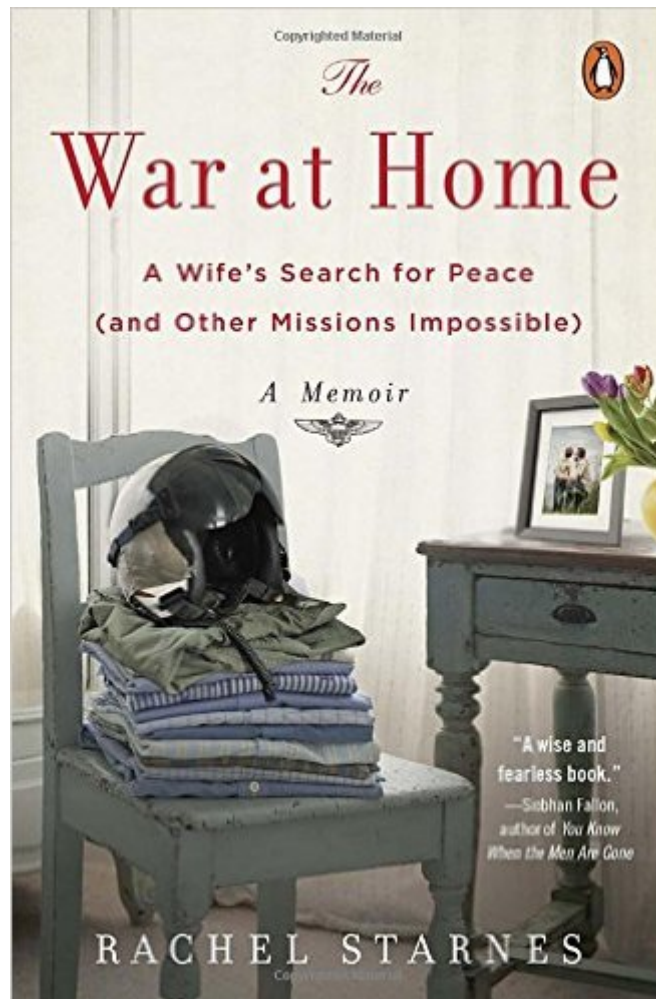


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The War At Home: A Wife's Search For Peace (and Other Missions Impossible): A Memoir



Synopsis

A portrait of the strains of a military marriage and meditation on what it means to be left behindâ”a brave account of the challenges facing the wife of a Naval fighter pilot. When she fell in love with her brotherâ”s best friend, Rachel Starnes had no idea she was about to repeat a painful family patternâ”marrying a man who leaves regularly and for long stretches to work a dangerous job far from home. Through constant relocations, separations, and the crippling doubts of early parenthood, Starnes effortlessly weaves together strands from her past with the relentless pace of Navy life in a time of war. Searingly honest and emotionally unflinchingâ”and at times laugh out loud funnyâ”Starnes eloquently evokes the challenges she faces in trying to find and claim a sense of home while struggling to chart a new path and avoid passing on the same legacy to her two young sons. At once a portrait of the devastating strains that military life puts on families and a meditation on what it means to be left behind, *The War at Home* is a brave portrait of a modern military family and the realities of separation, endurance, and love that overcomes.
â”œRachel Starnesâ”s *The War at Home* navigates the joys, fears, compromises, and casualties that create the terrain of marriage. And if you are a military spouse, her memoir will reveal thoughts you never even knew you had. This is a wise and fearless book.â” •â” Siobhan Fallon, author of *You Know When the Men Are Gone*
â”œOne of the most honest and genuine memoirs Iâ”ve ever read, as well as one of the most finely written. Thereâ”s not a false note in these pages. Rachel Starnesâ”s story is at once both singular and emblematic. . . .â” *The War at Home*â” is that rare thing: a book about the here and now that promises to last well beyond next month or next year.â” •â” Steve Yarbrough, award-winning author of *The Realm of Last Chances* and *Safe from the Neighbors*

Book Information

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Customer Reviews

It's when I read a book like this that I 'rilly rilly' wish I were a little smarter, a bit more articulate, and that I could come up with a smoother, more dignified response than "Holy CRAP but this is a good book!" Because this is one of those kinda books. Sadly, "I yam wot I yam," as Popeye used to say. So I hope author Rachel Starnes will be okay with my redneck reaction. Because THE WAR AT HOME is not just another 'oh-woe-is-me-I'm-a-military-wife' book. Nope. It is a deeply personal, gut-wrenchingly honest portrait of one woman's childhood and tortured adolescence, followed by an unorthodox courtship and a marriage - to a Navy TOPGUN pilot - that is still, more than a dozen years later, a work-in-progress. And that 'gut-wrenchingly honest' thing was not arrived at lightly either. Because Starnes pulls back the veil that so often hides the mental illness called depression. Her father, an oil-rig worker who was often gone for long periods of time, suffered from it. And he passed it along to his daughter. Starnes makes no attempt to minimize her illness, making it a central part of her story as she explains the dark times and behavior - drinking, drugs, 'cutting' herself - that got her kicked out of an exclusive Texas boarding school she attended while her father was working in Saudi Arabia. But her parents didn't give up on her, and she managed to get through high school and college, and was drifting between dead-end jobs when she began dating her brother's friend, Ross, who had a dream of flying. They married. She followed him from one base to another, through OCS, flight school, more training, workups and deployments. But it was always a struggle. All Ross ever wanted was to fly, and now he was living his dream.

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