) I attended the workshop Holly and Kathie put on here in Japan. It was the best and most useful workshop I have attended. This book is based on that workshop and its information PLUS more resources, shared experiences, and other insights I was thrilled to read! I read the book from cover to cover in 2 days (which is quite a task with 4 kids and a part time job!) I believe that every command should present this book to their service members' wives when they marry as well as offer it through Family Team Building Offices worldwide!!

**5 Star Amazon Review**

**Dorothy J. Wilhelm "Military wife, widow, mother"** (Tacoma, WA USA)

There has never before been a book like this for military spouses. Fifty years ago, as an Army bride, my husband presented me with a copy of a book called The Army Wife. It was full of such intimidating, impossible rules that I nearly hit him with it.

Now comes Help! I'm a Military Spouse just crammed full of help, encouragement and practical tips. Just a glance at a few of the hundreds of

headings - "Start your Heart's Desire File" "Get Help for Your Dreams" "Ask for Help, Offer Help, Accept Help in these Challenging Times." All of these tell you that here is a chance to stretch out and reach for a life that is uniquely your own while still living up to the challenges of a military life. Holly and Kathie, just one question. Where were you fifty years ago, when I needed you?

### **5 Star Amazon Review**

Reviewer: [K. Henderson](#)

This book is based on the workshops that Hightower and Scherer give to military spouses. I attended one of their workshops and it was great, but the book is even better. Like the workshop, it's giving me step-by-step instructions in how to make my life more exactly what I want it to be -- everything from how to reduce stress through little practices like taking a deep breath before answering a ringing phone or lying on the floor for 15 minutes with my legs up the wall (it really helps lighten up a tough day!)... to how to get my finances in order... how to make sure my volunteer efforts help me as well as others... how to identify what my dreams are and set goals to achieve them... I may not have much control over my husband's career and where it takes us, but this book reminds me that I still control the rest of my life. And since it's a book, I can refer back to it again and again. It's also filled with resources, lists of other helpful books, and websites. I'm a military spouse but this book would be useful to anyone married to a partner with a demanding career.

### **4 Star Amazon Review**

**Finally, A Book About US!!!**, October 18, 2005

Reviewer: [Jennifer L. See "writergirl"](#) (Harker Heights, TX)

Military Spouses far and wide take heed: this book is for you! Hightower and Scherer explore the career challenges and difficulties that all military spouses face - picking up and moving every few years - while showing you that you CAN make a life for yourself!!! These two should know; they have experienced the military life themselves. Interesting snippets from military spouses from all over the world in the book as well make it a fun and "real" read. HOO-AH!!!

### **5 Star Review: Applicable to all women**, September 11, 2005

Reviewer: [L. R.](#) I'm not a military spouse, yet I can still relate to this book. I appreciate Hightower and Scherer's mental, spiritual, and physical (wholistic) type of approach to well-being and happiness. This book is an accessible read, and offers practical advice on how to live your best life, and be a positive force amongst our global community. We don't take enough time to self-reflect, and this was the push I needed to start thinking about my passions and dreams, my identity in general. The journal exercises, and life experiences of the authors, are also helpful.