



The below list of books, articles, videos, and other materials have been approved by the CLEE Advisory Board as eligible for re-certification leadership points under Dimension Three (Continuing Education), sub-section 5D.

Abel, Dick, 2008. *The DNA of Leadership: Leadership is All About People*. Tate Publishing.

Abrashoff, Michael, 2002. *It's Your Ship: Management Techniques from the Best Damn Ship in the Navy*. New York, NY: Warner Books.

Alessandra, Tony, and Michael O'Connor, 1992. *People Smart*. La Jolle, CA: Keynote Publishing.

Albom, Mitch, 1997. *Tuesdays With Morrie*. New York: Doubleday.

Ardell, Donald B., 1999. *14 Days to Wellness*. Novato, California: New World Library.

Artwohl, Alexis & Loren Christensen. *Deadly Force Encounters*. Paladin Press, 1997.

Ashworth, Kenneth, 2001. *Caught Between the Dog and the Fire Plug: How to Survive Public Service*. Washington, D.C.: Georgetown University Press.

Atkinson, Rick, 2002. *An Army at Dawn: The War in North Africa, 1942-1943*. Picador.

Axelrod, Allen, 1999. *Patton on Leadership*. NJ: Prentice Hall.

Ayres, Richard, and David Corderman, 2011. *Leading to Make a Difference*. Academy Leadership Associates.

Baier, Bret, 2017. *Three Days in January: Dwight Eisenhower's Final Mission*, William Morrow Publishing,

Bayley, David, 1998. *What Works in Policing*, Oxford University Press.



-
- Bayley, David H., December 1, 1994. *Police for the Future (Studies in Crime and Public Policy)*. Oxford University Press.
- Belasco, James A., and Ralph C. Stayer, 1993. *Flight of the Buffalo – Soaring to Excellence: Learning to Let Employees Lead*. New York: Warner Books, Inc.
- Belasco, James A., and Jerre Stead, 1999. *Soaring With the Phoenix: Renewing the Vision, Reviving the Spirit, and Re-Creating the Success of Your Company*. New York: Warren.
- Bennis, Warren, 1991. *Why Leaders Can't Lead*. San Francisco: Josey Bass Publishers.
- Bennis, Warren, and Burt Nanus, 2003. *Leaders: The Strategies for Taking Charge*. New York: Harper Collins.
- Bethel, Shelia Murray, 1990. *Making a Difference*. New York: Berkley Books.
- Blanchard, Ken and Michael O'Connor, 1997. *Managing by Values*. San Francisco: Berrett-Koehler.
- Blanchard, Ken, 1999. *The Heart of a Leader*. Tulsa: Honor Books.
- Blanchard, Ken, and Renee Broadwell, editors. 2018. *Servant Leadership in Action*. Berrett-Koehler Publishers.
- Bouza, Anthony, *Police Unbound: Corruption, Abuse, Heroism by the Boys in Blue*
- Bowery, C, Lee, and Grant, 2005. *Profiles in Leadership from the Battlefields of Virginia*. Amacom.
- Blanchard, Ken, and Norman Vincent Peale, 1988. *The Power of Ethical Management*. New York: Wm. Morrow & Co.
- Boyd, Ty, 1991. *Visions From the Leaders of Today for the Leaders of Tomorrow*. Charlotte: Alexa Press.



