



I Love a Cop, Revised Edition: What Police Families Need to Know

By Ellen Kirschman PhD

[Download now](#)

[Read Online](#) 

I Love a Cop, Revised Edition: What Police Families Need to Know By Ellen Kirschman PhD

Nothing worth doing is easy--and that includes loving a cop. Being a member of the law enforcement community is a source of pride for officers and families alike. But long hours, unpredictable shifts, and the crisis-driven nature of the profession can turn life on the home front into an emotional roller coaster. Dr. Ellen Kirschman, a psychologist who's worked with police officers for more than 30 years, gives you practical ways to deal with the challenges that come with the territory. Packed with stories from cops and their significant others, this book explains how to reduce spillover from on-the-job stress and cope with loneliness or worry during extended deployments. Dr. Kirschman acknowledges the tough realities of 21st-century law enforcement and offers frank, realistic suggestions for handling serious issues like alcohol abuse and domestic violence. She also covers special topics for women and minorities on the force. Whether you read it from cover to cover or reach for it when problems arise, *I Love a Cop* is an indispensable tool that everyone in your family can depend on.

Mental health professionals, see also *Counseling Cops: What Clinicians Need to Know*, by Ellen Kirschman, Mark Kamena, and Joel Fay.

 [Download I Love a Cop, Revised Edition: What Police Familie ...pdf](#)

 [Read Online I Love a Cop, Revised Edition: What Police Famil ...pdf](#)

I Love a Cop, Revised Edition: What Police Families Need to Know

By Ellen Kirschman PhD

I Love a Cop, Revised Edition: What Police Families Need to Know By Ellen Kirschman PhD

Nothing worth doing is easy--and that includes loving a cop. Being a member of the law enforcement community is a source of pride for officers and families alike. But long hours, unpredictable shifts, and the crisis-driven nature of the profession can turn life on the home front into an emotional roller coaster. Dr. Ellen Kirschman, a psychologist who's worked with police officers for more than 30 years, gives you practical ways to deal with the challenges that come with the territory. Packed with stories from cops and their significant others, this book explains how to reduce spillover from on-the-job stress and cope with loneliness or worry during extended deployments. Dr. Kirschman acknowledges the tough realities of 21st-century law enforcement and offers frank, realistic suggestions for handling serious issues like alcohol abuse and domestic violence. She also covers special topics for women and minorities on the force. Whether you read it from cover to cover or reach for it when problems arise, *I Love a Cop* is an indispensable tool that everyone in your family can depend on.

Mental health professionals, see also *Counseling Cops: What Clinicians Need to Know*, by Ellen Kirschman, Mark Kamena, and Joel Fay.

I Love a Cop, Revised Edition: What Police Families Need to Know By Ellen Kirschman PhD Bibliography

- Sales Rank: #16633 in Books
- Brand: Brand: The Guilford Press
- Published on: 2006-12-16
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 6.00" w x 1.00" l, .94 pounds
- Binding: Paperback
- 340 pages



[Download I Love a Cop, Revised Edition: What Police Familie ...pdf](#)



[Read Online I Love a Cop, Revised Edition: What Police Famil ...pdf](#)

**Download and Read Free Online I Love a Cop, Revised Edition: What Police Families Need to Know
By Ellen Kirschman PhD**

Editorial Review

Review

"This book is as necessary for the overall survival of our law enforcement officers as their vests, weapons, and officer safety tactics. The realities of the job have changed in the post-9/11 world, and the revised edition arrives just in time. Dr. Kirschman provides an in-depth look at the daily challenges facing the law enforcement officer and family, and offers specific strategies for overcoming the pitfalls that potentially take such a heavy toll. This book should be issued to every recruit entering the profession."--Kevin M. Gilmartin, PhD, author of *Emotional Survival for Law Enforcement*

"When I was Police Chief in Toronto, every graduating police officer received a copy of [i]I Love A Cop[/i]. The revised edition convinces me even more that it is the right thing to do if you wish to promote wellness in your organization. This is a 'must read' for all progressive police leaders who really care about officers and their families."--David Boothby, Chief of Police (Retired), Toronto, Ontario, Canada

"Police families can, in fact, thrive, and [Kirschman's] got the success stories to prove it. Preparedness is one of the keys to that state, and this book...shows how to get there."

