

#1 NATIONAL BESTSELLER

GAVIN DE BECKER

*author of *Protecting the Gift**

**THE
GIFT
OF FEAR**

"THIS BOOK CAN SAVE YOUR LIFE."

**AND OTHER
SURVIVAL SIGNALS
THAT PROTECT US
FROM VIOLENCE**

Gavin de Becker

The Gift of Fear and Other Survival Signals that Protect Us From Violence



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



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Everyone, especially ladies, should read this publication and figure out how to trust the energy of your intuition I spent 20 years on the streets in local police. I always experienced that the Temporary Restraining Orders (TRO) we offered on stalkers and spousal abusers were as worthless, generally, as the paper they were written on. Niceness Does Not Equal Goodness This book is an invaluable resource for women. As Gavin de Becker therefore aptly points out, with regards to committed stalkers and abusers, not only are they not afraid of a piece of paper, it incents them to a good higher amount of activity as well as perhaps violence. The writer makes a fantastic case that we ought to be a lot more judicious in evaluating such situations against a threat matrix and react in different ways with respect to the nature of the threat.! In addition to the two decades I spent in law enforcement, I am also a qualified BODY GESTURES trainer and coach the power of nonverbal communication. As research has shown, what we call women's intuition is the truth is the actual fact that women, on average, are much better at choosing up non-verbal cues than men. That "intuition" was absolutely essential for the females of our species to survive in a very hostile world, where these were of slighter stature and needed to quickly detect threats around them. As the principal caregiver to children in addition they needed to be in a position to efficiently interpret the cues and needs of infants and small kids before spoken vocabulary. One interesting research involved showing brief film clips with the sound turned off to groupings of men and women. I suggest giving this publication a read. Afraid guys we only have scored 42%.) "discounting of the term NO"- refusal to respect the term no is a signal a crim-pred is wanting to control you or refusing to relinquish control. Back my police profession we didn't even have a term called BODY GESTURES. That means another buying trip! Among my great fears has to do with my beautiful wife's suppression of her natural intuition around strangers, in the curiosity of being polite and non-judgemental. Wish Mr. Dark parking lots, underground garages, elevators and roads filled with road people and medication addicts. While our building is quite protected, once you are on the streets it's a complete different ball game. Thank you. There have been also plenty of situations and behaviors that I had by no means remotely considered.). I don't need to be a dark belt in self-defense. Usually they simply served as a salve to sooth our justice system's guilt over unwillingness or inability to consider strong and immediate action, or develop alternative solutions. The 4th chapter alone is worth the cost of the book by itself. de Becker would address the large numbers of post-9/11 changes and how people that have trauma-tinged perception can find out exactly how to navigate this difficult situation. You will learn about: "forced teaming"- establishing premature trust predicated on sharing a predicament. Anyway just get this publication. I was willing to overlook these little issues because, as stated in my own headline - this reserve was created in the 90's. We all know why. "mortgage sharking"- (it's hard to inform a creep to eff off when he's performed something helpful and now you are indebted to him. fMRI scans reveal females use 14-16 parts of their brains during conversation, while men only 4-6 areas (most females probably would dispute giving us that much credit-:)) In modern society, in the curiosity to be "polite", we frequently suppress our natural intuition, our gut emotions. There is much greater detail in this chapter, and I cannot emphasize more than enough how important it really is to identify these "interviewing techniques" that criminal predators use. Many thanks Gavin de Becker for composing such an important and informational reserve. single. De Becker's reserve provides received criticism for gender bias in highlighting gender-based behavior that puts females at a substantially higher risk of harm. It is accurate that de Becker describes feminine behaviors, attitudes and activities that are culturally ingrained and reinforced in ladies from childhood. Instead of look away, he makes it clear that women have to analyze their behavior and pay attention to gut feelings. I do not

really remember why I bought this book. You can't always be "nice". Though the wording is seemingly aimed toward female victims and male aggressors, it could cover all genders -- and it goes beyond just one-on-one scenarios (such as for example predicting place of work violence, etc. This is actually the first book that has made me grab a highlighter since college. De Becker shows us the consequence of America's romance with guns and the consequences of our collective apathy and negligence.) Shoot. De Becker has investigated the abyss for all of us with courage and compassion. I will be passing this publication around to all or any the important ladies in my life. Suggestions I'm dying for a fresh updated version of this book. It's great - with one caveat: as many people with PTSD understand, we're quick to pick up on those danger indications, but research demonstrates we're much slower acting on our inner indicators.