-
- Bramson, Robert M., 1981. *Coping with Difficult People*. New York: Dell Publishing.
- Bradowski, Rosanne, 2003. *Managing Up: How to Forge an Effective Relationship with Those Above You*. New York: Currency.
- Bratton, William, 1998. *Turn Around*. New York, Random House
- Bridges, William, 1991. *Managing Transitions: Making the Most of Change*. New York: Perseus Books.
- Buckingham, Marcus, and Curt Coffman, 1999. *First, Break All the Rules*. New York: Simon and Schuster.
- Bush, George W., 2010. *Decision Points*. Crown.
- Caldero, Michael A. and John P. Crank, January 31, 2004. *Police Ethics: The Corruption of Noble Cause*. Anderson Pub Company: 2nd Edition.
- Cannon, Jeff, and Jon Cannon, 2002. *Leadership Lessons of the Navy SEALs: Battle-Tested Strategies for Creating Successful Organizations and Inspiring Extraordinary Results*. McGraw-Hill.
- Carnegie, Dale, 1936. *How to Win Friends & Influence People*. New York: Simon & Schuster.
- Carter, Stephen L., 1996. *Integrity*. New York: Basic Books.
- Chernow, Ron. *Grant*, Penguin Books, 2017.
- Chrislip, David and Larson, Carl. *Collaborative Leadership: How Citizens and Civic Leaders Can Make a Difference*
- Chugh, Dolly. *The Person You Mean to Be: How Good People Fight Bias*, Harper Row, 2018.
- Citrin, James and Thomas Neff. "You're in Charge, Now What? Crown Business-Random House, 2007.



-
- Clear, James, 2018. *Atomic Habits*, Penguin Random House.
- Coelho, Pavlo, 1993. *The Alchemist: A Fable About Following Your Dream*. Simon and Shuster.
- Cohen, Howard S. and Michel Feldberg, June 30, 1991. *Power and Restraint*. Praeger: Paperback.
- Coles, Robert, 2000. *Lives of Moral Leadership*. New York: Random House.
- Collins, Jim. *Good to Great: Why Some Companies Make the Leap...and others Don't*.
- Collins, Jim. 2005. *Good to Great and the Social Sectors; Why Business Thinking is Not the Answer*. Harper Collins.
- Collins, Jim, 2001. *Good to Great*. Harper Collins.
- Conger, Jay A., 1989. *The Charismatic Leader*. Jossey-Bass.
- Conlow, Rick, 1991. *Excellence in Management*. Menlo Park: Crisp Publications.
- Coram, Robert, 2002. *Boyd: The Fighter Pilot Who Changed the Art of War*. Little, Brown, and Co.
- Cordner, Gary W. and Katheryn E. Scarborough, 2007. *Police Administration*. Anderson Publishing.
- Covey, Stephen R., 1990. *The Seven Habits of Highly Effective People*. New York: Fireside.
- Crank, John P., Michael Caldero, 2000. *Police Ethics: The Corruption of Noble Cause*. Cincinnati: Anderson Publishing
- Crisp, Dean. *Essential Leadership Lessons from the Thin Blue Line*, Torchflame Books, 2021.
- Cruise, Jorge, 2001. *8 Minutes in the Morning*. Emmaus, PA: Rodale.



-
- Davis, William C., 1999. *Lincoln's Men*. New York: The Free Press.
- Daymond, John, and Daniel Paisner, 2020, *Powershift*, Currency.
- Delattre, Edward, 1996. *Character and Cops: Ethics in Policing (3rd edition)*.
Washington, DC: American Enterprise Institute for Public Policy Research.
- Delavier, Frederic, 2003. *Women's Strength Training Anatomy*. Champaign, IL:
Human Kinetics.
- Donnithorne, Larry. *The West Point Way of Leadership: From Learning Principled
Leadership to Practicing It*.
- Duhigg, Charles, 2012. *The Power of Habit: Why We Do What We Do in Life and in
Business*. Random House.
- Dutelle, Aric W., 2011. *Ethics for the Public Service Professional*. CRC Press.
- Edwards, Gene, 1992. *A Tale of Three Kings*. Tyndale House Publishers.
- Enter, Jack E., Ph.D., 2006. *Challenging the Law Enforcement Organization-Proactive
Leadership Strategies*. Narrow Road Press.
- Filley, Alan C., 1989. *Interpersonal Conflict Resolution*. Glenview, IL: Scott Forsman.
- Fisher, Craig, 2009. *Leadership Matters: Police Chiefs Talk About Their Careers*.
Police Executive Research Forum.
- Frankl, Viktor E., 1959. *Man's Search for Meaning*. New York: Simon and Schuster.
- Franklin, Major General Joseph, 2007. *Building Leaders, the West Point Way: Ten
Principles from the Nation's Most Powerful Leadership Lab*. Nashville, TN.
Thomas Nelson Publishing.



