



*"It doesn't matter
how much time you
are home, it matters
that you are present
when you are."*



LT. GEN. XAVIER BRUNSON
& COL. (RET) KIRSTEN BRUNSON

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In this episode, Joe talks to the Brunsons about how they've managed their careers and their family, while both having served in the U.S. Army. LT. GEN. Brunson and Kirsten share lessons on communication, maintaining relationships with children, and emphasize the importance of counseling when couples feel stuck.

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