

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

A forty day devotional for wives of law enforcement with wisdom and insight from the author, a police wife.

Armor Your Self (TM) is about "Saving the Lives of the People Who Save Lives" This book is for all law enforcement professionals and other first responders. Police work is the most toxic job on the planet, and if the members of the law enforcement community don't take measures to protect themselves, this job will eat them up! If law enforcement officers did a true threat assessment of their careers, they would realize that the real dangers lie not with the bad guys, but within the stresses of the job. High rates of suicide, depression, alcoholism, domestic violence, PTSD, heart attack and cancer are the real cop killers. Armor Your Self (TM) How To Survive A Career In Law Enforcement helps law enforcement professionals armor themselves physically, mentally, emotionally and spiritually. This book is also for law enforcement family members to use to learn how to help your family survive this career as well. In this book you will learn about: - Blue Trauma Syndrome - The 7 Key Factors of Tactical Resilience (TM) - Comprehensive Survival Skills to Save Your Life and Your Health - Critical Concepts for Stress Reduction - How to Armor Your Agency (TM) - The Concept of True Blue Valor (TM) This book is filled with practical exercises, tactics and techniques to help you build your resilience intentionally! Many people who serve, and who have served, in law enforcement bear the scars of the cumulative stresses that accompany the career. The Law Enforcement Survival Institute

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

(LESI) and CopsAlive.com work tirelessly to assemble strategies, tactics and best practices to help anyone working in this profession successfully survive their career. LESI and CopsAlive.com work with agencies and families to create environments that support healthy, happy and effective law enforcement professionals both on the job and at home.

There's no doubt that law enforcement comes with its immense stress. Sometimes it feels like our world is nothing but chaos; chaos at home due to stressors at work, chaos at work due to the stressors at home, but mainly the chaos we make for ourselves from unnecessary, falsely perceived stress. But what if you could control all that by simply adopting the virtues of the stoic philosophy? Stoicism teaches how to find inner peace amid the chaos of our perceived external world. With a mixture of stoic aphorisms and personal stories, *The Stoic Cop* explains how it is possible to handle the daily stress and chaos of law enforcement with a little mind control. Learn to bridge the gap between police and citizen relationships, deal with difficult people, navigate department politics, and more. Learn to control your perceptions, opinions, and emotions and become a better, more virtuous police officer. Most importantly, control your perceived chaos.

*Power: Police Officer Wellness, Ethics, and Resilience* collectively presents the numerous psychic wounds experienced by peace officers in the line of duty, including compassion fatigue, moral injury, PTSD, operational stress injury, organizational and operational stress, and loss. Authors describe the negative repercussions of these psychic wounds in law enforcement decision-making, job performance, job satisfaction, and families. The book encompasses evidence-based strategies to assist law enforcement agencies in developing policy programs to promote wellness for their personnel. The evidence-based techniques

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

presented allow officers to get a more tangible and better understanding of the techniques so that they apply those techniques when on and off-duty. With forewords authored by Dr. John Violanti (Distinguished Police Research Professor) and Dr. Tracie Keese, Vice President of the Center of Policing Equity, this book is an excellent resource for police professionals, police wellness coordinators, early career researchers, mental health professionals who provide services to law enforcement officers and their families, and graduate students in psychology, forensic psychology, and criminal justice. Platinum Award Winner 2019, Homeland Security Awards - American Security Today Provides reader with evidence-based strategies to promote officer wellness Covers compassion fatigue, moral injury, PTSD, operational stress, and more Written by established scholars and professionals from a law enforcement context

The police fight a different kind of war, and the enemy is the police officer's own civilian population: those who engage in crime, social indignity, and inhumane treatment of others. The result for the police officer is both physical and psychological battering, occasionally culminating in the officer sacrificing his or her life to protect others. This book focuses on the psychological impact of police civilian combat. During a police career, the men and women of police agencies are exposed to distressing events that go far beyond the experience of the ordinary citizen, and there is an increased need today to help police officers deal with these traumatic experiences. As police work becomes increasingly complex, this need will grow. Mental health and other professionals need to be made aware of the conditions and precipitants of trauma stress among the police. The goal of this book is to provide that important information. The book's perspective is based on the idea that trauma stress is a product of complex interaction of person, place, situation, support mechanisms, and

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

interventions. To effectively communicate this to the reader, new conceptual and methodological considerations, essays on special groups in policing, and innovative ideas on recovery and treatment of trauma are presented. This information can be used to prevent or minimize trauma stress and to help in establishing improved support and therapeutic measures for police officers. Contributions in the book are from professionals who work with police officers, and in some cases those who are or have been police officers, to provide the reader with different perspectives. Chapters are grouped into three sections: conceptual and methodological issues, special police groups, and recovery and treatment. The book concludes with a discussion of issues and identifies future directions for conceptualization, assessment, intervention, and effective treatment of psychological trauma in policing.

