



# Heroes at Home: Help and Hope for America's Military Families

*Ellie Kay*

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## **Heroes at Home: Help and Hope for America's Military Families** Ellie Kay

Inspiration for Active -Duty Military and Their Hometown Heroes

This encouraging book is more than just a helpful guide for families on active duty. Ellie offers today's generation of families the encouragement they need as they encounter the challenges military families face, whether they're Reserves, National Guard, or full-time active duty. As the wife of an Air Force pilot and the mom of five kids, Ellie has an inside perspective on how to cope with frequent moves, be ready for imminent deployment, and stay in touch over long distances. Her sage advice and witty humor give families some sense of comfort when military life seems chaotic. Ellie is "bent on ensuring our military members and families are thanked, loved, and know they are serving with support" (Command Chief Master Sergeant Vance M. Clarke, USAF).

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