

ACCESS WARRIOR MINDSET MENTAL TOUGHNESS SKILLS FOR A NATIONS PEACEKEEPERS

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Warrior Mindset Mental Toughness Skills For A Nations Peacekeepers Introduction

Warrior Mindset

Mental toughness is essential for elite human performance and especially in high stress situations. While mental toughness is a singular value in both military and law enforcement training and missions, too often, there is a disconnect between talking about and actually training it. Warrior MindSet defines mental toughness and describes its critical need and function in the face of the performance degrading effects of combat, mission or response stress. Warrior MindSet provides the psychological skills that comprise mental toughness to optimize performance, success, safety and survival in the field. (Amazon)

Warrior Mindset

If you constantly wake up tired and stressed and you feel like life is very hard, this guide will change your mindset and apply it to modern life. This is about knowing what you want and going for it. It's about being tough and it's about not...

On Combat

Looks at the effect of deadly battle on the body and mind and offers new research findings to help prevent lasting adverse effects.

Promoting Psychological Resilience in the U.S. Military

As U.S. service members deploy for extended periods on a repeated basis, their ability to cope with the stress of deployment may be challenged. Many programs are available to encourage and support psychological resilience among service members and families. However, little is known about these programs' effectiveness. This report reviews resilience literature and programs to identify evidence-informed factors for promoting resilience.

Albion's Seed

This fascinating book is the first volume in a projected cultural history of the United States, from the earliest English settlements to our own time. It is a history of American folkways as they have changed through time, and it argues a thesis about the importance for the United States of having been British in its cultural origins. While most people in the United States today have no British ancestors, they have assimilated regional cultures which were created by British colonists, even while preserving ethnic identities at the same time. In this sense, nearly all Americans are \"Albion's Seed,\" no matter what their ethnicity may be. The concluding

section of this remarkable book explores the ways that regional cultures have continued to dominate national politics from 1789 to 1988, and still help to shape attitudes toward education, government, gender, and violence, on which differences between American regions are greater than between European nations.

Rommel and His Art of War

Rommel himself, one of the most successful and well-known commanders of World War II, writes about his views on the philosophy of warfare, battles, leaders, and the progress of both World Wars. A complete picture of how a military genius grappled with the actuality of war is presented through Rommel's accounts of his experiences.

Ira Aldridge

Volume 1 of this first thorough biography of Ira Aldridge, African American actor, covering the first 26 years of his life and career.

In Defense of Self and Others--

From the Publisher: In Defense of Self and Others-is one of the few books addressing the use of deadly force by law enforcement officers, and it is the first to do so comprehensively. It thoroughly and objectively examines and explains the law governing the use of deadly force and the physical realities of these critical, dangerous incidents. The text is comprehensively documented, footnoted and interspersed with clear examples and explanatory asides.

How Spies Think

LONGLISTED FOR THE ORWELL PRIZE FOR POLITICAL WRITING 2021 'One of the best books ever written about intelligence analysis and its long-term lessons' Christopher Andrew, author of *The Defence of the Realm: The Authorized History of MI5* 'An invaluable guide to avoiding self-deception and fake news' Melanie Phillips, *The Times* From the former director of GCHQ, Professor Sir David Omand, learn the methodology used by British intelligence agencies to reach judgements, establish the right level of confidence and act decisively. Full of revealing examples from a storied career, including key briefings with Prime Ministers and strategies used in conflicts from the Cold War to the present, in *How Spies Think* Professor Omand arms us with the tools to sort fact from fiction, and shows us how to use real intelligence every day.

The Human in Command

This book brings together experienced military leaders and researchers in the human sciences to offer current operational experience and scientific thought on the issue of military command, with the intention of raising awareness of the uniquely human aspects of military command. It includes chapters on the personal experiences of senior commanders, new concepts and treatises on command theory, and empirical findings from experimental studies in the field.

