



# Be Safe, Love Mom: A Military Mom's Stories of Courage, Comfort, and Surviving Life on the Home Front

By Elaine Lowry Brye

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When you enlist in the United States military, you don't just sign up for duty; you also commit your loved ones to lives of service all their own.

No one knows this better than Elaine Brye, an "Army brat" turned military wife and the mother of four officers—one each in the Army, Navy, Air Force, and Marine Corps. For more than a decade she's endured countless teary goodbyes, empty chairs at Thanksgiving dinners, and sleepless hours waiting for phone calls in the night. She's navigated the complicated tangle of emotions—pride, worry, fear, hope, and deep, enduring love—that are part and parcel of life as a military mother.

In *Be Safe, Love Mom* Elaine braids together her own personal experiences with those of fellow parents she's met along the way. She offers gentle guidance and hard-earned wisdom on topics ranging from that first anxious goodbye to surrendering all control of your child, from finding comfort in the support of the military community and the healing power of faith to coping with the enormous sacrifices life as a military mother requires. Readers looking for encouragement and hard-to-come-by information as they travel the challenging road of having a child in uniform will find Elaine a wise and trusted friend, and *Be Safe, Love Mom* an essential handbook to membership in a strong and special sisterhood.

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