

Table of Contents (CONFIDENTIAL)

Foreword by 1SG Matthew P. Eversmann, USA(RET)	1
The Road Home – Your Journey Begins	5
Why we're here.....	7
Where we're going.....	10
How we'll get there.....	13
What you need to know – Ideas to get us started.....	16
- Open letter to returning service persons.....	19
Chapter 1 – REUNION – First Days Back	21
Everything starts with “The Call”.....	23
Touchdown! Love at first sight.....	35
Celebrate! Right now it IS all about balloons and parties.....	40
Chapter 2 – REINTEGRATION – Life Moves Forward	45
Adjusting to your NEW “Normal”.....	47
From Canteen to Water Cooler – Fitting back in on the job.....	49
Budget is not a dirty word – Avoiding financial pitfalls.....	55
- Are you headed for credit card trouble?.....	60
From Barracks to Backyard – Back to routines with friends and family.....	61
Dust off your “Little Black Book” – Returning as a single soldier, airman, sailor or marine.....	65
-For the service member.....	66
-For your friends and family.....	69
“I’m sure we can make this work” – Dealing with changed roles at home.....	70
“I didn’t mean it that way!” – It’s a communication thing.....	77
“How the heck did my butt get so big?” – Image, Intimacy, Sex and other Challenges of being a couple.....	90
“I can’t believe how much you’ve changed!” – Children and Reunion.....	105
-“But Dad said I could!” – Tackling discipline while maintaining a united front.....	117
-Are you returning as a single parent?.....	121
-A bit about “blended” families – (life in the mixer).....	124
Chapter 3 – The Unspoken Side of Reunion	129
“I didn’t sign up for this.”.....	131
Post Traumatic Stress Disorder.....	133
-Laying a Foundation of Understanding by <i>Lawrence Luck</i>	133

-Reunion: Prospect and Possibility <i>by Linda Engleman</i>	138
A Short Look at Traumatic Brain Injury.....	145
Our Wounded Warriors.....	153
-Our Journey began with a phone call <i>by Erin Richardson</i>	153
Loss and Grief.....	158
-The Road Home for Christopher <i>by Rick and Debbie Anderson</i>	159
Chapter 4 – Living a Prepared Life	179
Redeployment realities.....	181
Epilogue	187
Resources & Support	189
Education, Employment, Financial assistance, Giving back, Medical and Mental health, Networking, Non-profit organizations, Military official websites, Prepared life – ready for the next time, State and Branch specific resources, General resources, Veterans, Military discounts.	
Meet our Contributors	221
Footnotes and Permissions	225
About the Author	127
Ordering Information	229

NOTE: This Table of Contents and any other proprietary information attached regarding the book *The Road Home* is strictly confidential and meant only to be used in processes of proposals and promotion. Copyright owner: Elaine Dumler