What's it like to have the legal sanction to shoot and kill? This compelling and often startling book answers this, and many other questions about the oft-times violent world inhabited by our nation's police officers. Written by a cop-turned university professor who interviewed scores of officers who have shot people in the course of their duties, *Into the Kill Zone* presents firsthand accounts of the role that deadly force plays in American police work. This brilliantly written book tells how novice officers are trained to think about and use the power they have over life and death, explains how cops live with the awesome responsibility that comes from the barrels of their guns, reports how officers often hold their fire when they clearly could have shot, presents hair-raising accounts of what it's like to be involved in shoot-outs, and details how shooting someone affects officers who pull the trigger. From academy training to post-shooting reactions, this book tells the compelling story of the role that extreme violence plays in the lives of America's cops.

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

There is no question that more police officers die from suicide than those killed in the line of duty. The suicide and attempted suicide of police officers is a mental health concern that has been neglected for far too long. *Police Suicide: Is Police Culture Killing Our Officers?* provides realistic insight into the life of a police officer through a police officer's eyes. Presenting invaluable lessons learned by a Chicago police officer with more than 20 years of experience, it supplies detailed accounts of what an officer goes through to survive on the streets, as well what he or she gives up in return. A must-read for every new recruit and anyone currently working in law enforcement, this book addresses the critical issues involved with an occupation in policing. Providing comprehensive coverage of the subject, it includes coverage of police culture, stress and burnout, personal issues, emotional survival, suicide prevention, risk factors, and PTSD. The book is practical enough for line officers and has enough theory for an academic course on police stress and suicide. We need to do a better job of preparing police for this stress and a better job caring for our officers throughout their careers. If we do so, we will have better police officers and we will be better served as a society. This book is a primer in that direction. From problems on the street and administrative struggles to personal and family matters, this book provides readers with proven methods for coping with the emotional and physical issues police officers face each day while on the street and at home. Nightmares, flashbacks, anger, concentration problems, emotional detachment, avoidance of people and places... These are some of the signs of PTSD. As many as one in three cops may suffer from PTSD, a condition that could lead to depression, suicidal thoughts, addictions, eating disorders, as well as job and family conflict. *CopShock* prepares police officers for the aftermath of horrific trauma, helps families understand PTSD's effect on their loved ones, tells

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

true stories of officers-men and women-with PTSD, and offers over 200 support sources. In the second edition of this much praised book on police trauma survival, almost 50 percent of CopShock has been expanded, revised or updated with new material, including self-tests for PTSD, Panic Disorder, and Depression. Law enforcement officers throughout the United States, Canada and 8 other countries have used this book in their peer support programs, police academies, and post-trauma units. Therapists recommend it to their patients, and many law enforcement college programs include it in their curricula. Since the publication of CopShock's first edition in 1999, the book has been reviewed and praised around the world. The A&E Television Network produced a documentary based on CopShock that is shown today in police academies, colleges, and peer support groups. In this new second edition, and in the aftermath of 9/11, the war on terror, and the consequences from natural disasters like hurricane Katrina, CopShock will help many more police officers, firefighters, first responders, and war veterans cope with the damaging effects of PTSD.

Drawing on cases, Stark identifies the problems with our current approach to domestic violence, outlines the components of coercive control, and then uses this alternate framework to analyse the cases of battered women charged with criminal offenses directed at their abusers.

