



## **Amy Stevens, Author Personal Bio**

With a mission to make a positive impact and difference in all that she does, Amy Stevens knows she was put on this earth to encourage others. As a successful business owner, military wife, mother, and author, Amy has taken the initiative to candidly share lessons learned during her husband's wartime deployments. Through her book, *Encouragement for America's Hidden Heroes: Survival Tactics for the Families of Our Military Forces*, and through public speaking engagements, Amy provides support and guidance to spouses and their families coping with deployment.

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**"I want to provide hope to others in all of my actions."**

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Amy recognized that most people see soldiers as the heroes, who she adamantly believes they are; however, she titled the book as she did because to drive home the point that without the family support and sacrifice, soldiers cannot fully dedicate themselves to the mission. "During a loved ones deployment it is not uncommon for family members to feel hidden and alone. I try to make them see that they also are serving their country and it's something that should make them feel very proud," Stevens said.

Not long after her husband's first deployment to Afghanistan in late 2003, Amy realized the many things she would have done differently. The words "if I had only known" kept ringing in her head, so she decided to put pen to paper and share the lessons she learned with others preparing for or going through deployment separation. "I figured out what worked well and documented it as a means to make their path a bit easier," she said.

Since that time, the book has helped thousands of military families navigate the many twists and turns of pre-deployment, deployment, family issues, spousal relationship preservation, and reuniting. During her husband's second deployment, she actually pulled out the book and followed some of her own advice.

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**"It made a huge impact in our marriage, because my husband was able to see (through reading the book) what had really been involved for me emotionally, and could see my commitment to him and our family."**

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Amy states that her greatest challenge during her husband's deployment was keeping a positive attitude when the news, the political environment, and the people around her focused constantly on the negative. Trying to maintain a positive family environment for 12 months was difficult for her.

Her greatest fear was that she would be a widow at age 34 or 36 and that her children would lose their father. "I was afraid that I had it too good for too long and that something would happen to my best friend."

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**"My greatest hope completely came from my faith in God and my faith that our family was serving a greater purpose that would impact others for years to come. I saw the amazing opportunities my husband had to work with Afghan and Iraqi citizens and to potentially change the view that these countries have of America. I had great hope that lives were touched in eternally significant ways."**

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Amy attributes God as being her greatest source of strength. "I saw many prayers answered very concretely during my husband's deployments. In addition, my church family, neighbors, and family truly took care of me during this time and rallied around us to help provide strength through prayer and immediate support and assistance," she said.

Amy has been very active in the Texas National Guard Family Readiness Program and has volunteered her time as a speaker on many occasions. She is on the Board of the Texas Family Support Foundation and has been involved in a consulting/advising capacity for several years. Most recently, she has been involved with a new outreach program, called *Partners Across Texas*. Amy is married to MAJ Brian Stevens. They and their two sons live in Cedar Park, Texas.