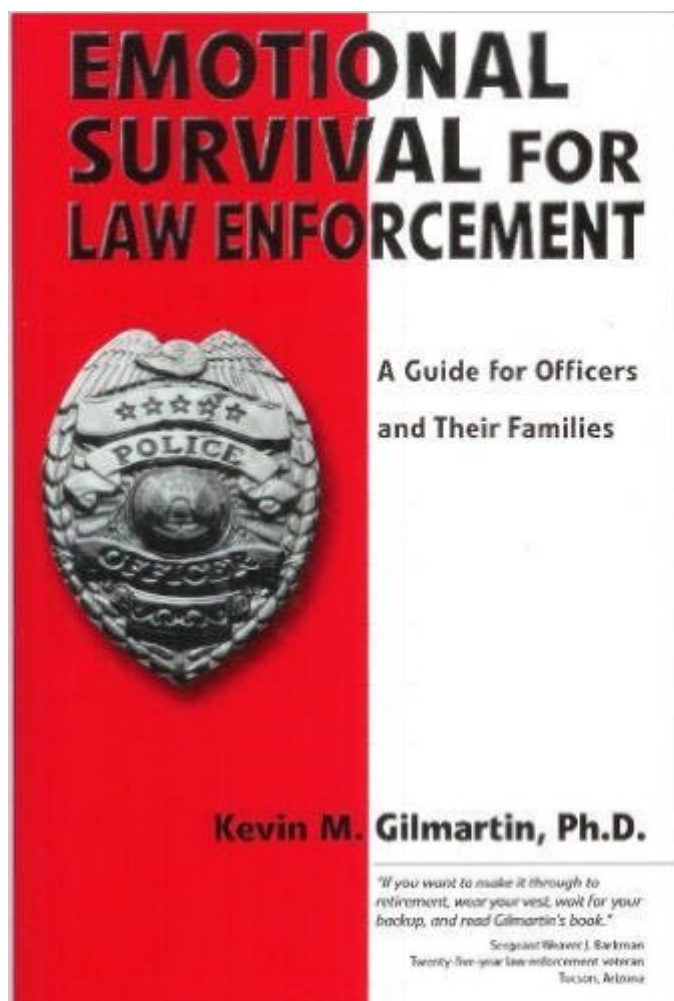


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# Emotional Survival For Law Enforcement: A Guide For Officers And Their Families



## Synopsis

Book by Gilmartin, Kevin M

## Book Information

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## Customer Reviews

I am the wife of a police officer of over 4 years. This book is EXCELLENT. Any new or established officer will benefit greatly from this book. (whether male or female officer.)After my husband (who is an officer) read it, he said that he sees many of these examples in his life and the lives of those with whom he works. Because of this book, he has been able to recognize his deficiencies and is working on improving them. It literally saved our marriage where counseling and other books (marriage ones) could not because the real issues were never discussed: His JOB and what affects hypervigilance has in our life. It is more than just being "overly" aware of your surroundings and it is VERY real for those who are police officers.Anyone who is married (or involved) to an officer knows how stressful it is at times, for him, you and the kids, but there is no reason to be a victim of his job. This book gives practical instruction on how to overcome many of the common symptoms that affect an officer in his career--whether a rookie or a veteran. It is a quick read because it focuses on hypervigilance-the main thing that "changes" a person when they become a cop. Being bitter on the job is not inevitable! There is hope if the officer can recognize the problem.Give this book to all of the officers you know, especially those who are married and NEW to LE work. It can save them years of heartache if they know what to look out for and what to expect.

I have been a member of the California Highway Patrol for 25 years and I developed a presentation that I show to veteran CHP officers and all CHP Cadets during their training, and Dr. Gilmartin's

information is one of the cornerstones of the presentation. The book has spread like a wildfire within the CHP, and is an EXCELLENT book for describing the personality shift that occurs when we chose a career in public safety. I tell the Cadets to get two copies in case they think they won't need to read it because IF they DON'T read it, then when their mate finally gives up and leaves with HALF of everything, they won't have to tear their only copy in two pieces. This is the best book I've ever read about understanding why we changed after becoming cops, and how to live a better life, and still enjoy the job, and more importantly, my family before it was too late. P.S. My wife also LOVED reading the book and NOW she understands why I am the way I am....and that is Great when the other half REALLY understand. The only thing better than the book is seeing Dr. Gilmartin's presentation in person as he is a very busy man giving presentations all over the country at every level of public safety. And to those that think I was paid to write this, you're wrong....but I understand your cynicism since I am from the same mold.

This book handles the issue of how the need of being constantly aware of ones' surroundings can adversely affect the personal life of a police officer. While the book is aimed primarily for police officers, it can be of benefit for people in similar occupations. The information presented is not relevant for an armed citizen, however. While this book is not te definitive book on the adverse effects of continuous hypervigilance, it explains the issue throughly and in logical manner. The author explains in a very illustrative manner how one thing leads to another: How police officer learns to like the "high" of police work, which leads to putting more emphasis on the cop role at the expence of civilian life, which in turn makes the individual more one sided, and therefore more vulnerable, and so on. At the end of the book, the author gives simple instructions on how to became an emotional survival. The text is not too scientific, and the author uses conversational tone through the book. There are also lots of charts and drawings to illustrate the issues handled in the text. Some illustrations are used over and over, but every time there is something new added, to illustrate how things build on top of others. There is lot of humor in the text, and there are numerous case histories used throught the book to further illustrate the issues. And because the book is written in very plain language, it is fast to read. This is a very valuable book for every law enforcement officer to read. If you are interested in officer survival, this book is essential reading.

I heard of this book in Col. Grossman's "On Combat" which I was reading so I could support my military/law enforcement husband before he deploys. This book also helped me to understand what these guys go through, and I was comforted that there was a solution to all the stress and that we

could be proactive about it. My husband has thought about taking it to work and leaving it out for the other guys to pick up. I was surprised that this book is out of print and that it had to be ordered outside. This is an invaluable book, I highly recommend it for families to read together.

This book tops the charts for Law Enforcement must reads in my opinion. I've read several, and while there are several good ones, this one by far is my favorite. Kevin Gilmartin breaks it down exactly how it is, how you can cope as a cop, wife, child, friend, brother and how you as a (in my case a spouse) can support them. He gives you several resources, and also lets you know you're not alone. When I first read the book several years ago it was SUCH a sense of relief that the things my husband was doing, how he was acting, was NORMAL for Law Enforcement, and how me as a wife was able to realize it was the job, not me. Honestly this book saved our marriage. I won't ever get rid of it because I thumb through it from time to time and just get a refresher on things. If you're married to an officer, or have an officer close to you, no question...get and READ this book.

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