Increasing Resilience in Police and Emergency Personnel illuminates the psychological, emotional, behavioral, and spiritual impact of police work on police officers, administrators, emergency communicators, and their families. Author Stephanie Conn, a clinician and researcher as well as a former police officer and

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

dispatcher, debunks myths about weakness and offers practical strategies in plain language for police employees and their families struggling with traumatic stress and burnout. Sections of each chapter also offer guidance for frequently overlooked roles such as police administrators and civilian police employees. Using real-world anecdotes and exercises, this book provides strengths-based guidance to help navigate the many complex and sometimes difficult effects of police and emergency work.

In recent years, law enforcement has suffered a number of tactical fiascos. Officers and agencies have been the subject of civil and criminal sanctions, public confidence has deteriorated and lives have been lost. Unlike most tactical books, which teach tactics as a "skill set," this book emphasizes an intuitive application of fundamental principles. These principles have evolved over centuries of tactical operations and form a body of "sound doctrine." Heal not only presents a distillation of the more than ninety tactical texts, but provides an insightful and compelling call for rethinking tactics of law enforcement. Assuming no prior experience or understanding of tactical matters, Heal draws from everyday life such as competitive games, driving, or planning a vacation to show how to reconceptualize a difficult situation. Because of the fundamental concepts Heal explores apply to all types of emergencies, Sound Doctrine is suitable for not only law enforcement, but firefighters, private security, and other emergency responders. In a cop's world it's kill or be killed, but the truth of the matter is that a shooting's aftermath is often the most dangerous time for the cop. This unique life- and career-

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

saving manual contains every shred of critical information the police officer needs to survive the media, investigations and more.

Police families are brave, resilient, and proud--and they face remarkable challenges, sometimes on a daily basis. Now thoroughly updated for today's turbulent times, this is the resource that cops and their loved ones have relied on for decades. Trusted expert Ellen Kirschman gives you practical ways to manage the stress of the job and create a healthy, supportive home environment. The third edition features the latest information, new stories from police families, two new chapters, and fully updated resources. Dr. Kirschman acknowledges the tough realities of life on the force and offers frank, realistic suggestions for handling everyday relationship dilemmas as well as serious issues like trauma, domestic violence, and alcohol abuse. Whether you read this book cover to cover or reach for it when problems arise, you will find no-nonsense guidance to help your family thrive. Mental health professionals, see also *Counseling Cops: What Clinicians Need to Know*, by Ellen Kirschman, Mark Kamena, and Joel Fay.

Grounded in clinical research, extensive experience, and deep familiarity with police culture, this book offers highly practical guidance for psychotherapists and counselors. The authors vividly depict the pressures and challenges of police work and explain the impact that line-of-duty issues can have on officers and their loved ones. Numerous concrete examples and tips show how to build rapport with cops, use a range of effective intervention strategies, and avoid common missteps and misconceptions.

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

Approaches to working with frequently encountered clinical problems--such as substance abuse, depression, trauma, and marital conflict--are discussed in detail. A new preface in the paperback and e-book editions highlights the book's relevance in the context of current events and concerns about police-community relations. See also Kirschman's related self-help guide *I Love a Cop, Third Edition: What Police Families Need to Know*, an ideal recommendation for clients and their family members.

*Arresting Communication: The Academy Edition* was written by Lt. Jim Glennon a 30 year law enforcement veteran who also taught at a Police Academy for 12 years. The book can be used by academies as a blueprint for training as well as by recruit officers looking for the tools necessary to communicate effectively during any type of interaction. It includes subjects such as: body language, proxemics, detecting deception, how to get confessions, developing rapport, avoiding citizen complaints, and understanding the fundamental needs of the Human Animal. In addition, the book advises those entering the profession on how to make it through the Academy as well as the subsequent Probation Period that follows graduation and employment.

In "*Outside the Wire in Blue*," co-authors and American police officers, David Shearman and James

If you are a police officer, firefighter, EMT, ER nurse, or soldier, or you love one . . . This book can save your life Suicide, depression, anxiety, post-traumatic stress disorder (PTSD), substance abuse, and many more emotional and stress-

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

related problems plague the first-responder community. Hundreds of thousands of these brave public servants have unwittingly become victims of the professions they once loved. However, the suffering that results from a professional life of sacrifice and service can be prevented and mitigated. As a law-enforcement veteran, police captain Dan Willis has witnessed the damage of emotional trauma and has made it his personal mission to safeguard and enhance the wellness and wholeness of police officers, firefighters, EMTs, emergency-room personnel, and soldiers. Bulletproof Spirit offers field-tested expertise designed to be used by all first responders — and their families — to heal themselves and continue serving with compassion and strength.

