

# Kathryn Sneed

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Kathryn is a young Air Force spouse who has a passion for other military spouses. She served one year as a Key Spouse in her husband's squadron; helping military spouses in the unit get through deployments and checking in on them to see how they were doing. She also started an online group for the spouses at her base to ask questions, make friends, and get information about the area around the base; planning events that spouses could attend to meet and make new friends.

She started blogging seriously in 2009 and found that her blog was the perfect place to write about her experiences as a military spouse and to encourage other spouses going through similar situations.

In 2011, when her husband deployed, she realized the need was great for encouragement in the area of deployment and set to work blogging her way through that first deployment. Since then, her posts have been featured on *MilitaryConnection.com*, *MilitaryFamily.com*, *SpouseLink.org*, *FaithDeployed.com* and many other sites as she continues to pursue encouraging military families.

Kathryn currently resides at Robins Air Force Base in Georgia with her husband and two children. When she is not writing or blogging, she enjoys spending time with her family, going on date nights with her husband, making new friends, and reading a good book!

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## Get Connected:



## Watch for Kathryn's New Book, *Journey Through Deployment*

Available November 2013

**Deployment is a journey. What will yours be like?**

Deployment is an uncertain time filled with many fears. You may wonder how you will get through each day, how you will cope, and what you will do during this time. The fears and worries can be endless. But the journey doesn't have to be intimidating. You too, can learn to step forward with confidence and experience hope, joy, and encouragement in deployment.

This is a journey you were meant to take. Don't let deployment intimidate you; learn to step forward with confidence. Remember: you are not alone. The challenges in this journey may be waiting to dishearten you, but you can and will overcome them and experience hope and encouragement on the road ahead.

