

‘Stay Safe, Start Living’

**PRE-EMPT**

HOME • TRAVEL • WORK • TERRORIST ATTACK • ACCIDENTS

**PREVENT**

BURGLARY • CRIME • PUBLIC TRANSPORT • HOLIDAYS • CAR THEFT

**PROTECT**

**PERSONAL  
SECURITY  
HANDBOOK**  
CHRIS HOLT



Chris Holt

## Personal Security Handbook: Pre-empt, Prevent, Protect



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Life in the twenty-first century is easier for most people than it was for our ancestors. Bomb disposal expert Chris Holt's new publication gives readers the assistance they want and the self-confidence to accomplish something proactive about their own security. Exactly what will they ask you to perform? What strategies can we adopt in order to avoid crime circumstances while going about our day to day lives? Since 9/11 and the terrorist bombings in Madrid and London, folks are anxious to know what they should do if they're swept up in a terrorist incident. In the home, on the streets where we live, at work, so when traveling abroad, how do we avoid learning to be a victim of criminal offense? What will the authorities do? But existence today holds its dangers. Whether you are a city worker attempting to understand more about a terrorist attack, students living away from home for the very first time, or planing a trip to central Europe on holiday, this book offers something for you. Browse it and keep it with you as a reference, safe in the knowledge that by doing something instead of nothing you're already making a positive difference to your personal safety.



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Valuable read This is a well crafted at all times brief on personal security. Although an excellent guide for many people, I was pleased to be able to share this reserve with my teenage daughters! Its full of practical tips and useful bits of info that will cause you to more conscious of your position than perhaps you may have been.



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