A decade ago Brian Cahill became the victim of the greatest tragedy any parent can endure with the loss of his firstborn son, a veteran police officer in the aftermath of a painful divorce, to suicide. Far from the carefree retirement he had envisioned, the devastated father faced a journey back from the brink of utter despair. As the author of numerous opinion pieces and essays on religion, the lifelong Catholic was familiar with the concept that the cross is followed by the resurrection, and that from death comes new life. In the devastating years following his beloved son's suicide, the abstract became very real. Cahill's work volunteering with two different groups--cops and cons--saved him, allowing him

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

to eventually experience a measure of grace. The unlikely combination of working with SFPD officers on suicide prevention and leading a spirituality group for San Quentin lifers brought him enough of a sense of peace and acceptance to truly want to continue living.

The author, a veteran police officer and training instructor, explores cases of police fatalities to determine the most common contributory procedural errors. Brooks calls these 'the deadly errors'. They are failure to maintain proficiency and care of equipment, improper search and use of handcuffs, failure to position oneself properly, and failure to watch suspects' hands. Failure to remain alert and awake, failure to wait for assistance, and preoccupation and apathy are also common dangers.

Sgt. Eric Weaver (Ret.) lives with mental illness and struggled with the issue of suicide on numerous occasions, including multiple hospitalizations, while serving as a police sergeant, pastor, and training consultant. Now he is a nationally recognized expert, speaker, instructor, and advocate on law enforcement mental health issues, including officer wellness and Crisis Intervention Team training. In *Overcoming the Darkness*, he gives a raw accounting of his own experiences coupled with knowledge and pragmatic advice gained from 20 years of instructing literally thousands in law enforcement about mental illness, cumulative stress,

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

trauma, substance use, PTSD, and suicide. As he explains: "I wrote this book for my fellow colleagues in all walks of law enforcement, from patrol to corrections, as well as for their loved ones. These are the people who keep our world safe and often pay a high price for fulfilling their duty. We often think of that price in terms of physical loss, but what has been very clear to me over the years is that the price is equally steep, if not even more so, both mentally and emotionally." From the Back Cover: In this second edition of *Police Suicide: Epidemic in Blue*, the author brings together "old and new" information on police suicide and he introduces some promising findings. In doing so, he clarifies some issues and provides a source of information for police officers, administrators, and academic researchers. In this lucidly written book of ten chapters, Doctor Violanti discusses the classical studies in suicide, the accuracy and validity of police suicide rates, probable precipitating factors associated with police suicide, the impact of retirement, the idea of "suicide by suspect", the antecedents of murder-suicide, the plight of survivors of police suicide, and information and suggestions for police suicide prevention. Also discussed is the relationship between suicide and the reluctance of police officers to seek professional help. Suggestions are made for police suicide prevention that includes intervention programs and suicide awareness training. The author stresses that the first and most important step in

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

preventing suicide is to recognize the problem. It is hoped that this new edition will provide an additional resource to help prevent these deaths.

The book that could save a police officer's life, career and the life of the citizens officers encounter on the job. The "Bible of Law Enforcement Training" is what the 1980 first edition of Street Survival was considered throughout the profession. Street Survival II: Tactics for Deadly Force Encounters, written by Lt. Jim Glennon, Lt. Dan Marcou with the original author Chuck Remsberg, has a new, sleek, modern look. While paying homage to the original, the update includes more than 200 colored photos and diagrams and delves into the profession's many changes over the past three decades. It includes tactics, effective street communication, detecting preattack indicators, public expectations, the issue of Guardian and Warrior roles, and especially preparing for the realities of force events.

Law enforcement officers serve the public by performing a broad range of activities that range from passive surveillance and investigative work to the dynamic arrest situations that can quickly become violent and life threatening. Our justice system permits the use of force only when necessary, and limits its use to specifically defined situations. Thus, an officer's survival depends upon his/her ability to quickly assess a situation and respond with an appropriate level

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

of force. With legal guidelines in place governing the "use of force," it may appear to be a simple process for an officer to determine the appropriate response for a particular situation; but it is not. The decision-making environment for law enforcement officers commonly includes a component that has tremendous impact on the outcome of the factor of stress. Critical decisions often have to be made quickly to save a life or prevent further harm. Clear, rational thinking in a life-threatening, time-urgent situation is vital to officer survival. All too often, however, the rational thought process must compete against the rush of adrenaline and a professional desire to apprehend the suspect - sometimes at too high a cost.

