

# **EQUAL OR GREATER FORCE**

*A Delta Force Veteran  
Teaches You  
How to Survive Crime,  
Terrorism, Natural Disasters,  
and Other Calamities*

**Kit Cessna**

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**Equal Or Greater Force: A Delta Force Veteran Teaches  
You How to Survive Crime, Terrorism, Natural Disasters  
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Drawing on his experience as a career soldier, a SWAT officer and a Louisiana resident who offered protection during Hurricane Katrina, Cessna examines what it takes to survive in the us today and will be offering a wake-up demand those citizens who expect the government, or anyone else, to deal with them in virtually any disaster, natural or man-made.S. Cessna's number-one guideline for survival is normally that the party primarily in charge of your continued existence is you.Package Cessna, a combat-tested veteran of the U. Army's supersecret Delta Power, knows a whole lot about survival. This book will teach you how to create a stay-alive attitude, make yourself mentally tough enough for any scenario, control your fear throughout a confrontation, choose the right weapon for various situations and cope with the emotional and legal aftermath of an assault or natural disaster.



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The truth This little book really deserves a review because it's just that important a read. This issue is simple. The world can be a dangerous place, overcome it. You possess two choices in life, either be a victim or cope with it.! This book isn't about tactics or strategy, it really is about having the correct mindset." It dispels the myths of Hollywood and places the facts on the desk where you can go through them for yourself. Recommend this book. This is an introductory instruction that examines the main topics protection by encouraging you to develop your most critical weapon, your brain.This book came recommended by one of the world's finest firearms instructors and a pal of mine, Bill Jeans. A publication on the foundations of building an effective mindset for such disasterous events. It does not get into specifics as shown on the cover however it does not detract from the materials and encounter within the publication itself. Hell, it belongs in every police academy as a guide for new recruits. I'm sorry it got me so long to get to this book.So buy a copy, take everything you may use, put it in your range bag, pull it out every occasionally and get a dose of reality. they are more theoretical then actually actually useful. My copy will end up pet dog eared and toyed with over the years. Your mind is your very best weapon. You won't have time and energy to think, therefore you must learn to react before these situations. At an extremely minimum, everyone should read this book to comprehend that they alone are responsible for their own basic safety. He offers credentials, he has been around tough situations and knows what will be required mentally. Great to get ready you mentally for a violent situation Seeing that has been said, this book isn't about teaching defennse methods, so if that is what you are after, look elsewhere. Nobody might help you in the event that you place yourself at an increased risk and you are attacked before you can call for help. No book will save you from all risk but this one certainly points the human brain and your mindset in the proper direction. The publication is now something I may include in every class I teach. I read this book a couple of years ago thinking it was going to be a straight-up discuss surviving the incidents listed on the cover. To an level it does, by giving the reader the tools and mental concepts to build upon. It's real. It had been exactly what I wanted essentially. These fine institutions could make us safer and reduce the risks of violence we may encounter BUT we as individuals must know how exactly to secure our protection, avoid threat of violence and be able to defend ourselves should violence arrive our way or just how of our households... This book explains to build up the mindset you have to face bad people and protect your family and other family members. This book helps prepare your state of mind.preplanning so that you could have your whits about you. I had not thought that much about the mental preparation required to be ready to defend yourself. Kit knows what he is talking about and explains it very well, being an ex-soldier and Delta Force member. Not the police, not the armed service and certainly

not the government. It is also an excellent book for males who may have a shortage of testosterone when it comes to mentally dealing with a lifestyle threatening confrontation! Great use of good sense. This is an excellent read. The author makes sense and tells you what you need to learn.. Five Stars good read. Good price, the reserve shares and gives some good points. A Must Go through! What he has experienced and discovered is situated in this book. A Very Informative Book For CREATING A Survivor Mindset Kit Cessna's book is a very very well written expose' on how best to develop the proper mindset to survive a deadly encounter with another individual or life threatening circumstance. The book is stellar. Insightful, immediate, and pulls no punches in telling truths that many in society prefer to close their eye to. What this reserve is not, is some kind of odd guide showing you how to sucker punch someone. The unfortunate truth..! In a few ways it really is unfortunate that such lessons are discovered. Nevertheless, his writings reflect the reality of life in the present times. These are valuable lessons to which everyone should provide credence. A video game changer for me This book was a casino game changer for me many years ago.. I believe this is a good publication for an average person who hasn't had any martial arts or firearms teaching but has the desire to boost him/herself to mentally have the ability to deal with acquiring the life of another human being who's hell bent on eliminating you!we didn't live in the best section of town so my wife and I both got our CCW permits. With regards to safeguarding lives and using deadly pressure, mindset and planning are EVERYTHING.. Its a 24/7 method to live when you realize the world isn't everything you see on tv. It is also a fantastic publication for Preppers to help develop the mental toughness had a need to deal with and/or survive a long term crisis or disaster kind of scenario. Take his suggestions to heart and get some good additional training.the real world has real threats that may seriously suddenly. This book will help you with insight into why and how. And this doesn't mean becoming paranoid, this means that situational awareness is an art that can be discovered as any additional skill, except this is a skill that can save your life. One of the top books on the mental part of survival prep.!. If problem comes your way, be considered a man (or woman) about it and give'em hell.! I believe it would be a good book for women who are taking a self-defense class as an initial step. Hopefully they might continue their schooling to incorporate the usage of firearms as well. I recommend this book as a starting to prep your brain for just about any violent encounter.This is a book about mindset and the practicalities of fighting from a man who's "been there and done that. Unless you have the correct mindset any tactical teaching you have will ultimately fail. This is a good reserve for martial arts instructors and firearms instructors to suggest to their students.. It was ok. The ideas expressed in this book are some very nice ideas, but.. The author has comprehensive experience from

multiple settings in the States to various places all over the world.. And if anyone ever questions why you train, let them browse it. Its probably meant for a person who is in a more advanced physical level then the mere average person. All in all it was a great read with some very nice ideas.



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