



# I Love a Fire Fighter: What the Family Needs to Know

*Ellen Kirschman PhD*

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## **I Love a Fire Fighter: What the Family Needs to Know** Ellen Kirschman PhD

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."

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