Freiberg, Jackie, and Kevin, 1998. *NUTS: Southwest Airlines Crazy Recipe for Business and Personal Success*. Broadway Books.

Friedman, Carey, 2005. *Spiritual Survival for Law Enforcement*, Compass Books.

Galdwell, Malcolm. 2009. *Blink: The Power of Thinking Without Thinking*, Little Brown and Company.

Gardner, John. *On Leadership*.

Geerhardt, Michael. *Lincoln's Mentors- The Education of a Great Leader*, 2021, HarperCollins.

Gilmartin, Kevin. *Emotional Survival for Law Enforcement, A Guide for Officers, and Their Families*. E-S Press.

Goldstein, Arnold; Barry Glick and John C. Gibbs, July 1, 1998. *Aggression Replacement Training: A Comprehensive Intervention for Aggressive Youth*. Research Press: IL Revised edition.

Goleman, Daniel; Richard Boyatziz; and Annie McKee, 2002. *Primal Leadership, Realizing the Power of Emotional Intelligence*. Boston: Harvard Business School Press.

Gostick, Adrian, and Dana Telford, 2003. *The Integrity Advantage*. Salt Lake City: Gibbs Smith.

Greene, Robert, 1998. *The 48 Laws of Power*. New York: Penguin Books.

Gross, Neil, 2023. *Walk the Walk: How Three Police Chiefs Defied the Odds and Changed Cop Culture*. Metropolitan Books.

Grossman, Dave, and Gloria DeGaetano, 1999. *Stop Teaching Our Kids to Kill*. New York: Crown.

Grossman, Dave, 2004. *On Combat*. PPCT Research Publications.

Giuliani, Rudolph. *Leadership*



-
- Harari, Oren, 2002. *The Leadership Secrets of Colin Powell*. New York: McGraw-Hill.
- Hayward, Steven F., 1998. *Churchill on Leadership*. Prima Publishing.
- Heath, Chip and Dan, 2010. *Switch: How to Change things When Change is Hard*. Crown Business.
- Heifetz, Ronald, and Marty Linsky, 2017. *Leadership on the Line*, Harvard Business Review Press.
- Heim, Pat, 1990. *Learning to Lead*. Menlo Park: Crisp Publications.
- Hemphill, Paul L. *Why You're Already a Leader*. 4th edition. One White Pond Press, 2017. Submitted by Asst. Chief Allan Baer, CLEE Whitehouse PD.
- Hersey, Paul, and Ken Blanchard, 1994. *Management of Organizational Behavior*. Englewood Cliffs, NJ: Prentice Hall.
- Hesselbein, Frances, 2002. *Hesselbein on Leadership*. San Francisco: Jossey-Bass.
- Hesselbein, Frances; Marshal Goldsmith; Richard Beckhard; and Richard Schubert, 1998. *The Community of the Future*. San Francisco: Jossey-Bass.
- Hesselbein, Frances; Marshall Goldsmith; and Richard Beckhard, 1996. *The Leader of the Future*. San Francisco: Jossey-Bass.
- Hesselbein, Frances; Marshall Goldsmith; and Richard Beckhard, 1997. *The Organization of the Future*. San Francisco: Jossey-Bass.
- Hoban, Jack. *The Ethical Warrior: Values and Ethics for Life, Work, and Service*. RGI Media and Publishing, 2012.
- Howard, Russell and Sawyer, Reid. *Terrorism and Counterterrorism: Understanding the New Security Environment*
- Hunter, James C., 1998. *The Servant*. Roseville, CA: Prima.



