

Bulletproof Spirit: The First Responder s Essential Resource for Protecting and Healing Mind and Heart (Paperback)



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Reviews

This book is very gripping and fascinating. Yes, it is play, nonetheless an interesting and amazing literature. I found out this ebook from my dad and i recommended this pdf to discover.
(Lavada Nikolaus)

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NEW WORLD LIBRARY, United States, 2014. Paperback. Book Condition: New. 212 x 138 mm. Language: English . Brand New Book. 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.



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