



## Suggested Reading List

- **HealingOurOwn.org**

Firefighter centric online resources for behavioral health

- **“Why Am I Not Enough”**

Story from the perspective of a firefighter’s wife and why her partner would not confide in her about his day

[https://www.fireengineering.com/articles/fire\\_life/articles/2019/february/why-am-i-not-enough.html](https://www.fireengineering.com/articles/fire_life/articles/2019/february/why-am-i-not-enough.html)

- **The Last Men Out: Life on the Edge at Rescue 2 Firehouse—Thomas Downey**

An authentic narrative of what it is like to be a firefighter in Brooklyn’s Rescue 2, one of the country’s top firehouses.

- **Report from Engine Company 82—Dennis Smith**

Providing a first hand view into the lives firefighters lead.

- **Fighting Fire—Caroline Paul**

The story of a female working as a San Francisco firefighter.

- **I Love a Firefighter: What the Family Needs to Know—Ellen Kirschman**

A practical guide on how firefighter families manage the stress that comes with life in the service.

- **Smokejumper: A Memoir by One of America’s Most Select Airborne Firefighters—Jason Ramos**

A story of one select group of men and women who are placed on the front-line of defense during.