Iknoian, Therese, 2005. *Fitness Walking*. Champaign, IL: Human Kinetics, 2nd edition.

Jacques, Elliott. *Requisite Organization*.

Jamison, Kakeel, 2004. *The Nibble Theory and the Kernel of Power*, Paulist Press.

Johnson, Craig. *Meeting the Ethical Challenges of Leadership: Casting Light or Shadow*

Kaltman, Al, 1998. *Cigars, Whiskey & Winning: Leadership Lessons from General Ulysses S. Grant*. Paramus, NJ: Prentice Hall.

Kelly, Ray, 2015. *Vigilance: My Life Serving America and Protecting Its Empire City*. Hatchette Books.

Kelvin, Juba, 2002. *Swimming for Fitness*. Guilford, Connecticut, Lyons Press.

Kern, Tony, 2009. *Blue Threat: Why to Err is Inhuman*. Pygmy Books.

Kotter, John. *Leading Change*

Kotter, John P., 1999. *What Leaders Really Do*. Harvard Business Review.

Kouzes, James A. and Barry Z. Posner, 2006. *A Leader's Legacy*, Jossey-Bass Co.

Kouzes, James M., and Barry Z. Posner, 1993. *Credibility – How Leaders Gain and Lose It, Why People Demand It*. San Francisco: Jossey-Bass.

Kouzes, James M., and Barry Z. Posner, 1999. *Encouraging the Heart – A Leader's Guide to Rewarding and Recognizing Others*. San Francisco: Jossey-Bass.

Kouzes, James M., and Barry Z. Posner, 1995. *The Leadership Challenge*. San Francisco: Jossey-Bass.

Kushner, Harold S., 2001. *Living a Life That Matters*. New York: Alfred A. Knopf.



LaFasto, Frank M., and Carl E. Larson, 2001. *When Teams Work Best*. Sage Publications

Las Vegas Metro PD, 2019. *1 October Las Vegas Mass Shooting After Action Report*.

Leader to Leader Institute. *Be-Know-Do Leadership the Army Way*. Various authors. Possey-Bass, 2004.

Lehr, Dick, 2009. *The Fence: A Police Cover Up Along Boston's Racial Divide*. Harper Collins.

Leman, Kevin, and William Pentak, 2004. *The Way of the Sheperd*, Zondervan.

Levering, Robert, 1988. *A Great Place to Work*. New York: Random House.

Liberman, Art, 2002. *The Everything Running Book*. Avon, MA: Adams Media Corporation.

Lukianoff, Greg and Jonathan Haidt. *The Coddling of the American Mind: How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure*, Penguin Press, 2018. Submitted by Chief George Lichman, CLEE Rocky River PD

Macdonald, Heather, 2003. *Are Cops Racist?* Ivan R. Dee.

Manning, Marilyn, 1989. *Leadership Skills for Women*. Menlo Park: Crisp Publications.

Maxwell, John C., 1993. *Developing the Leader Within You*. Nashville: Thomas Nelson Publishers.

Maxwell, John C., 1998. *The 21 Irrefutable Laws of Leadership*. Thomas Nelson Publisher.

Maxwell, John C., 2005. *The 360 Degree Leader*. Nelson Books.

Maxwell, John C. 2014. *Good Leaders Ask Great Questions*.



Maxwell, John C. "Leader Shift- The 11 Essential Changes Every Leader Must Embrace." Harper Collins, 2019.

McCauley, Cynthia and Van Velsor, Ellen. *The Handbook of Leader Development*, 2nd ed.

McChisney, Kathleen and Gavin, William, May 2011. *Pick Up Your Own Brass: Leadership the FBI Way*. Potomac Books: Washington DC.

McCullough, David, September 3, 2002. *John Adams*. Simon & Schuster: Touchstone Edition.

McRaven, Admiral William H. (U.S. Navy Retired), *The Wisdom of the Bullfrog*, Grand Central Publishing, 2023.

