



# **Beyond Survival Tactics: Life and Career Sustainability for Peace Officers**

*John Randolph Engbeck Ph.D.*

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# Beyond Survival Tactics: Life and Career Sustainability for Peace Officers

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Beyond Survival Tactics is a collaborative work intended to honor the men and women who serve as peace keepers throughout the nation; and it is a work that acknowledges their dilemmas, risks, flaws and fears, and heroism. The book includes definitions and discussions of stress-related diseases that afflict individuals engaged in high-risk situations, and it reviews a wealth of information provided by researchers whose work has shed light on occupational, emotional, physiological, and organizational conditions that diminish well-being and performance. The work is intended to fortify and bolster police health and well-being. It is filled with hope for individual growth and learning within a community resource pool that positively contributes to the well-being of society. Particular attention is given to a number of reliable programs and technological advances that can assist in healing.

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