

## **Bulletproof Spirit: The First Responder's Essential Resource for Protecting and Healing Mind - Dan Willis**

Consistently being immersed in violence, death, tragedies, and suffering can often scar the spirit of any first responder. More police officers kill themselves every year than are killed in the line of duty. The spirits of emergency first responders suffer detrimental harm from a career of acute stress and emotional trauma. The emergency first responder professions are in desperate need of emotional survival training and effective wellness practices in order to sustain the safety of our communities.

*“Bulletproof Spirit: The First Responders Essential Resource for Protecting and Healing Mind and Heart”* (New World Library, Sept., 2014) is a first of its kind emotional survival guidebook detailing dozens of wellness initiatives and effective emotional survival practices that will protect, heal, and nurture the spirit of first responders and keep them from suffering irreparable emotional harm caused by a career of service.

“Bulletproof Spirit” not only describes the critical need for emotional survival training and the warning signs of succumbing to the detrimental effects of the job, but provides first responders with nearly 40 practical wellness methods as well as true life examples of wellness survival lessons.

This book explains the psychology of trauma, as well as methods to prepare for and mitigate the effects of PTSD. It provides essential information for family members and colleagues of first responders to most effectively care for and support them.

*“Bulletproof Spirit”* is a message of hope that provides a path toward healing and emotional survival. The following link provides additional information about the book and links to purchase it. <http://www.firstresponderwellness.com>