Merrill, David, and Roger Reid. *Personal Styles & Effective Performance*. Chilton Book Co.

Meyer, Urban, 2017. *Above the Line*, Penguin Books.

Miller, Mark. *Chess not Checkers*, Berrett-Koehler Publishers, 2015. Submitted by Chief Richard Bley, CLEE Springfield Twp. PD

Moffat, Marilyn, and Steve Vickery, 1999. *The American Physical Therapy Association Book of Body Maintenance and Repair*. New York: Henry Holt.

More, Larry; Fred Wegener; Larry Miller, 1999. *Effective Police Supervision*. Cincinnati: Anderson Publishing

Myrer, Anton. *Once an Eagle*

Neal, Jr., James, 2020. *Effective Phrases for Performance Appraisals*. Neal Publications.

Nierenberg, Gerald. *The Art of Negotiating*. Simon & Schuster.

Null, Gary, 2001. *7 Steps to Perfect Health*. 1st ed., New York



- Oakley, Ed, and Doug Krug, 1991. *Enlightened Leadership: Getting to the Heart of Change*. New York: Fireside.
- O'Reilly, Bill, and Martin Dugard. 2011. *Killing Lincoln*. H. Holt & Co.
- Paffenbarger, Ralph S. and Eric Olsen, 1996. *Life fit: An Effective Exercise Program for Optimal Health and Longer Life*. Champaign, IL: Human Kinectics.
- Pasashnik, Eric and Eugene Bardach, *A Practical Guide for Policy Analysis: The Eightfold Path to More Effective Problem-Solving, Sixth Edition*. CQ Press, 2020.
- Pausch, Randy and Jeffrey Zaslow, 2008. *The Last Lecture*. Hyperion Books, 1st Edition.
- Peters, Tom, 1982. *In Search of Excellence*. Harper & Row.
- Jordan Peterson, 2018. *12 Rules for Life: An Antidote to Crisis*, Random House.
- Phillips, Donald T., 1992. *Lincoln on Leadership*. New York: Warren Books.
- Powell, Colin, 1995. *My American Journey*. Ballantine Books.
- Prince, Howard; Halstead, John; and Hesser, Larry. *Leadership in Police Organizations*
- Puryear, Edgar F., Jr., 2000. *American Generalship – Character is Everything: The Art of Command*. Novato, CA: Presidio.
- Quinn, Robert E., 1996. *Deep Change: Discovering the Leader Within*. San Francisco: Jossey- Bass.
- Rath, Tom. *Strengths-Based Leadership: Great Leaders, Teams, and Why People Follow*. Gallup Press, 2008. Submitted by Lt. Richard Bingham, CLEE, Mercy Health PD
- Reagan, Ronald. *An American Life*, Simon & Shuster, 1990. Submitted by Chief Deputy Jeffrey Balzer, CLEE Delaware Co. Sheriff's Office



- Rensberg, Charles. *Blood Lessons: What Cops Learn from Life-Or-Death Encounters*. Calibre Press, 2008.
- Rennie, Jon, 2019. *I have the Watch: Becoming a Leader Worth Following*. Self-published.
- Roberts, Wess, 1987. *The Leadership Secrets of Attila the Hun*. Warner Books.
- Rossoff, Stephen M.; Henry M. Pontel and Robert H. Tilman, November 20, 2003. *Profit Without Honor: White-Collar Crime and the Looting of America*. Prentice Hall: 3rd Edition.
- Ruggiero, Nicholas, 2020. *Police Mental Barricade: A Survivor's Guide to Poor Law Enforcement Leadership*. Self-published.
- Ryan, Kathleen D., and Daniel K. Ocstreich, 1991. *Driving Fear Out of the Workplace*. San Francisco: Jossey-Bass.
- Ryan, Regina, and John Travis, 1988. *Wellness Workbook: How to Achieve Enduring Health and Vitality*. Berkeley, California: Ten Speed Press 2nd ed., rev. ed.
- Salkind, Neil J., April 11, 2000. *Statistics for People Who (Think They) Hate Statistics*. SAGE Publications: 2nd Edition.
- Sampson, Stephen J., Ph.D., 2011. *Leaders Without Titles: The six powerful attributes of those who influence without authority*. HRD Press, Inc.
- Scalia, Antonin, Edward Whelan, and Christopher Scalia, 2018. *Scalia Speaks: Reflections on Law, Faith, and Life Well Lived*. Deckle Edge.
- Schein, Edgar H., 1991. *Organizational Culture and Leadership: A Dynamic View*. San Francisco: Jossey-Bass.
- Schlosberg, Suzanne, and Liz Neporent, 2000. *Fitness for Dummies*. Foster City, CA: IDG Books Worldwide, 2nd edition.
- Scott-Moncrieff, Christina, 2001. *Natural Health at 50+*. Pleasantville, N.Y.: Reader's Digest.
-