Mental Toughness in Sport

First published in 2011. The pursuit of excellence in sport depends on four key facets of performance, namely physical, technical, tactical and mental skills. However, when physical, technical and tactical skills are evenly matched, a common occurrence at elite level, it is the performer with greater levels of mental toughness that seems to prevail most often. This book brings together the world's leading researchers and practitioners working on mental toughness to discuss this vital ingredient of performance excellence in sport,

to survey the latest research and to present cutting-edge developments in theory and professional practice. It explores key conceptual, methodological and practical issues including: what mental toughness is and is not, how to measure mental toughness in sport, how to develop mental toughness in sport, mental toughness in other human performance settings, from business to coping and life skills. Also highlighting important avenues for future research, *Mental Toughness in Sport* is essential reading for all advanced students, researchers and practitioners with an interest in sport psychology or performance sport.

Making Gender, Making War

Making Gender, Making War is a unique interdisciplinary edited collection which explores the social construction of gender, war-making and peacekeeping. It highlights the institutions and processes involved in the making of gender in terms of both men and women, masculinity and femininity. The "war question for feminism" marks a thematic red thread throughout; it is a call to students and scholars of feminism to take seriously and engage with the task of analyzing war. Contributors analyze how war-making is intertwined with the making of gender in a diversity of empirical case studies, organized around four themes: gender, violence and militarism; how the making of gender is connected to a (re)making of the nation through military practices; UN SCR 1325 and gender mainstreaming in institutional practices; and gender subjectivities in the organization of violence, exploring the notion of violent women and non-violent men.

They Fight Like Soldiers, They Die Like Children

In conflicts around the world, there is an increasingly popular weapon system that needs negligible technology, is simple to sustain, has unlimited versatility, and an incredible capacity for both loyalty and barbarism. What are these cheap, renewable, plentiful, sophisticated, and expendable weapons? Children. This important book is part of a passionate personal mission against the use of child soldiers, by the three-star general who commanded the UN mission in Rwanda. When Romeo Dallaire was tasked with achieving peace there in 1994, he and his force found themselves caught up in a vortex of civil war and genocide. He left Rwanda a broken man, disillusioned, suicidal, a story he told in the award-winning international sensation *Shake Hands with the Devil*. Now, in *They Fight Like Soldiers, They Die Like Children*, Dallaire provides an emotionally daring and intellectually enlightening introduction to the child soldier phenomenon, as well as concrete solutions for its total eradication. Dallaire speaks up for those without a voice - children in conflicts around the globe who do not choose to fight, but who through ill-fate and the accident of birth find their way into soldiering. This is a book that addresses one of the most harrowing, urgent and important issues of our time.

Training at the Speed of Life, Volume One

Armenians; Turkey; history.

The Mission, the Men, and Me

“A book about the complexities of combat that's just as applicable for dealing with the complexities of business and our personal lives.”—Kevin Sharer, chairman and CEO, Amgen As a commander of Delta Force—the most elite counter—terrorist organization in the world—Pete Blaber took part in some of the most dangerous, controversial, and significant military and political events of our time. Now he takes his intimate knowledge of warfare—and the heart, mind, and spirit it takes to win—and moves his focus from the combat zone to civilian life. In this book, you will learn the same lessons he learned, while experiencing what the life of a Delta Force Operator is like—from the extreme physical and psychological training to the darkest of shadow ops all around the world. From each mission, Pete Blaber has taken a life lesson back with him. You will learn these enlightening lessons as you gain insights into never-before-revealed missions executed around the globe. And when the smoke clears, you will emerge wiser, more capable, and better prepared to succeed in life than you ever thought possible.

On Killing

A controversial psychological examination of how soldiers' willingness to kill has been encouraged and exploited to the detriment of contemporary civilian society. Psychologist and US Army Ranger Dave Grossman writes that the vast majority of soldiers are loath to pull the trigger in battle. Unfortunately, modern armies, using Pavlovian and operant conditioning, have developed sophisticated ways of overcoming this instinctive aversion. The mental cost for members of the military, as witnessed by the increase in post-traumatic stress, is devastating. The sociological cost for the rest of us is even worse: Contemporary civilian society, particularly the media, replicates the army's conditioning techniques and, Grossman argues, is responsible for the rising rate of murder and violence, especially among the young. Drawing from interviews, personal accounts, and academic studies, *On Killing* is an important look at the techniques the military uses to overcome the powerful reluctance to kill, of how killing affects the soldier, and of the societal implications of escalating violence.