"typecasting"- Involves a slight insult to find the woman to respond by engaging verbally with the crim-pred. The type of my our particular careers requires us to reside in a dense urban area, surrounded by all sorts of threats. Titled "Survival Indicators" this chapter will educate you on the advanced manipulations that criminal predators use to try and gain control over you. I must have seen a mention of it in something I read, but I am really glad I bought it. Good read, good advice. In dangerous situations a woman's social conditioning can stifle that small inner voice of fear. Still an excellent recommendation for anybody. He describes the toxic effects of media lifestyle and celebrity based on decades of true to life case-work. (And that was a long time ago. He provides no-nonsense solutions that could save the lives of many, many kids. But this is not simply a university level psychology book..I have no highlighter. We just understood it as "street-smarts".I have been reading this reserve in small pieces, since it is very dense, full of information. 10 Stars If you're feminine or if you're a man with any ladies in your life you will need to read this book and pass it along. There have been things in "The Gift of Fear" that have been good sense, or hunches that I by no means knew how to put into words -- but that your author did obviously. Of course psychopaths target men also. On time. She's terrific intuition when she uses it. It also has interesting tales, and there are plenty of of them to give weight to his methods and predictions. My intuition has been awakened, and I will pay attention. De Becker is probably the foremost professional on violence and psychopathic behavior.. Most of us humans have this 6th sense but have a tendency to dismiss it.penny! He stresses listening to your intuition or 6th sense when dealing with strangers. It includes case studies on targeted violence. I want to give a copy of this book to every girl I understand, every friend of mine in the GLBTQIA spectrum, to anyone who, like me, has ever endured to get a TRO. Experienced hunters under no circumstances stare directly at an pet but make use of their peripheral vision. the former becoming the micro and the latter becoming the macro picture of the landscape of why is and reveals assailant's intentions. Lesson here is to pay attention if something simply doesn't feel right. Women especially should always decline assistance if offered by a stranger. "attraction and niceness" (remember, niceness does not equal goodness. Fantastic read My favorite book. I have sent it to over 20 people now! Ought to be required reading! I'll add that animals that are hunted have a very developed sense of risk. My jaw dropped, this was completely out of nowhere and I'm not sure why a self-labeled security expert felt like he had a need to spend such a large portion of the reserve about fear and hearing intuition on domestic abuse issues he obviously doesn't fully comprehend. Many thanks Gavin Dr Becker designed for the Gift of Fear I am giving this reserve a five star rating because this book should be required reading in every American high school. It also contains tactics used by thugs to full blown psychos to judge and rate their prospective victims. Riveting As a person in the protective protection field I came across this book a fantastic accompaniment to Still left of Bang; SpecOp snipers utilize the same

tactic. This book provides another valuable framework for me personally to assess confidently the chance potential of the globe around me. Required Reading For All Women This should be needed reading for all women so much in order that I gave this book to all or any my women friends which is something I've never done before or since. I saw the author interviewed on the Oprah display and bought the book. His assistance was invaluable and I can apply it to myself immediately. It is my wish that my wife and every female will be ready to read the reserve, reflect on all of the powerful tales in The Present of Fear, including the author's personal story. Thought-Provoking. This book is well-written and thorough, with complex scenarios and issues divided into simple and easy-to-understand speech. Through-out the reserve, de Becker provides unique insights in to the unsavory aspects of American society that people ignore at our peril. Gavin de Becker's loud message to women, Trust your gut, Don't suppress your intuition, Don't worry about hurting some stranger's feelings is a powerful one. Personally i think empowered now, despite the fact that this book is twenty years previous. She is like a perfectly honed tuning fork when she actually is willing to trust her intuition, but because of her kind and trusting nature, she often suppresses it in the interest to be all-inclusive and accepting. Females scored an incredible 87% precision in evaluating the problem proven in the video. This was definitely written in the 90's Okay, so the beginning of this book is pretty decent, there are several good points made about hearing our gut emotions with only a few weird references to ladies (feeling the need to tell us his mother was slender and attractive? which has exactly what related to her function in his story??.) "way too many details"- When people lie what they state doesn't audio credible to them therefore they keep talking. I QUICKLY got to the part about domestic misuse and HOLY BAJESUS! We also greatly appreciate the author's discussion of the origins of fear and how important it's been in allowing mankind to develop. I began swearing at the recording (paid attention to it on audible). This man takes domestic abuse issues and not only over-simplifies them and defines them through the male gaze, but also victim blames in ways that betrays excellent ignorance on how these situations impact the ladies (and sometimes guys) on the getting end of the misuse. Value every. Gross, dude.



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