



Bulletproof Spirit: The First Responder's Essential Resource for Protecting and Healing Mind and Heart

Dan Willis

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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.

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