

Recommended Reading:

Emotional Survival for Law Enforcement -- Kevin M. Gilmartin, Ph.D

I Love a Cop, What Police Families Need to Know -- Ellen Kirschman

The Crazy Lives of Police Wives -- Carolyn Whiting and Carolyn LaRoche

I Love a Firefighter, What the Family Needs to Know -- Ellen Kirschman

Create Your Own Light, Finding Post Traumatic Purpose -- Travis Howze

Because I'm Suitable—Allison Uribe

Cuffs & Coffee—Allison Uribe

Bulletproof Marriage – Adam Davis

On Spiritual Combat – Adam Davis

Behind The Badge, 365 Daily Devotions for Law Enforcement – Adam Davis

Fight For Us – Chad Robichaux and Adam Davis

Broken and Blue: A Policeman's Guide to Health, Hope and Healing -- Chief Scott Silverii, PhD

Mindfulness for Warriors: Empowering First Responders to Reduce Stress and Build Resilience -- Kim Colgrove

The Purpose Driven Life – Rick Warren