

1ST RESPONDER & MILITARY/VETERAN RECOMMENDED READING & PODCAST LIST

GENERAL (1ST RESPONDER and/or MILITARY)

- Emotional Survival for Law Enforcement by: Kevin Gilmartin
 - Increasing Resilience in Police and Emergency Personnel by: Stephanie Conn
 - Make Your Bed by: Admiral William H. McRaven
 - Navigating Adversity: Tactical Self-Care for First Responders by: Renee Thornton & Rodger Ruge
 - Mindfulness for Warriors: Empowering First Responders to Reduce Stress and Build Resilience by: Kim Colegrove
 - Struggle Well- Thriving in the Aftermath of Trauma by: Josh Goldberg and Ken Falke
 - The Body Keeps the Score by: Bessel Van Der Kolk
 - What Happened to You: Conversations on Trauma, Resilience, and Healing by: Bruce D. Perry
 - Transformed by Trauma: Stories of Posttraumatic Growth by: Richard G. Tedeschi PhD & Bret A. Moore PsyD
 - The Choice- Embrace the Possible by: Edith Eger
 - Man's Search for Meaning by: Viktor E. Frankl
 - The Comfort Crisis by: Michael Easter
 - Atlas of the Heart by: Brene Brown
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POLICE

- Warrior Mindset by: Dr. Michael Asken & Loren W. Christensen
 - I Love a Cop by: Ellen Kirschman
 - On Killing by: Dave Grossman
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FIRE

- Mindset- Fit to Fight Fire by: Tom Johnson and John Spera
 - I Love a Fire Fighter: What the Family Needs to Know by: Ellen Kirschman
 - The Firefighter Family Academy by: Rachelle Zemlok
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DISPATCH

- The Resilient 911 Professional: A Comprehensive Guide to Surviving & Thriving Together in the 9-1-1 Center by: Jim Marshall & Tracey Laorenza
- Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by: Laura van Dernoot Lipsky & Connie Burk
- Dispatcher Stress: 50 Lessons on Beating the Burnout by: Adam Timm & Joe Serio

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VETERAN / ACTIVE DUTY MILITARY

- Wheels Down: Adjusting to Life After Deployment by: Bert A. Moore
 - Tribe: On Homecoming and Belonging by: Sebastian Junger
 - The Resilient Warrior by: Glenn R. Shiraldi
 - On Killing by: Dave Grossman
 - On Combat by: Dave Grossman
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BIOGRAPHICAL

POLICE

- Guardian of the Golden Gate by: Kevin Briggs
- Reflections of a Police Psychologist by: Jack Digliani

FIRE

- Gutter Medicine: Twenty-six Years as a Firefighter Paramedic by: Roger C. Huder

EMS

- Lights and Sirens: The Education of a Paramedic by: Kevin Grange

DISPATCH

- Nothing Good Happens After Midnight: Confessions Of A 911 Dispatcher by: Phillip Tomasso
- Answering 911: Life in the Hot Seat by: Caroline Burau
- Tell Me Exactly What Happened: Dispatches from 911 by: Caroline Burau

MILITARY

- I'm No Hero: A POW Story As Told to Glen DeWerff by: Charlie Plumb
 - Chaplain Turner's War by: Moni Basu
 - Masters of Chaos- The Secret History of the Special Forces by: Linda Robinson
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PODCASTS

CASAT Conversations- Season 1

<https://casatondemand.org/podcast/season-1/>

Code 3 Families

<https://www.buzzsprout.com/1330936>

1ST RESPONDER & MILITARY/VETERAN RECOMMENDED READING & PODCAST LIST

Code 4 Couples

<https://www.code4couples.com/podcast>

Create Your Own Light (Travis Howze)

<https://www.travishowze.com/podcast>

Enduring the Badge

<https://www.enduringthebadgepodcast.com/>

Huberman Lab

<https://www.hubermanlab.com/>

Resiliency 1st

<https://www.resiliency1st.org/news-media/podcast/>

The Drive (with Peter Attia)

<https://peterattiamd.com/podcast/>