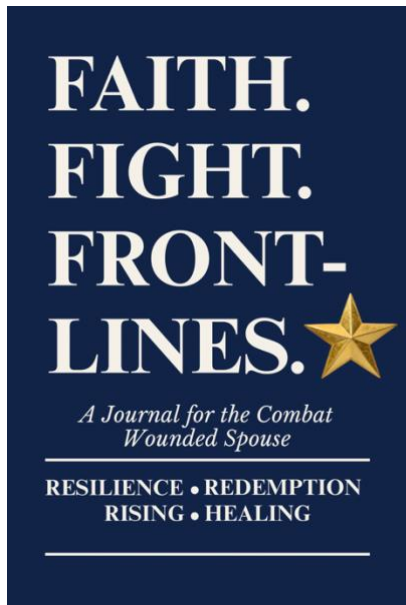


The Combat Wounded Spouse Journal



A Faith-Filled Tool for Resilience, Redemption, Rising, and Healing

About the Journal

The Combat Wounded Spouse Journal was created for military spouses who walk the unseen frontlines of service, sacrifice, and resilience. Structured around four pillars: Resilience, Redemption, Rising, and Healing, this guided journal provides monthly prompts, reflective exercises, and space for honest expression. It is designed to strengthen faith, nurture emotional well-being, and create a tangible path toward hope and restoration.

Why It Matters

Military spouses often carry silent battles: the weight of caregiving, the challenges of reintegration, and the unspoken grief of changed dreams. This journal offers a sacred space for processing those experiences, guided by faith and grounded in real-life understanding.

About the Author

Kellene Cole is a veteran spouse, psychosocial rehabilitation director, and advocate for military families. She writes from both personal experience and professional insight, blending faith, grit, and purpose to empower others on the journey of healing.

Key Details

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Connect

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