(Library Journal 2006-12-18)

About the Author

Ellen Kirschman, PhD, is a clinical psychologist and consultant who works with peace officers and their families. She is sought after as a speaker and seminar leader and is the coauthor of *Counseling Cops*. Dr. Kirschman has been an invited guest at the FBI Academy, is a member of the Psychological Services Section of the International Association of Chiefs of Police, and was named Woman of Distinction by the Police Chiefs Spouses Worldwide. She lives in Redwood City, California. Her website is www.ellenkirschman.com.

Users Review

From reader reviews:

Dawne Feliciano:

Do you have favorite book? For those who have, what is your favorite's book? Reserve is very important thing for us to be aware of everything in the world. Each reserve has different aim as well as goal; it means that guide has different type. Some people sense enjoy to spend their a chance to read a book. These are reading whatever they have because their hobby is reading a book. How about the person who don't like reading through a book? Sometime, man feel need book after they found difficult problem or even exercise. Well, probably you'll have this I Love a Cop, Revised Edition: What Police Families Need to Know.

George Seal:

What do you think of book? It is just for students as they are still students or that for all people in the world, exactly what the best subject for that? Just you can be answered for that question above. Every person has distinct personality and hobby for each and every other. Don't to be obligated someone or something that they don't desire do that. You must know how great in addition to important the book *I Love a Cop, Revised Edition: What Police Families Need to Know*. All type of book could you see on many methods. You can look for the internet sources or other social media.

Charles Montiel:

Hey guys, do you wishes to finds a new book you just read? May be the book with the subject *I Love a Cop, Revised Edition: What Police Families Need to Know* suitable to you? The book was written by well known writer in this era. Typically the book untitled *I Love a Cop, Revised Edition: What Police Families Need to Know* is the main one of several books that everyone read now. This specific book was inspired a lot of people in the world. When you read this e-book you will enter the new dimension that you ever know previous to. The author explained their idea in the simple way, consequently all of people can easily to understand the core of this guide. This book will give you a lot of information about this world now. To help you to see the represented of the world on this book.

William Holmes:

People live in this new day of lifestyle always try to and must have the extra time or they will get great deal of stress from both lifestyle and work. So , once we ask do people have spare time, we will say absolutely of course. People is human not really a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to an individual of course your answer will probably unlimited right. Then do you try this one, reading publications. It can be your alternative inside spending your spare time, often the book you have read is actually *I Love a Cop, Revised Edition: What Police Families Need to Know*.

Download and Read Online *I Love a Cop, Revised Edition: What Police Families Need to Know* By Ellen Kirschman PhD #O4PGD2WFJU7

Read I Love a Cop, Revised Edition: What Police Families Need to Know By Ellen Kirschman PhD for online ebook

I Love a Cop, Revised Edition: What Police Families Need to Know By Ellen Kirschman PhD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read I Love a Cop, Revised Edition: What Police Families Need to Know By Ellen Kirschman PhD books to read online.

Online I Love a Cop, Revised Edition: What Police Families Need to Know By Ellen Kirschman PhD ebook PDF download

I Love a Cop, Revised Edition: What Police Families Need to Know By Ellen Kirschman PhD Doc

I Love a Cop, Revised Edition: What Police Families Need to Know By Ellen Kirschman PhD MobiPocket

I Love a Cop, Revised Edition: What Police Families Need to Know By Ellen Kirschman PhD EPub

O4PGD2WFJU7: I Love a Cop, Revised Edition: What Police Families Need to Know By Ellen Kirschman PhD