

WATCH YOUR BACK

**How to Avoid
the Most
Dangerous
Moments in
Daily Life**

ROGER ECKSTINE



Roger Eckstine

Watch Your Back: How to Avoid the Most Dangerous Moments in Daily Life



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Concrete Strategies for Staying Safe and sound and Protecting Yourself from Assailants Do you ever feel the urge to furtively look over your shoulder to check if somebody's following you? Have you second-guessed a decision to walk in a badly lit area late during the night?re not one of them? Each day, unsuspecting people fall victim to muggers, pickpockets, carjackers, and various other criminals. Potential hazards consist of: Paying for gas at the pump Using the ATM Road rage and the belligerent fender bender An energetic shooter attack Concealed bring and the rigors of daily life And a lot more! When you see crime reviews on the news, do you ever wonder if it might happen to you? Watch Your Back gets the advice you need to make this happen. What can you do to make sure you' Eckstine illustrates his points by referencing case research and information clippings of real-life occasions. He describes various ways people can be prepared both mentally and actually for altercations, with an emphasis on training yourself to constantly observe your surroundings. Additionally, he suggests emergency devices, personal weaponry, and communication tools to greatly help in dangerous circumstances. You and your loved ones deserve to feel safe constantly. In Watch Your Back, Roger Eckstine presents a large number of possible dangerous scenarios that may occur in lifestyle and ways to counteract each threat.



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At the end of every chapter you can find summary points of the info for review. It really is great having different topics for each chapter, and making you think more on the subject of your daily practices, appointments, etc. I am taking pleasure in it thus far., and especially on the subject of anything you do at a general public ATM, gas pump, bank, video rental machine, comfort store, etc. The majority of it really is probably never likely to come up, but it's a great idea to learn through it and simply keep the knowledge at the back of your mind where it'll kick in if something unforeseen arises! Filled with practical tips and how to develop new mindful habits I purchased this book after seeing it mentioned on the Armed Citizens Legal Defense Network internet site journal. And yes, I am a firearms instructor for many years. I am new to all of this in fact it is as international as the back aspect of the moon to me, so getting a resource that's not overwhelming is quite helpful. If you are like me, and have a violent neighbor that has threatened you and today must look to learn self security (mentally, physically, emotionally, legally, and financially), that is a great resource! Worth every single penny! I would attach a photo (web pages 168-169) highlighting Appendix B: The Concepts of Everyday Survival, but either Amazon or my laptop computer aren't working properly to permit me to take action. The book is imprinted on glossy paper and all photos are in color and aid the understanding of various points manufactured in the accompanying text. A very useful supplement for students of firearms instructors An excellent study supplement for students of firearms instructors. Once again, that is a great primer for all those wanting to start learning how to prepare and protect themselves from others that would seek to harm them. You can find twelve chapters and even though the instructor is probably not covering all topics dependant on the student's requirements the material will there be and might result in future classes after the student realizes that there surely is even more to cover and find out. I do not suggest that one buys this book and utilize it for its information by itself but to rather look for a specialist instructor. Appendix A - How exactly to Watch Your Back: AN INSTANT Reference Guide to Preventive Measures gives quick recaps of the chapters and I find them quite helpful. Appendix B - Principles of Everyday Survival if read and re read before principals become section of your daily behavior can go quite a distance in keeping you away from situations where you won't ever need to wonder, "How on earth did I enter this situation?" I really do recommend this reserve for all its helpful and well thought out information. It teaches you about how to build in fresh, perceptive safety behaviors to focus on wherever you go, never to be paranoid but just to think of opportunities and avoid potentially dangerous situations. OK, but not the best book for general curiosity readers Useful information but a lot of the information is somewhat specific, eg for realtor, convenience store clerks, etc Clearly Written Strategies To Keep You Safe There's a lot of stuff in here nobody really likes to think about. Pay more attention to people and conditions, and generally trust your gut if something appears off. This is written in very clear and understandable language, and serves as a good tutorial for those people who need a little press towards being more watchful and aware. Worth adding to your Self Defense Library Good stuff. Lots of Situational Awareness examples.



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