Imperial Hubris

Though U.S. leaders try to convince the world of their success in fighting al Qaeda, one anonymous member of the U.S. intelligence community would like to inform the public that we are, in fact, losing the war on terror. Further, until U.S. leaders recognize the errant path they have irresponsibly chosen, he says, our enemies will only grow stronger. According to the author, the greatest danger for Americans confronting the Islamist threat is to believe-at the urging of U.S. leaders-that Muslims attack us for what we are and what we think rather than for what we do. Blustering political rhetor.

Male Roles, Masculinities and Violence

This book is based on an expert group meeting entitled 'Male Roles and Masculinities in the Perspective of a Culture of Peace', which was organised by UNESCO in Oslo, Norway in 1997, the first international discussion of the connections between men and masculinity and peace and war. The group consisted of researchers, activists, policy makers and administrators and the aim of the meeting was to formulate practical suggestions for change. Chapters in the book consist of both regional case studies and social science research on the connections of traditional masculinity and patriarchy to violence and peace building. The Culture of Peace initiatives in this book show how violence is ineffective, and the book contests the views in the socialisation of boy-children that aggressiveness, violence and force are an acceptable means of expression.

Understanding Obstacles to Peace

This book describes and analyzes protracted conflicts in the Great Lakes Region of Africa. In doing so, it emphasizes obstacles to peace rather than root causes of conflict. Case studies are presented from Burundi, the Democratic Republic of the Congo, Northern Kenya, Northern Uganda, Southern Sudan, and Zanzibar. Amongst other conclusions, the book shows that, to settle or transform protracted conflicts, distinction must be made between strategic and nonstrategic actors: the former must be able to prevail upon the latter in the negotiation and implementation of peace agreements. The theme and collection of the research presented in this book is unique in the literature. The case studies all employ methods of thick description, or process tracing (following particular actors and their interests), and in-depth personal interviews. The book will be of interest to academics, researchers, undergraduate and post-graduate students, and professionals in conflict theory, analysis and resolution, African and development studies, political science and international affairs, as well as to mediators, negotiators, and facilitators in conflict resolution

(Re)Constructing Memory: School Textbooks and the Imagination of the Nation

This book examines the shifting portrayal of the nation in school textbooks in 14 countries during periods of

rapid political, social, and economic change. Drawing on a range of analytic strategies, the authors examine history and civics textbooks, and the teaching of such texts, along with other prominent curricular materials—children’s readers, a required text penned by the head of state, a holocaust curriculum, etc.. The authors analyze the uses of history and pedagogy in building, reinforcing and/or redefining the nation and state especially in the light of challenges to its legitimacy. The primary focus is on countries in developing or transitional contexts. Issues include the teaching of democratic civics in a multiethnic state with little history of democratic governance; shifts in teaching about the Khmer Rouge in post-conflict Cambodia; children’s readers used to define national space in former republics of the Soviet Union; the development of Holocaust education in a context where citizens were both victims and perpetrators of violence; the creation of a national past in Turkmenistan; and so forth. The case studies are supplemented by commentary, an introduction and conclusion.

US Nation-Building in Afghanistan (Open Access)

Why has the US so dramatically failed in Afghanistan since 2001? Dominant explanations have ignored the bureaucratic divisions and personality conflicts inside the US state. This book rectifies this weakness in commentary on Afghanistan by exploring the significant role of these divisions in the US’s difficulties in the country that meant the battle was virtually lost before it even began. The main objective of the book is to deepen readers understanding of the impact of bureaucratic politics on nation-building in Afghanistan, focusing primarily on the Bush Administration. It rejects the ‘rational actor’ model, according to which the US functions as a coherent, monolithic agent. Instead, internal divisions within the foreign policy bureaucracy are explored, to build up a picture of the internal tensions and contradictions that bedeviled US nation-building efforts. The book also contributes to the vexed issue of whether or not the US should engage in nation-building at all, and if so under what conditions.

