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Coming Back Together: A Guide to Successful Reintegration After Your Partner Returns from Military Deployment

Steven L. Sayers

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When a partner or spouse returns from war, it is a time of joy; but it is also a time of transition, challenges, and uncertainty. The truth is that the process of reintegration can last for years, and it can be a particularly difficult time for both returning heroes and their families. If your partner has recently returned from war, or if they will be returning soon, you should be prepared for the unique challenges that lay ahead. Your loved one may suffer from psychological and physical wounds, experience "battlemind," a condition that leaves them constantly anxious and on-edge, and they may even have post-traumatic stress disorder (PTSD). If they are uncommunicative, you may feel like you are living with a stranger, and struggle to recreate the bond of intimacy you once shared. In Coming Back Together, clinical psychologist Steven L. Sayers offers real tools to help you reestablish family routines and build a stronger sense of intimacy with your partner after a military deployment, even if they are resistant to help. The challenges of reintegration can come as a surprise, but you can arm yourself with the skills needed to face this difficult time and help your partner build the resilience needed to heal. This book will be your guide.

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