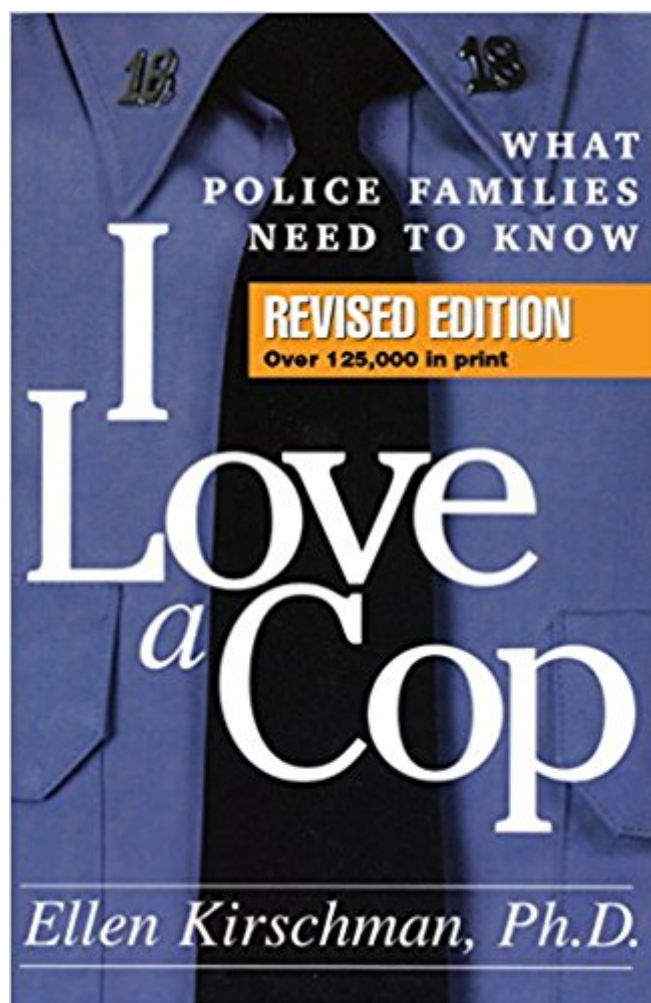


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# I Love A Cop, Revised Edition: What Police Families Need To Know



## 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 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.

## Book Information

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## Customer Reviews

"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)

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](http://www.ellenkirschman.com).

I read this book shortly after getting into a committed relationship with a cop. He had heard great things about it and thought it may give me a little insight into how his profession affects him and could affect us. I found the book to be an excellent resource. There were sections I found to be very relatable, and one not at all, but still helpful in understanding the big picture of how the profession can affect others in different situations.

Bought this for my fiance for Christmas, she is marrying into a large law enforcement family. I was a little nervous how she would react to it when she opened it, to my surprise she was very excited about it and started reading it that night. I do recommend this to anyone who is new to law enforcement and the lifestyle.

A great way to understand how your spouses mind changes it's way of thinking while on the job and how to better cope and understand how to change so your relationship strengthens.

Wow!! Very well written, a must have for all cop spouses. I wish it had more to say about Burnout.

From what I've read so far it's a wonderful book!

Just received this book a few minutes ago. I paged through the book quick and found somebody had drawn in it with pencil. I was under the impression this was a new book, I purchased as a gift for my wife...well, us, as I intend to read it as well.

I bought this book for my oldest grandson who is going to college majoring in law enforcement. He read it cover to cover and said it was a very helpful, insightful book.

With a son entering the police force in the next few months I found the book full of excellent information and exceptional resources. I will be purchasing this book for my son, his wife's family. It covered many different topics and provided ways to seek help. It is a blessing to families of officers and their families. It should be given as a gift to every officer and their family when they graduate.

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