

CLEE Re-Certification Reading List
(Revised as of February 12, 2010)

Reading List

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- Carter, Stephen L., 1996. *Integrity*. New York: Basic Books.
- Coelho, Pavlo, 1993. *The Alchemist: A Fable About Following Your Dream*. New York: Simon and Schuster.
- Chrislip, David and Larson, Carl. *Collaborative Leadership: How Citizens and Civic Leaders Can Make a Difference*
- 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*
- Conger, Jay A., 1989. *The Charismatic Leader*. Jossey-Bass.
- Conlow, Rick, 1991. *Excellence in Management*. Menlo Park: Crisp Publications.
- 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
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- Filley, Alan C., 1989. *Interpersonal Conflict Resolution*. Glenview, IL: Scott Forsman.
- 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.
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- Gilmartin, Kevin. *Emotional Survival for Law Enforcement, A Guide for Officers and Their Families*. E-S Press.
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- Jacques, Elliott. *Requisite Organization*
- Johnson, Craig. *Meeting the Ethical Challenges of Leadership: Casting Light or Shadow*
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- Kelvin, Juba, 2002. *Swimming for Fitness*. Guilford, Connecticut : Lyons Press.
- Kotter, John. *Leading Change*
- Kotter, John P., 1999. *What Leaders Really Do*. Harvard Business Review.
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Myrer, Anton. *Once an Eagle*

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

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Paffenbarger, Ralph S. and Eric Olsen, 1996. *Lifefit: An Effective Exercise Program for Optimal Health and Longer Life*. Champaign, IL: Human Kinectics.

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- Scott-Moncrieff, Christina, 2001. *Natural Health at 50+*. Pleasantville, N.Y.: Reader's Digest.
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- Snyder, Neil H.; James J. Dowd, Jr.; and Dianne Morse Houghton, 1994. *Vision, Values, and Courage*. New York: Maxmillan.
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Warschaw, Tessa Albert. *Winning by Negotiation*. McGraw-Hill.

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

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LAPD Report on the 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 Denise 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, editor.

Abstract: Contains carefully selected essays which 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 level.