

# DANGEROUS INSTINCTS

USE AN  
**FBI PROFILER'S**  
TACTICS  
TO AVOID  
**UNSAFE**  
SITUATIONS

"This book will save many lives—including quite possibly your own.  
I recommend it highly to all of my family, friends, and readers." —ANN RULE

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AND ALISA BOWMAN

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## Dangerous Instincts: Use an FBI Profiler's Tactics to Avoid Unsafe Situations



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Fear can't assist you in a dangerous situation. A former FBI profiler teaches you what can. Whether you are starting the door to a stranger or meeting a date you linked to online, you should know how exactly to protect yourself from harm-physical, monetary, legal, and professional. As one of the world's top professionals on psychopathy and criminal behavior, Mary Ellen O'Toole has seen repeatedly how counting on the feeling of fear alone frequently does not protect us from risk. Like *The Gift of Fear* and *The Sociopath Next Door*, it'll appeal to anyone seeking to make the ideal contact in an ever-threatening world. Using the SMART technique, which O'Toole developed and used at the FBI, we are able to confidently know how to: Respond to a threat in virtually any situation Hire a person who will work inside your home like a contractor or housekeeper Figure out whether a potential employee is a safe bet Know who you can trust together with your children A particularly useful book for females living alone, parents who are concerned about their children's security, and employers worried about employees who might go postal, *Harmful Instincts* gives us the tools utilized by professionals to navigate possibly hazardous waters.



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Useful and Easy Read to Up Your Personal Safety I purchased this publication while on the search for an instructional manual in reading behavioral cues. The majority of books in this genre handle serial killers, and it's pretty unlikely I'll come across many of them in my life. I'll, however, meet my reasonable talk about of narcissists, sociopaths, socially maladjusted individuals and those with personality disorders. Seemed to dismiss beyond control and with disdain the theory people can get any details of worth from intuition or body language - concepts found in other books related to this subject. Why are there not six celebrities as an option? O'Toole examines a number of situations I hadn't thought to risk assess: car pooling, selecting a monetary advisor, and monitoring my own behavior, among them. She provides case studies of real-life circumstances and explains how she would approach them, red flags she would have recognized, and how to progress in a less-than-perfect world. Don't give up though. Tedious The author flips backwards and forwards from providing general information to be utilized by anyone to being a lecturer to a specialist audience such as police,. risk, creating better personal safety Whether a scholar, elder, or business manager, this profound but simple go through will give you equipment to create personal security. Dr. O'Toole references page numbers which aren't actually applicable, and sidebars occasionally are dropped in to the body of text message in a disjointed method. Repeated her amazing exploits with the FBI however, not in enough details to make it certainly useful. Skipped last third of the book because of frustration with slow circling speed of the first component. It lets you know about a large amount of situations, after that refers you to chapter 6 or 8 or whatever. I finally started skimming because it would talk about something very interesting, then move on to something else without finishing that story or telling you how exactly to recognize the risk signs. What is offered could very easily be covered in half the number of pages the author(s) used. This is the meat of what you need to know.. Okay There are some tidbits of useful info that you may not have considered but mainly, it just reaffirms what good sense you (hopefully) have. I gave 3 stars because you cant do half of .. Very little was there that could help. The book is worth it, but jump to the next half. Can't wait for a sequel.) and wouldn't consider or plan for unpleasant possibilities. As well frustrating. Each chapter begins with a conclusion of goals and ends with a summary sheet to examine important details, so it's easy to remember the lessons within. The writer is the real deal and along with her co-writer really turned my mind around. The reason why I chose 4 celebrities instead of 5 is because I purchased the Kindle edition. The text is fairly repetitive and will not offer very much in the form of substantive suggestions on how to avoid harmful situations. I did get some good info, but nothing you could utilize when just meeting somebody. I will not be recommending this publication to anyone. Not as helpful as I expected Heard O'Toole interviewed on a couple of radio displays when this came out. Bought it on that basis but am disappointed in it overall. Her repeated references to what the reader could anticipate in upcoming chapters of the reserve were unnecessary and seemed sophomoric. I'm now in the middle and it's very helpful. Also surprised at how many of the suggestions are basically good sense. The book could be more helpful for young people and/or those who are naturally very trusting (which will not explain me! It dropped tantalizing tidbits that dangled just out of reach of understanding. Reduce vulnerability & This is simply not a book whose text was optimized for Kindle use. I saw where I was vulnerable and how to shore it up. Talk about it with those you care about. Great Publication! Opened my eyes. Won't had that issue once again. I'd recommend gifting this book for some of the people you know who could use a manual on good sense. Writer kept telling readers she'd tell them the secrets of how exactly to read personality and behavior shortly or within the next chapter. While this

book is \*not really\* a manual of behavioral cues, it is a very useful and thorough examination of risk assessment and avoidance. This is not a reflection of the work itself, but rather on its presentation in Kindle format. Dangerous Instincts The first half of the book isn't really that helpful. You wouldn't be told how the hunt finished, how they figured it out.. That's where you need to give consideration and it could save your valuable life. I gave 3 superstars because you cant carry out half of a star. I felt she experienced facilitated work shops for law enforcement departments and simply required her script and format from those, turned them into a publication without much modification to make cash. It keeps stating will tell you later. This publication is now a member of my long lasting reference library. I provide 2 1/2 stars.

Dangerous Instincts; I can use this knowledge in order to avoid further discomfort and misery. It is high time that we cease all contact with abusive and harmful people and force them into hiding. The good stuff is later.Later never comes. Dangerous Instincts Delivers Powerful Insight In A Harmful World Excellent reading material! The first half is why I just gave it 3 stars. A dear friend who's a retired cop, now a private detective specializing in personal protection for tech executives, recommended it when I had a problem with a handyman. She also addresses the situations one would expect to risk assess: getting into human relationships, choosing a childcare service provider, selecting individuals to work in one's house, etc.! Publication came fast and was an excellent read. But it was very frustrating to read those earlier chapters and stories would just end and all you would be informed was how regular the killer was, how captivating, how they conceal in plain view. It doesn't hurt to learn. A bit disappointing Did not flow well.. Once in awhile she would let you know how they figured it out, but it was rather bare bones.because you understand, common sense isn't common. FORGET ABOUT Building EXCUSES FOR EVIL. Five Stars good read Awesome book! Superb book and well written. This material offers merit and is vital in an ever increasing and dangerous world. I have shared their SMART practices will all of the important women in my entire life. A must read for just about any law enforcement officer. I wish that I experienced this knowledge in my own toolbox a long time ago. I would have avoided so very much pain and misery. Growing up with abusive parents and becoming bullied in college and elsewhere led me to be programmed to accept such abuse plus some harmful people throughout my life time. How Gut Feelings Betray Us I almost didn't read all this book because the more I read the more I thought it targeted at women rather than old men. It really is high time that people say NO MORE to such abusive and harmful people. Sure glad i kept at it as it was interesting, riviting and chilling. It is high time to be ARMED with knowledge. Four Stars Useful notebook for classes. USUALLY DO NOT Go through THIS BOOK IF YOU ARE NAIVE, IGNORANT, AND THINK THAT MOST PEOPLE ARE Great AND THAT THERE IS NO EVIL IN THE WORLD. You'll be sadly mistaken. Dr. A brilliant, important work that I wish have been around 25 years ago for me to read. "Trust your gut. Trust your intuition," people say. This is just what Dr. O'Toole cautions us against. An incredibly important lesson from an amazing, compassionate woman with an unparalleled combination of experience, judgment, cleverness, and wisdom.



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