

The book was found

# The Gift Of Fear : Survival Signals That Protect Us From Violence



## Synopsis

A carjacker lurking in a shopping mall parking lot. An abusive husband pounding on the door. A disgruntled employee brandishing a gun. These days, no one is safe from the specter of violence. But according to Gavin de Becker, everyone can feel safer, act safer, be safer -- if they learn how to listen to their own sixth sense about danger. De Becker has made a career of protecting people and predicting violent behavior. His firm handles security for many of Hollywood's top celebrities -- Madonna, Michael J. Fox, Geena Davis, Brooke Shields, and John Travolta, among others, according to press reports -- and his computerized risk-assessment system helps analyze threats to members of Congress and the Supreme Court. Now, in this unprecedented guide, de Becker shares his expertise with everyone. Covering all the dangerous situations people typically face -- street crime, domestic abuse, violence in the workplace -- de Becker provides real-life examples and offers specific advice on restraining orders, self-defense, and more. But the key to self-protection, he demonstrates, is learning how to trust -- and act on -- our own intuitions. For everyone who's ever felt threatened, this book is essential reading.

## Book Information

Hardcover: 334 pages

Publisher: Little, Brown and Company; 1st edition (June 1, 1997)

Language: English

ISBN-10: 9780316235020

ISBN-13: 978-0316235020

ASIN: 0316235024

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

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

Best Sellers Rank: #238,732 in Books (See Top 100 in Books) #226 in [Books > Health, Fitness & Dieting > Safety & First Aid](#) #322 in [Books > Self-Help > Abuse](#) #370 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) Paracord: The Ultimate Paracord Projects - Learn How To Use Paracord For Survival (Survival Guide, Bracelet And Survival Kit, Prepper's Survival) 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: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) Survival: DIY Survival Guide - Tactics That Everyone Should Know - Learn How to Survive a Disaster (Survival, Survival Guide, Prepping, SHTF Book 1) The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) 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 Communication: 20 Proven Lessons to Stay In Touch With Your Family When the World Goes Silent: (Prepper's Guid, Survival Guide, Survivalist, Safety, ... Survival Skills Book) (Survival Books) 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) The Ultimate Guide to WordPress Security: Secure and protect your WordPress website form 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) The Batterer as Parent: Addressing the Impact of Domestic Violence on Family Dynamics (SAGE Series on Violence against Women) Meditations on Violence: A Comparison of Martial Arts Training & Real World Violence

[Dmca](#)