

How Heroes Heal

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Synopsis

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First responders are the action heroes of our time. And if you're a first responder (or know someone who is), you know this to be true: instead of running from imminent danger, firefighters run into burning buildings . . . police officers chase active shooters . . . and EMTs rush to provide life-saving medical support, no matter how gruesome the crime scene. But what happens when a first responder is traumatized by these extraordinary events? How do they cope from feelings of overwhelm? How do they heal when their worldview spins out of control? Unfortunately, too many first responders silently struggle with trauma induced "Am I normal for having these feelings?" and "Will I ever get better?" Fortunately, the answer to these questions is a resounding *yes*: yes, these feelings are normal "and yes, returning to normal is very possible." *How Heroes Heal* shares true stories of psychologically-injured first responders "and their transformation from wounded warriors to victorious heroes." In this book, you will learn what happens in the body and mind during a critical incident that makes it both normal and natural to experience difficult thoughts and feelings. Between the scientifically based explanations and moving, inspirational, and sometimes humorous stories, discover how to:

- Reestablish self-confidence
- Control emotional responses to triggers
- Rediscover passion for work
- Develop a positive sense of purpose in daily life
- Assemble a positive support network
- Overcome addictions, isolation, anger, depression, and anxiety

First responders are not alone. *How Heroes Heal* offers a pathway toward recovery and growth . . . helping them get to the other side of trauma, learning how to function better than before, so that they not only survive, but thrive!

***How Heros Heal* is a first-place winner in the non-fiction category awarded by The Public Safety Writers**

Association.</p>

Reader's comments

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