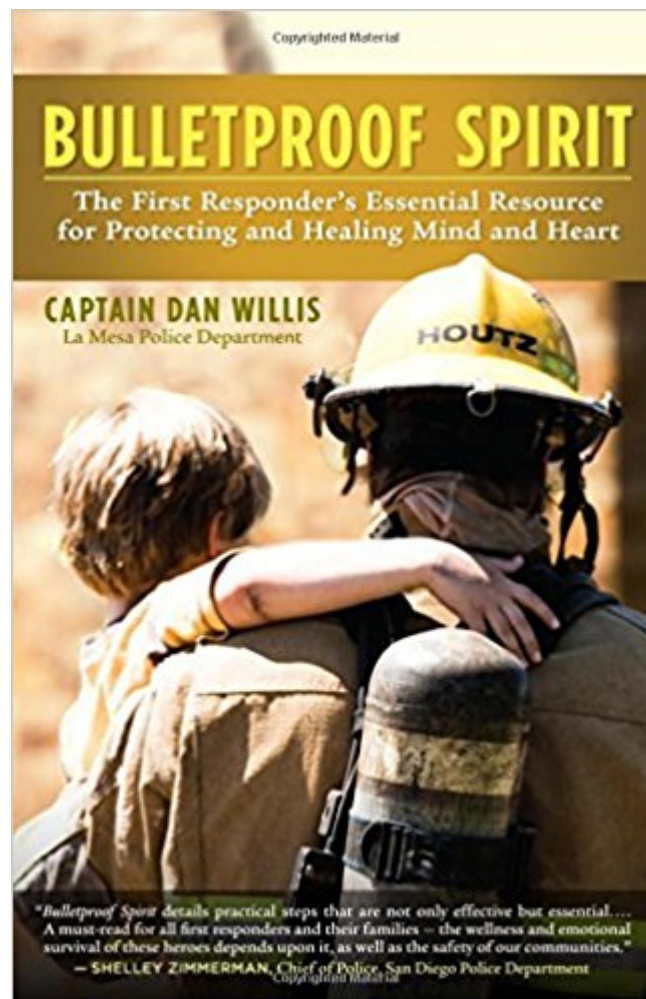


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Bulletproof Spirit: The First Responder's Essential Resource For Protecting And Healing Mind And Heart



Synopsis

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-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.

Book Information

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Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (19 customer reviews)

Best Sellers Rank: #142,340 in Books (See Top 100 in Books) #81 inÂ Books > Self-Help > Anger Management #155 inÂ Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #201 inÂ Books > Health, Fitness & Dieting > Mental Health > Depression

Customer Reviews

Borrowing heavily from the themes in Gil Martin's "Emotional Survival," *Bulletproof Spirit* is well written and laid out, particularly in the important areas of warning signs of emotional distress, the signs and symptoms of posttraumatic stress disorder (PTSD) and the efficacy of peer support programs. The limitations of peer support programs, particularly when it comes to "confidentiality," are explained well. The text is punctuated with excellent stories of critical incident trauma survivors, although the book unfortunately makes only brief reference to "cumulative" trauma among first responders. The dangers and types of maladaptive coping techniques are clearly laid out.

Considerable emphasis is placed on an interesting program called "Beyond Survival Toward Officer Wellness" (or BeSTOW), an FBI program endorsed by the International Association of Chiefs of Police and which serves as an example of planning for a departmental wellness program, including peer support, an employee assistance program, a chaplaincy program and physical fitness standards. The book endorses the "Mitchell Model" of critical incident stress debriefing, a topic that is now under considerable debate--some maintain that more harm than good is done to the potentially traumatized victim. Of particular interest in *Bulletproof Spirit*, however, is its encouragement of annual "mental health checkups," by which an officer seeks out and visits a therapist once a year to review the past year, see what has worked and what hasn't, and plan for the next year. This is, perhaps, the most significant part of the book and is crucial to first responders in these critical times. Waiting until one actually "needs help" is simply too late.

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