



# METTLE: Mental Toughness Training for Law Enforcement

*Laurence Miller, Ph.D.*

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# **METTLE: Mental Toughness Training for Law Enforcement**

*Laurence Miller, Ph.D.*

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

**You've trained your body for the rigors of police work.**

**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 more easily to read this book from your smart phone. The price is not to cover but this book provides high quality.

**Nicole Powell:**

People live in this new morning of lifestyle always try to and must have the spare time or they will get lot of stress from both lifestyle and work. So , whenever we ask do people have free time, we will say absolutely of course. People is human not really a robot. Then we ask again, what kind of activity are there when the spare time coming to anyone of course your answer will certainly unlimited right. Then ever try this one, reading books. It can be your alternative throughout spending your spare time, the particular book you have read will be METTLE: Mental Toughness Training for Law Enforcement.

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