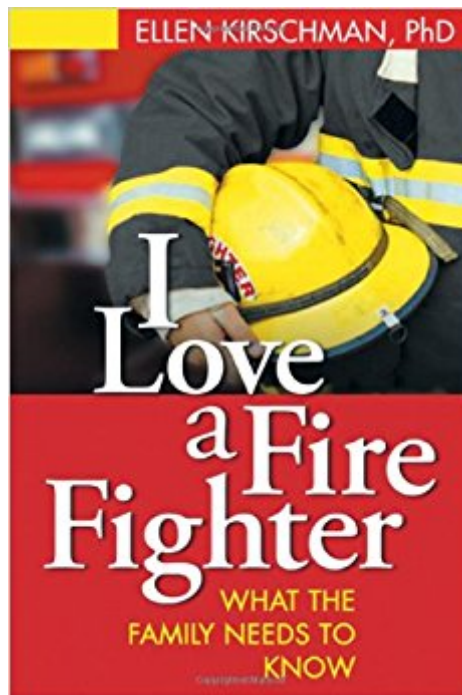


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# I Love A Fire Fighter: What The Family Needs To Know



## Synopsis

How can fire fighter families manage the stress that comes with life in the service? How do you keep a grip on fears and worries during long hours of separation from your spouse? Where can you turn when times get tough? With this practical, no-nonsense, yet compassionate guide, Dr. Ellen Kirschman provides the first self-help book written to address the questions and concerns of today's fire fighter families. From the effects of shift work on your marriage, to the emotional side of physical injuries and trauma, to ways to deal with job pressures and resolve conflicts at home, read on to see what you can do to help yourself, your mate, and your children navigate the highs and lows of "the best job in the world."

## Book Information

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## Customer Reviews

Even though I completed this book I will keep it on my nightstand regardless. After reading "I Love a Fire Fighter", I feel so much better about how to relate to my Fire Fighter husband. I really feel prepared to handle his highs and lows as well as the dangers he faces every day. This book is such an invaluable tool, and I really loved the individual stories by real-life fire fighters and their families. My husband also read the book and found it highly enjoyable and realistic.

Great book giving insight into the mind and life of a firefighter. This covers issues that may/will arise through the course of one's service to the community and also gives helpful reasons and ways to deal with any such occurrence. I would certainly recommend this product to others.

Another great book from Ellen Kirschman, Ph.D. As a volunteer firefighter, this book really hit home and gave me practical advice on what to watch out for and solutions for common issues facing those in my occupation. Thank you, Ellen for continuing to help first responders and their families.

My Son and my now ( ex-husband) work for cal-fire and this book was right on the button, about the relationships between the men with their station family members and their Home, spouse and family members. It touched on pretty much everything I have experienced, and lived thru with my Ex. And what I help my son with as a captain for cal-fire. Great read, every husband or wife of a firefighter, should read this book, an eye opener as to what the guys, and gals go thru.

I have used this book in my university course for 7 years. It is a big hit for traditional students wanting to become firefighters and non-traditional students who are on the job, but back in college to advance their education. I require my students to go on a ride-along and write a paper on their experiences. At the end of class, students provide critique of the class and comments on the course regarding their greatest insights. A student once wrote: "I also really enjoyed the ride-along experience. As I sat in the firehouse waiting for a call, I felt like it was literally a scene out of Kirschmann's book, I love a firefighter. It really pulled everything together for me, getting to experience a day with the paramedic/firefighters, especially since I had no prior experience in the field." I regularly receive good comments about this book and her other one: I love a cop.

I've been a firefighter's wife for 15 years. It wasn't until after our department suffered a tragic loss that I found myself struggling with what never used to bother me. I purchased this book with the intention of "previewing" it so that I could recommend it to the rookies' spouses. I am so glad that I did! It is well written and in every day language that ensures you can relate to the situations that are covered. Anyone with a firefighter in their family should read this book.

This book is written from the perspective of a single man and his family. It details things that are specific to his department. This is the opportunity to sit with your loved ones, parents, spouses, children, siblings, etc and discuss how your department mirrors and differs from the departments referenced in this book. Certain details are not always applicable to everyone, but the spirit is the same. The trials and tribulations are great examples that have significant knowledge and opportunity to learn. It will take some effort to extract what each reader needs for themselves, but it

is worth the time and effort. This book should not be read just as it is and taken at face value, it needs to be discussed, re-read, re-discussed, etc and can serve as a career-long and lifelong reference.

the gal to whom I gave this book is engaged to my nephew who is a city firefighter for a large city in Ohio. She was thrilled to get it and wanted to know where I had found a copy as she had been looking for books like this.

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