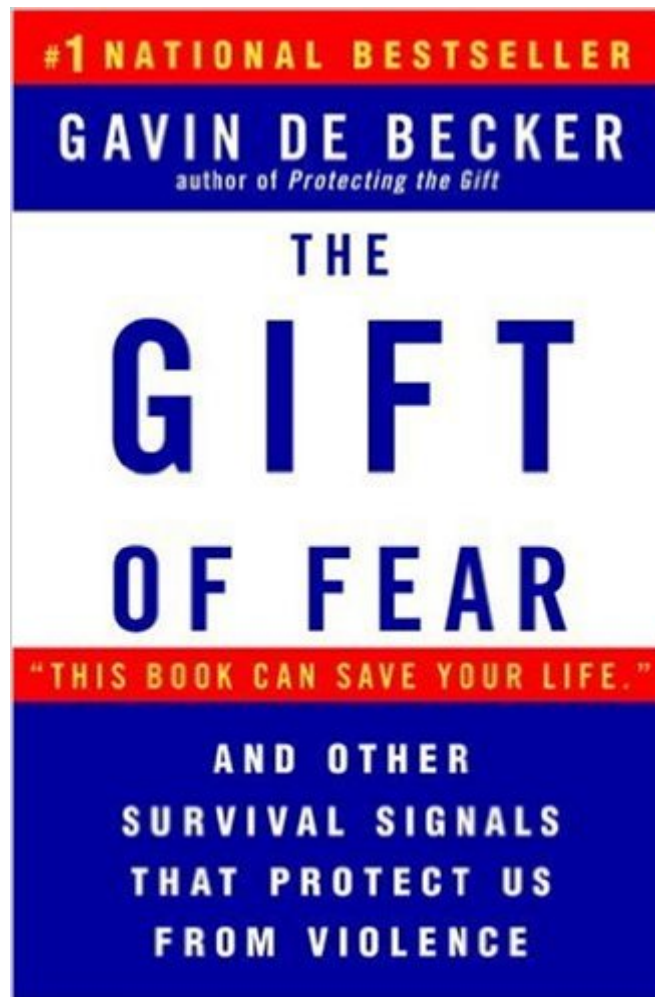


The book was found

The Gift Of Fear And Other Survival Signals That Protect Us From Violence



Synopsis

True fear is a gift. Unwarranted fear is a curse. Learn how to tell the difference. A date won't take "no" for an answer. The new nanny gives a mother an uneasy feeling. A stranger in a deserted parking lot offers unsolicited help. The threat of violence surrounds us every day. But we can protect ourselves, by learning to trust and act on our gut instincts. In this empowering book, Gavin de Becker, the man Oprah Winfrey calls the nation's leading expert on violent behavior, shows you how to spot even subtle signs of danger before it's too late. Shattering the myth that most violent acts are unpredictable, de Becker, whose clients include top Hollywood stars and government agencies, offers specific ways to protect yourself and those you love, including...how to act when approached by a stranger...when you should fear someone close to you...what to do if you are being stalked...how to uncover the source of anonymous threats or phone calls...the biggest mistake you can make with a threatening person...and more. Learn to spot the danger signals others miss. It might just save your life.

Book Information

Paperback: 384 pages

Publisher: Dell (May 11, 1999)

Language: English

ISBN-10: 0440508835

ISBN-13: 978-0440508830

Product Dimensions: 5.2 x 1 x 8 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (1,835 customer reviews)

Best Sellers Rank: #1,962 in Books (See Top 100 in Books) #3 in Books > Health, Fitness &

Dieting > Safety & First Aid #3 in Books > Self-Help > Abuse #6 in Books > Politics & Social Sciences > Social Sciences > Violence in Society

Customer Reviews

When a young relative of mine was vacationing, a stranger grabbed her by the arm and said, "Come with me or I'll kill you." She reacted instinctively and broke free, and as she ran she expected to be shot at any second. But she made it to safety and provided the cops with a good description. One year later and 100 miles from where that happened, another little girl was grabbed by a stranger, who said something to her--this was captured on videotape. The frightened child, instead of fleeing, cooperated. She was later murdered by her abductor. I think most of us fall into that second

category, because we don't listen to the instinct to run, or to fight, or to (best of all) avoid those situations in the first place. We've been trained to suppress those very instincts that exist to preserve our lives. What deBecker's book so expertly does is re-train us to listen to our intuition, to scope out our environment and everyone in it, and to read the danger signs we would otherwise prefer to ignore. Panic and anxiety are not useful emotions; fear is different. Fear is what compels us to take action if there is a clear and present danger; it's what allows us to see what's happening and respond appropriately. It's an emotion that should be nurtured instead of conquered. We don't want our kids to grow up afraid of the boogeyman, scared to go out of their homes or try new things or meet new people. De becker teaches us that, instead, if we develop and learn to trust our intuition, we can free ourselves from that trap, just as we can react positively if we are ever in a position that requires immediate escape.

[Download to continue reading...](#)

The Gift of Fear and Other Survival Signals that Protect Us From Violence The Gift of Fear : Survival Signals That Protect Us from Violence Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) Paracord: The Ultimate Paracord Projects - Learn How To Use Paracord For Survival (Survival Guide, Bracelet And Survival Kit, Prepper's Survival) Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness Shelters (Survival Safe Home, Survival shelter, Survival shelter books) Survival Medicine Handbook: Essential Things Every Medicine Kit Needs And First-aid In Case Of Emergency: (Survival Books, Survival Guide, Survivalist, ... (Survival Skills Book, Emergency Medicine) SURVIVAL MEDICINE: Your Guide to Survival Basics, First Aid and the Most Common Medical Issues Encountered In Survival Situations (Survivalist, Safety, First Aid, Emergency, Survival Skills Book 1) Survival How To Disappear Without a Trace, Find Food, Shelter and Water in Any Wilderness: (Survival Tactics, Survival Navigation) (Prepper Survival, How to Survive in The Forest) Bushcraft Survival Guide: Important Bushcraft Skills To Survive In The Wild: (Bushcraft Outdoor Skills, Bushcraft Carving, Bushcraft Cooking, Bushcraft ... Survival Books, Survival, Survival Books) Survival: DIY Survival Guide - Tactics That Everyone Should Know - Learn How to Survive a Disaster (Survival, Survival Guide, Prepping, SHTF Book 1) Survival Communication: 20 Proven Lessons to Stay In Touch With Your Family When the World

Goes Silent: (Prepper's Guide, Survival Guide, Survivalist, Safety, ... Survival Skills Book) (Survival Books) The Ultimate Guide to WordPress Security: Secure and protect your WordPress website from hackers and protect your data, get up to date security updates Survival Chinese: How to Communicate without Fuss or Fear Instantly! (Mandarin Chinese Phrasebook & Dictionary) (Survival Series) My Partner, My Enemy: An Unflinching View of Domestic Violence and New Ways to Protect Victims Warning Signs: How to Protect Your Kids from Becoming Victims or Perpetrators of Violence and Aggression Everyday Revolutionaries: Gender, Violence, and Disillusionment in Postwar El Salvador (Genocide, Political Violence, Human Rights) Paracord: Instructions For Creating and Crafting Survival Kits: Bracelet and Survival Kit Guide For Bug Out Bags (Survival Guide) Build a Survival Safe Home: Over 40 Helpful Tips on How to Construct a Protected Shelter and Defend Yourself and your Family from Natural Catastrophes ... a Survival Safe Home Books, survival home)

[Dmca](#)