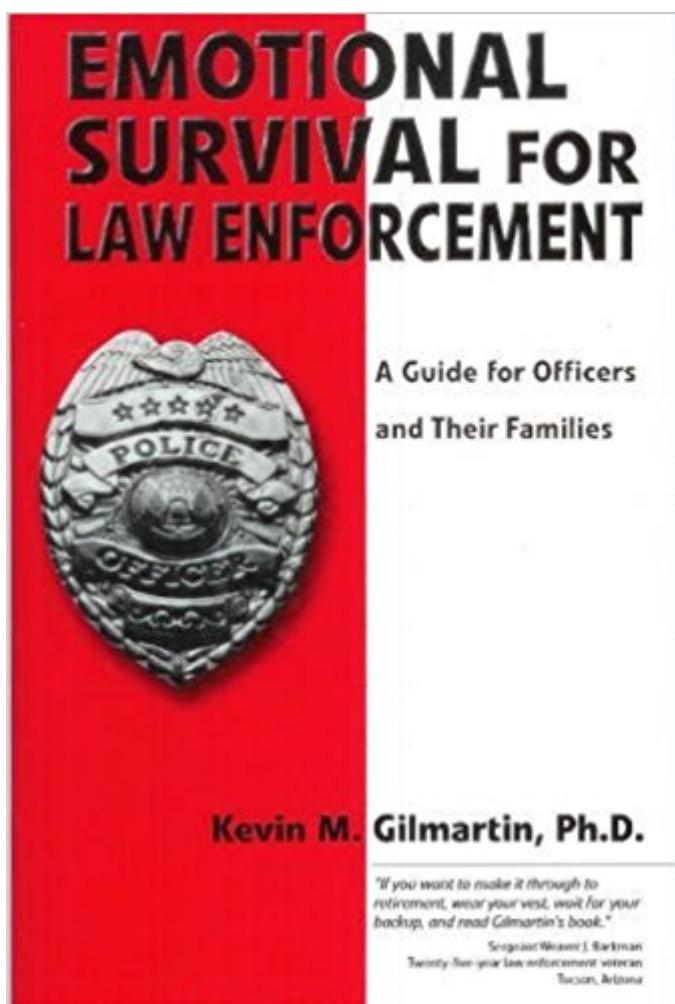


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# Emotional Survival For Law Enforcement: A Guide For Officers And Their Families



## **Synopsis**

Emotional survival for law enforcement: A guide for officers and their families 1st Printing Edition

## **Book Information**

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## **Customer Reviews**

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Another Must Read! If this book is not already on the mandatory reading list for every officer in training, it should be! My husband and I heard about it in a chaplaincy school we attended and ordered it. I'm so glad I did because it really helps us to understand the unique challenges police officers and other first responders face. My nephew in Germany just started police school and I will give him this book. I believe this can save officers lives, careers and marriages. Knowing and understanding the dynamics that are clearly described in this book can be like a bullet proof vest for the emotional part of their being. The wisdom shared in this book is a mighty tool for every law enforcement officer.

Incredible book! I highly recommend it to anyone and everyone in law enforcement and also to their families and friends. Gilmartin's career is astounding, the information he gathered is great, and the way he writes makes it easy and enjoyable for anyone to read which is a feat indeed! Outstanding.

Great book, wish they'd given this to all academy recruits. See Dr. Gilmartin in person if you're ever given the opportunity.

This should be "Mandatory" reading material for every Police Officer/Sherriff Deputy/Correctional Officer, etc. while they're in their respective training Academies. It will not only save themselves from getting "fired," or "divorced," but should ensure that they make it to their "retirement" alive.

This book is a must have for all law enforcement and families. No matter how far in your career you are. Best to read for those whom are new LEOs. But if your LEO has been doing this job for years it really helps families understand the hypervigilance dump when they get home and why they become jaded.

This book is AMAZING!! It should be a mandatory read for all academy students, their spouse, and their family. Everyone in the law enforcement community needs to read this book...and reread it a few times a year for their entire career. Buy a few copies!

Great book for LEO. Provides insight for officers and their family/friends. The details are accurate on so many levels and the advice will keep families in tact for the long haul. As an LEO for a decade now I know putting family and work in perspective simultaneously requires a balancing act like none other. This great read is designed for the go-getter. Buy it, read it, practice it.

This book is great for anyone who wants to get into the field of law enforcement, or any family members of law enforcement. I am artily pursing a career in policing and this book has left me more prepared for the field. This book talks a lot about the emotional troubles that come along with the field and what you can do to combat them. This book would be good for a cop to read because it would help them combat the common problems, likewise I think it would be good for families to read because it will help them understand their law enforcement family member.

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