- Senge, Peter M., 1990. *The Fifth Discipline – The Art and Practice of the Learning Organization*. New York: Doubleday.
- Shaara, Michael, 1974. *The Killer Angels*. New York: Ballantine.
- Shaara, Jeff. 1996. *Gods and Generals*. New York: Ballantine.
- Shaara, Jeff, 1998. *The Last Full Measure*. New York: Ballantine.
- Shelton, Hugh, 2010. *Without Hesitation: The Odyssey of an American Warrior*, MacMillan.
- Sinek, Simon, 2009. *Start with Why*. Portfolio/Penguin Group.
- Sloan, Alfred P., Jr., 1963. *My Years with General Motors*. New York: Doubleday.
- Smith, Perry. *Rules and Tools for Leaders*
- Snyder, Neil H.; James J. Dowd, Jr.; and Dianne Morse Houghton, 1994. *Vision, Values, and Courage*. New York: Maxmillan.
- Stavridis, James, 2014. *The Accidental Admiral: A Sailor Takes Command of NATO*. United States Naval Institute.
- Stefano, Michael, 2000. *The Firefighter's Workout Book*. New York: Cliff Street Books, 1st edition.
- Stojkovic, Stan; David Kalinich and John Klofas, August 8, 2002. *Criminal Justice Organizations: Administration and Management*. Wadsworth Publishing: 3rd Edition.
- Sullivan, Gordon and Harper, Michael. *Hope Is Not a Method*.
- Sutton, Robert, 2010. *The No Asshole Rule: Building a Civilized Workplace and Surviving One that Isn't*. Piatkus.
- The Arbinger Institute. *The Outward Mindset*, Berrett-Koehler Publications, 2016.



-
- Tichy, Noel and Cardwell, Nancy. *The Cycle of Leadership: How Great Companies Teach Their Companies to Win*
- Toll, Ian W., 2006. *Six Frigates: The Epic History of the Founding of the United States Navy*. W.W. Norton Company.
- Townsend, Patrick and Gebhardt, Joan. *Five-Star Leadership*
- Tressel, Jim and Chris Fabry, 2008. *The Winners Manual: For the Game of Life*. Tyndale House Publishers.
- Trojanowicz, Robert & Bonnie Bucqueroux, 1998. *Community Policing: How to Get Started (2nd Edition)*. Anderson Publishing Co.
- Tull, Kristin, et al., 2019. *Perspectives*. Smart Business Books.
- Twentier, Jerry, 1998. *The Positive Power of Praising People*. Chicago: Contemporary Books.
- Van Voorhis, Patricia; Michael Braswell and David Lester, November 2004. *Correctional Counseling and Rehabilitation*. LexisNexis: 5th Edition.
- Walker, Samuel, July 28, 2000. *Sense and Nonsense About Crime and Drugs: A Policy Guide*. Wadsworth Publishing: 5th Edition.
- Wall, Bob; Robert S. Solum; and Mark R. Sobol, 1992. *The Visionary Leader*. Rocklin, CA: Prima.
- Warschaw, Tessa Albert. *Winning by Negotiation*. McGraw-Hill.
- Weil M.D, Andrew, 2006. *8 Weeks to Optimum Health*. New York: Knopf.
- Welch, Jack, 2001. *Jack, Straight from the Gut*. New York: Warner Books, Inc.
- Welsh, Wayne N., and Philip W. Harris, 2008 (3rd Edition). *Policy & Planning*. Anderson Publishing.