A Marriage in Progress - Tactical Support for Law Enforcement Relationships is the law enforcement training manual for off-duty life. Written specifically to and for officers, Victoria looks at relationships through principles and examples of police training and culture. It includes positive perspectives, real stories, encouragement, practical tools, and personal examples for how to improve your personal life as a member of law enforcement. What officers say about A Marriage in Progress: "This book covers more ground than anything available today." - Oklahoma "Knocks it out of the park!" - California "An unparalleled tool" - Tennessee "She tells it like it is and doesn't pull punches" - Texas "Takes us to

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

a place where we can walk it through" - California "Nuggets of pure gold wisdom in a down-to-earth, true-to-life, completely genuine way" - Virginia "Relevant, relational and resourceful" - Georgia "It could save not only marriages, but lives" - Pennsylvania "One of the best police family resource books I've ever read!"

National Police Wives Association Author and speaker Victoria M. Newman has over 27 years of marriage with her Chief of the California Highway Patrol, fifteen years of experience supporting spouses in family-related problems, and has compiled information from over 1,000 law enforcement families for this work.

The Price They Pay will attempt to return to the modern police officer something they have been lacking for a long time - humanity. It will tell the story of the mother and child who lost their husband and father to a hit and run, all because a 21-year-old driver was afraid the officer would stop him and find marijuana in his car. Meet the man who has attempted suicide and is entering an inpatient treatment center for his PTSD, the man who stood two feet from his partner when he died from a gunshot wound to the head, the man confined to a hospital for the past year and a wheelchair for the rest of his life, and other officers whose stories continue after the media coverage ends. Enter their homes, their hearts, and their minds to see what they really experience. Learn how their departments, benefits, friends, and families have failed them. Find out what it's really like to walk the path of an emotionally or physically injured officer and why the belief that every officer is supported and cared for through the thin blue line is a fallacy. Like Hearts Beneath the Badge the proceeds of this book will benefit law enforcement

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

charities.

This book is designed to provide spiritual fortification for officers who are faced with a barrage of experiences in the course of their careers which challenge their most deeply held personal beliefs. It comes with exercises, tools, and insights to restore inner peace and clarity.

Peopled by larger-than-life heroes and villains, charged with towering questions of good and evil, *Atlas Shrugged* is Ayn Rand's magnum opus: a philosophical revolution told in the form of an action thriller—nominated as one of America's best-loved novels by PBS's *The Great American Read*. Who is John Galt? When he says that he will stop the motor of the world, is he a destroyer or a liberator? Why does he have to fight his battles not against his enemies but against those who need him most? Why does he fight his hardest battle against the woman he loves? You will know the answer to these questions when you discover the reason behind the baffling events that play havoc with the lives of the amazing men and women in this book. You will discover why a productive genius becomes a worthless playboy...why a great steel industrialist is working for his own destruction...why a composer gives up his career on the night of his triumph...why a beautiful woman who runs a transcontinental railroad falls in love with the man she has sworn to kill. *Atlas Shrugged*, a modern classic and Rand's most extensive statement of Objectivism—her groundbreaking philosophy—offers the reader the spectacle of human greatness, depicted with all the poetry and power of one of the twentieth century's leading artists.

This book is designed to help law enforcement professionals overcome the internal assaults they experience both personally and organizationally over the course of their careers. These assaults can transform idealistic and committed officers into angry, cynical individuals, leading

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

to significant problems in both their personal and professional lives.

In *Force Under Pressure*, Dr. Lawrence Blum, who has devoted his life's work to the survival and wellness of "those who serve," describes the sources of danger, injuries, and victory to police officers in a down-to-earth, readable style. Blum argues that there are missing ingredients in the training and socialization of police officers. These ingredients include techniques and tools to condition the officer's decision-making and concentration during conditions of emergency; internal controls necessary to maintain the will to survive; and aids that will prevent officers being defeated by any threat. Distressing and/or disturbing physical and psychological reactions are common in a police officer's workday, and the officer must be prepared for them. Blum's work has uncovered many of the causes of compromise to officer safety and wellness, and he contends that police officers will be well prepared to cope with unanticipated or rapidly changing encounters if they possess the right tools and the know-how to command and control field encounters and life's pressures. Here Blum provides practical tools for survival in law enforcement, by combining his clinical knowledge with true stories of police officers for an attention-grabbing and informative book."