Conflict Management and Peacebuilding

The authors examine the utility of the U.S. Government's whole-of-government (WoG) approach for responding to the challenging security demands of operations in Iraq and Afghanistan. They specifically discuss the strategic objectives of interagency cooperation particularly in the areas of peacebuilding and conflict management. Discussions range from the conceptual to the practical, with a focus on the challenges and desirability of interagency cooperation in international interventions. The book shares experiences and expertise on the need for and the future of an American grand strategy in an era characterized by increasingly complex security challenges and shrinking budgets. All authors agree that taking the status quo for granted is a major obstacle to developing a successful grand strategy and that government, military, international and nongovernmental organizations, and the private sector are all called upon to contribute their best talents and efforts to joint global peace and security activities. Included are viewpoints from academia, the military, government agencies, nongovernmental organizations, and industry. Despite the broad range of viewpoints, a number of overarching themes and tentative agreements emerged.

Street Survival II

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.

Kren of the Mitchegai

The Virtual-Reality Mercenaries of A Boy and His Tank Face a New Menace and There's Nothing Virtual About It! First, the involuntary colonists of New Kashubia rescued their planet from crushing debt by becoming virtual-reality mercenaries, then they successfully revolted against the oppressive government of Earth, but now they are menaced by the Mitchegai, a species whose biology has made them inherently evil. The carnivorous adults lay and abandon vast numbers of eggs, some of which grow into vegetarian juveniles, which are the adults' only food supply. Their culture has no family life, they eat only meat, have nothing like sex., and their main pleasures are gambling, art, and killing each other. They are an ancient civilization, millions of years old, with thousands of densely populated star systems in their realm. Lacking an immune system, they must completely sterilize any planet before they colonize it. The region of the galaxy they occupy is rapidly expanding . . . and Human Space is their next frontier! At the publisher's request, this title is sold without DRM (Digital Rights Management). Praise for Leo Frankowski and A Boy and His Tank
"When I teach science fiction, I use Frankowski's books as an example of how to do it right." ¾Gene Wolfe
". . . a literate military adventure laced with political allegory¾and a great deal of fun." ¾Starlog
". . . the action is gripping, and there are plenty of novel twists and ironic moments." ¾Locus
"A blend of Keith Laumer's Bolos and David Drake's Slammers. . . ." ¾Science Fiction Chronicle

Developing Firefighter Resiliency

Three Key Messages: -- This is important. -- You can do it. -- I won't give up on you. Training ordinary people to do extraordinary things requires an understanding of how we learn. Developing Firefighter Resiliency starts with the basic psychophysical aspects of learning. The fire service has unwittingly used a failure-based training model for many years. Hands-on training exercises are often based on unachievable objectives. Trainers are often not educated about the psychology of adult learning or the effect of stress during learning. Consequently, participants face learning activities with mastery-level skill requirement to succeed when competency has yet to be established. This amounts to a never-ending diet of tests without actual skill development. Accessing knowledge under extreme circumstances cannot be left to chance, because the penalty for failure is severe. This book provides the roadmap for a journey to train, establish relevancy for the lessons, develop competency in the skills, and capitalize on confidence to achieve mastery. We study the impact of a stressful environment on the ability to learn and function.