Whisenand, Paul M., 2009. *Managing Police Organizations, 7th Edition*. Prentice Hall.

White, Ph.D. Timothy. 1993. *The Wellness Guide to Lifelong Fitness*. New York: Rebus: Distributed by Random House

Willink, Jocko and Leif Babin, *The Dichotomy of Leadership*, 2018.

Willink J. Jocko, *Leadership Strategy and Tactics*, 2020.

Willink, Jocko, and Leif Babin, 2015. *Extreme Ownership: How US Navy Seals Lead and Win*. St. Martin's Press.

Weisinger, Hendrie, 2000. *Emotional Intelligence at Work*. San Francisco: Jossey-Bass.

Weisinger, Hendrie and J.P. Pawliw-Fry, 2015. *Performing Under Pressure: The Science of Doing Your Best When It Matters Most*, Crown.

White, James & Houston Helms, 2013. *A Better World: Understanding How Your Personal Operating Systems Affects Culture, Diversity & Inclusion*. Smashwords Edition.

Wucker, Michele. *The Gray Rhino*. St Martin's Press, 2016.

Zembke, Ron, et. Al. *Generations at Work: Managing the Clash of Boomers, Gen Xers, and Gen Yers in the Workplace*, American Management Association, 2013.
Submitted by Public Safety Director Quincy Pope, Sr., CLEE, City of Trotwood

LAPD Report on the Ramparts Division----- Accessible at
www.lapdonline.org/pdf_files/boi/boi_pub.pdf.

911 Report

ARTICLE



"Improving the Health of Law Enforcement Officers: A Wellness Approach" by Denise Howard and Andy Prater. Published in *The Police Chief* (April 2000): pp. 167-72.

VIDEO

Developing Total Fitness Programs for Law Enforcement Agencies. Monterey, CA: Healthy Learning, 2000. Call Number: HV 7930.H4D5 2000 A-V Note: VHS Tape, 32 min.

BOOKS *(These items have no reference information found via the library.)*

More Than Muscle: A Total Fitness Program for Corrections and Law Enforcement. American Correctional Association Staff [eds.]

Abstract: This fitness program was developed for both correctional and law enforcement personnel to follow and use as a self-help remedy for many of our "self-inflicted" problems. It can be used by both men and women of all ages.

Psychology of Physical Activity by Stuart J.H. Biddle and Nanette Mutrie

Abstract: Provides an essential resource for anyone wanting to understand the key psychological principles behind physical activity and the steps to a more active and healthier lifestyle.

Fit for Duty: Peace Officer's Guide to Total Fitness by Robert Hoffman and Thomas R. Collingwood

Abstract: *Fit for Duty* addresses fitness from a peace officer's point of view, preparing you for the physical challenges you can expect to encounter in your unique work environment. Whether you're already fit for duty or just an exercise rookie, this book will help you meet your specific fitness goals.

Live 10 Healthy Years Longer by Jan W. Kuzma and Cecil Murphy

Abstract: Casts a revolutionary vision of what a healthy lifestyle for the next century looks like; physically, mentally, and spiritually. It's a balanced, practical, and do-able approach to sane and joyful living.



Protect Your Life! A Health Handbook for Law Enforcement Professionals by Davidson C. Umeh, the editor.

Abstract: Contains carefully selected essays that expand the understanding of how job stress, poor nutrition, and environmental variables in law enforcement may cause ill health. Awareness of these problems should motivate officers to seek new solutions both at the institutional level and personal levels.