"Supporting life behind the thin blue line."

Case studies of economically disadvantaged children and their labor in different Indian industries.

Dexter heeded Abraham Lincoln's call by joining Company K in Elmira, New York on April 26, 1861. After his two years were up, he enjoyed a distinguished career as a lawyer. His journal and letters, which are carried on until late 1864, provide a keen view of the war, capturing the emotions of the men in the field and the camaraderie of Company K. The saga of Company K

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

is similar to other divisions, regiments and companies that served in the 1860s. It is filled with heartbreak, tragedy, and humor. Annotation copyrighted by Book News, Inc., Portland, OR Suicide, depression, anxiety, post-traumatic stress disorder (PTSD), substance abuse, and many more emotional and stress-related problems plague the first-responder community. Hundreds of thousands of these brave public servants have unwittingly become victims of the professions they once loved. However, the suffering that results from a professional life of sacrifice and service can be prevented and mitigated. As a thirty-year law-enforcement veteran, retired police captain, and police academy instructor, Dan Willis has witnessed the damage of emotional trauma and has made it his personal mission to safeguard and enhance the wellness and wholeness of police officers, firefighters, EMTs, emergency-room personnel, and soldiers. Bulletproof Spirit offers field-tested expertise designed to be used by all first responders — and their families — to heal themselves and continue serving with compassion and strength.

This book deals with positive tactics officers can employ on the street to effectively use their own firearms to defeat those of assailants. It is devoted exclusively to understanding and mastering techniques that work for survival in real life situations. Unfortunately, most of the current literature on so-called 'combat shooting' explores what works against paper targets. Few street-wise

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

experts or truly contemporary articles have emerged on street survival, although deadly assaults on the police continue to occur year after year. This book can help make you survival sensitive. The techniques it emphasizes are designed to affect the way you prepare, plan and react, to keep you alive in real situations. They are not hypotheses, but proven procedures, based on the insights of officers who have experienced gun battles and survived and on the lessons left behind by those who have died.

Will police work change the person you love? Are police marriages destined to fail? What are the chances of your loved one being killed in the line of duty? Separating fact from myth, Dr. Ellen Kirschman answers these and other critical questions in the first comprehensive self-help book created specifically for today's police families. In information-filled chapters, readers will go behind the scenes with other police families as they discuss the benefits and pitfalls of police work; learn how to manage the effects of organizational stress and the pressures of unpredictable schedules, long hours and loneliness; gain awareness of the emotional, physical, and behavioral warning signs which can lead to such extreme situations as posttraumatic stress, alcoholism, suicide and domestic violence; find out where families can go for help and counseling; and get an inside look at cop couples and the special challenges facing women, minorities,

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

and gays and lesbians on the force.

Hope for Today Strength for Tomorrow When your husband is a police officer, you experience a unique set of challenges and fears that others may not understand. Rest assured that you can still find peace and joy every day with God by your side. Proud Police Wife is the perfect resource for any police wife or future wife in need of hope, encouragement, comfort, and strength. Each devotion includes · applicable Scriptures, · relatable stories, · empowering action steps, and · uplifting prayers. Strengthen your relationship with God and gain confidence in your role as the heart behind the badge. Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord. Psalm 27:14 NLT A Police Officer's calling in life is to serve and protect, and he would willingly lay down his life for all. If he would do that for a stranger, imagine all that he would do for his wife. Our law enforcement husbands are our heroes, we love them dearly and we wouldn't trade them for the world, but being a Law Enforcement Officer's wife comes with its own set of challenges. Law enforcement wives from across North America share communal advice, wisdom, experience, insight and laughter with fellow LEO wives. We offer a peek into our world, "the heart of the badge," to our husbands, families, friends and neighbors. \*\*\* To further the mission of the book, author proceeds are donated to police related charities

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

[Copyright: aa8d9f5541e7bfc350b4432dcb13a6a5](#)