



METTLE: Mental Toughness Training for Law Enforcement

Laurence Miller, Ph.D.

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METTLE: Mental Toughness Training for Law Enforcement

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METTLE: Mental Toughness Training for Law Enforcement Laurence Miller, Ph.D.

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Now train your mind! *Let a respected police psychologist teach you:*

- The foundational principles of effective stress management and crisis intervention.
- Strategies and techniques for building the "psychological body armor" that will help you handle ordinary life stresses as well as life-and-death emergencies.
- How to survive the emotional aftermath of a critical incident and get stronger.



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Elizabeth Smith:

A lot of people always spent their free time to vacation or go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity that's look different you can read a book. It is really fun in your case. If you enjoy the book that you just read you can spent the whole day to reading a publication. The book METTLE: Mental Toughness Training for Law Enforcement it is rather good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore easily to read this book from your smart phone. The price is not to cover but this book provides high quality.

Nicole Powell:

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