Global Practices and Training in Applied Sport, Exercise, and Performance Psychology

Global Practices and Training in Applied Sport, Exercise, and Performance Psychology offers case analysis as a vehicle to address issues and experiences in the application of sport, exercise, and performance psychology (SEPP) and the supervision/training of individuals to become professionals in the field. A follow-up to Becoming a Sport, Exercise, and Performance Psychology Professional (2014), this book features a discussion of real-world case examples which highlight various aspects of professional practice as well as supervision and training. Professionals from around the world, including the United States and Canada, Europe, Asia, Africa, and Australia share diverse experiences, providing a uniquely in-depth, global perspective. The case studies contained in the book were selected to provide insight into specific elements of applied practice and supervision/training through a global lens as well as demonstrate the value of incorporating case analysis and reflection into one's training and continued professional development. Case analysis is an essential part of learning and instruction. Beyond educating the reader about theories and research on related topics in the field, case analysis allows for more complex levels of learning, including analysis, synthesis, and evaluation of diverse scenarios. In Part I of this book, the cases focus on applied SEPP practice; Part II is comprised of cases that focus on training and supervision. This book is essential reading for graduate students and neophyte professionals in the field for whom it is critical to learn how to effectively apply knowledge to real-world sport, exercise, and performance psychology scenarios. In addition, the book is a useful resource for seasoned and expert practitioners and supervisors who can use case analysis as a means of continuing their professional development.

The Coming Age of Scarcity

Michael Dobkowski and Isidor Walliman have edited a book that, although ominous, is not a fatalistic look at the future. *The Coming Age of Scarcity* lays out the perils of not recognizing the reality of genocide or of acknowledging the full implications of warfare. Showing how scarcity and surplus populations can lead to disaster, *The Coming Age of Scarcity* is about evil. It tells of "ethnic cleansing" and excavates the world's expanding killing fields. The writers in this volume are all too aware that the future suggests that present-day population growth, land resources, energy consumption, and per capita consumption cannot be sustained without leading to greater catastrophes. The essays in this volume ask: What is the solution in the face of mass death and genocide? As philosopher John K. Roth says in the Foreword, "The essays can sensitize us against despair and indifference because history shows that human-made mass death and genocide are not inevitable, and no events related to them will ever be."

Turning Victory Into Success

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.

Bulletproof Spirit

Creating Spiritual and Psychological Resilience explores the interface between spiritual and psychological care in the context of disaster recovery work, drawing upon recent disasters including but not limited to, the experiences of September 11, 2001. Each of the three sections that make up the book are structured around the cycle of disaster response and focus on the relevant phase of disaster recovery work. In each section, selected topics combining spiritual and mental health factors are examined; when possible, sections are co-written by a spiritual care provider and a mental health care provider with appropriate expertise. Existing interdisciplinary collaborations, creative partnerships, gaps in care, and needed interdisciplinary work are identified and addressed, making this book both a useful reference for theory and an invaluable hands-on resource.

Creating Spiritual and Psychological Resilience

Patrick Morgan's authoritative study revisits the place of deterrence after the Cold War.

Deterrence Now

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.

Bulletproof Spirit, Revised Edition

"French and Australian collaborative research in the humanities and the social sciences in the South Pacific has grown and intensified significantly over the past two decades, beginning with the international symposium *Changing Identities in the Pacific at the Dawn of the Twenty-First Century* held at the Australian Embassy in Paris in 1997 ... In April 2006, another French-government sponsored international symposium, AGORA (Ateliers Gouvernance et Recherche Appliquée) was held at IRD (Institut de Recherche pour le Développement), Noumea, New Caledonia, major themes being governance and economic development, again bringing together Francophone and Anglophone scholars from France and the Pacific region. This was followed in October 2009 by two conjoint Francophone/Anglophone conferences, held at the IRD Centre in Noumea, *Stability, Security and Development in Oceania*, preceded by AGORA-2, an international conference on Anglophone research in the humanities and the social sciences in the Francophone Pacific, sponsored by the French Government and the Government of New Caledonia. The first of these conferences was sponsored by the French Fonds Pacifique and the State, Society and Governance Program at The Australian National University. An edited selection of presentations from this symposium constitutes the present volume."--Preface.

