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AYS Group Study Package

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- A downloadable 24-page PDF Study & Discussion Guide
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“Armor Your Self is one of those rare resources that is truly an encyclopedia for a successful law enforcement career. From physical fitness to tactical exercises to emotional well-being, John Marx has put together a book for every cadet, rookie, trainer, administrator and senior member of every police department in North America. It should be on the shelf of every law enforcement agency and academy library and must be shared with anyone who has a cop in the family. It’s one of those books that, after reading, we looked at each other and said, “Why didn’t we write this?” Thankfully, John Marx did.

Dave and Betsy Smith

Law Enforcement Trainers and Authors

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This is a Do-It-Yourself package for small groups, academy classes, or small agencies that can't afford more expensive training, but want to explore the *Armor Your Self* textbook more deeply. This package includes 10 *Armor Your Self: How to Survive a Career in Law Enforcement* resilience building textbooks, plus a 24-page PDF Study & Discussion Guide. This is not a full training curriculum, but rather a guided tour of each chapter of the book with discussion questions, activities and action planning suggestions. If you are looking for a more thorough Do-It-Yourself training program, please consider one of our Small Agency Curriculum Packages.

The Law Enforcement Survival Institute specializes in building wellness and resilience and we offer a wide variety of products or services that can help you. To learn more please contact us at:

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