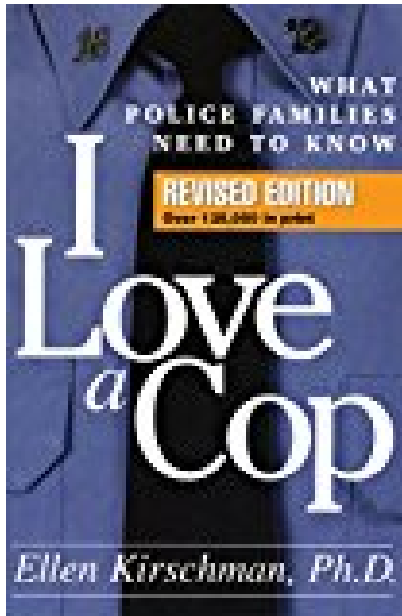


# I Love a Cop Revised Edition What Police Families Need to Know

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## BOOK DETAILS

- Author : Ellen Kirschman PhD
- Pages : 340 Pages
- Publisher : The Guilford Press
- Language : English
- ISBN : 159385353X

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## **BOOK SYNOPSIS**

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 whos 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**

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