Politics, Development and Security in Oceania

This volume provides a comprehensive examination and analysis of the concepts and issues related to police use of force, particularly the use of deadly force with a firearm, from multi-faceted and international perspectives. It explores innovative training, protocols, policies, tactical options for de-escalation, and recommendations for the restriction of the use of force by law enforcement officers in an effort to reduce the likelihood of injury to police, the public and criminal suspects. Additionally, it outlines tactics for effective crowd control at demonstrations and during riots. This book specifically delineates practical policy implications suggested from highly recognized professionals with extensive experience in policing, training and related research. It is ideal for graduate and upper level undergraduate students, scholars, academics, researchers, government and community leaders, and criminal justice and law enforcement administrators and policy makers.

Police Use of Force

This edited volume explores and evaluates the roles of corruption in post-conflict peacebuilding. The problem of corruption has become increasingly important in war to peace transitions, eroding confidence in new democratic institutions, undermining economic development, diverting scarce public resources, and reducing the delivery of vital social services. Conflict-affected countries offer an ideal environment for pervasive corruption. Their weak administrative institutions and fragile legal and judicial systems mean that they lack the capacity to effectively investigate and punish corrupt behaviour. In addition, the sudden inflow of donor aid into post-conflict countries and the desire of peacebuilding actors (including the UN, the international financial institutions, aid agencies, and non-governmental organisations) to disburse these funds quickly, create incentives and opportunities for corruption. While corruption imposes costs and compromises on peacebuilding efforts, opportunities for exploiting public office can also be used to entice armed groups into signing peace agreements, thus stabilising post-war environments. This book explores the different functions of corruption both conceptually and through the lens of a wide range of case studies. It also examines the impact of key anti-corruption policies on peacebuilding environments. The dynamics that shape the relationship between corruption and the political and economic developments in post-conflict countries are complex. This analysis highlights that fighting corruption is only one of several important peacebuilding objectives, and that due consideration must be given to the specific social and political context in considering how a sustainable peace can be achieved. This book will be of great interest to students of peacekeeping and peacebuilding, criminology, political economy, war and conflict studies, international security and IR.

Cultural Perspectives, Geopolitics, & Energy Security of Eurasia

This book examines the contemporary rise in community violence across the United States and globally from sociological and criminological perspectives. It comprehensively investigates police response to criminal incidents, engagements with criminal suspects, use of force by law enforcement, and crime control measures implemented or recommended to initiate effective crime control measures so that the unwanted rise of violence and serious crime can again be contained. The primary audience for the book will be upper level undergraduate and graduate level students, criminal justice and law enforcement practitioners, government policy makers, community advocates, and researchers in sociology, criminology, homeland security, criminal justice, public administration, and political science.

Corruption and Post-Conflict Peacebuilding

This innovative text, authored by a well-qualified team, offers an applied introduction to the growing subject of sports psychology. It addresses the key challenges facing lecturers and students in the area by comprehensively covering a diverse range of topics, reflecting relevant research, and applying theory to practice. Assuming no prior knowledge of the subject, this accessible book covers the fundamentals of sport psychology and demonstrates how theory can be applied in practice. Each chapter opens with a description of a specific case that is dealt with as the chapter proceeds. The reader is then taken through the background theory, and relevant research and literature, before being presented with a proposed 'solution' to this opening problem.

Understanding and Preventing Community Violence

Den amerikanske hærs første officielle historiske beretning om operationerne i den anden Irakiske Krig, \\\"Operation Iraqi Freedom\\

Solutions in Sport Psychology

The author of the gold-standard essential reading for many law-enforcement agencies and for first responders of every kind now speaks specifically to new recruits called to “protect and serve” in ever more challenging times. If you’re a peace officer (whether in policing, corrections, probation, border patrol, or another public safety field) this book could save your life. Inspired by the author’s award-winning wellness text *Bulletproof Spirit* (required reading at the FBI National Academy), *Police Resilience* is a comprehensive and effective guide to protecting yourself and healing from trauma. Written specifically for training academies, students, and new peace officers, it provides evidence-based, field-tested resilience and wellness strategies as well as firsthand accounts from experienced officers. Includes QR codes to access informative videos featuring veteran officers’ solutions to the real-world challenges of policing.

On Point

Police Resilience

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