

**SURVIVE
THE
UNTHINKABLE**

**A TOTAL GUIDE TO
WOMEN'S
SELF-PROTECTION**

TIM LARKIN

FOREWORD BY TONY ROBBINS

Tim Larkin

Survive the Unthinkable: A Total Guide to Women's Self-Protection



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It's a counter-intuitive brain / body approach women can use to protect themselves and their loved ones. Readers learn to identify the difference between public aggression (which may be prevented) and asocial violence (which is unavoidable), identify personal behaviors that could jeopardize safety, and target highly specific areas on an attacker's body for a strategic counterattack. It's about focusing on how to self-protect, not self-defend. In *Survive the Unthinkable*, Tim Larkin empowers women to comprehend that surviving a potential strike isn't about being physically bigger, faster, or more powerful; *Survive the Unthinkable* reveals the effective, proven principles behind Target Focus Training, the system Larkin has utilized to teach Navy SEALs, celebrities, and soccer moms. Approximately 1.9 million women are physically assaulted annually in the USA alone. Larkin discusses how predators believe and teaches women how exactly to place them, outsmart them, and prevent them in their tracks. With principles proven to work regardless of size, strength, or athleticism, Larkin's approach revolutionizes women's perspective on violence and self-security. Armed with the tools to neutralize any threat, readers will blast through the victim mindset and live freer, safer, more peaceful lives.



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Great reserve, great insights, on focus on! Unfortunately, it appears we may require it sooner than we care to admit. As former armed service and police, and having taught womens' "defensive" methods pro bono because the 60s, I've found very few great books to recommend to females on the subject. I was in the process of writing one myself dealing with risk but wear it hold, as I'd be competing with books filled with ignorance, self-advertising, and glitz along with dangerous delusions about the hazards and issues involved in predator attacks on women....

How will you learn self defense without seeing the techniques? A. I possibly could comment more about a society that supports violence or at least violent individuals, but not the victim, where in fact the evildoer is never to blame, only culture and the victim. Larkin's book isn't so much a debate about methods but about "mindset," about using body mechanics as equipment, & most importantly, about the truth of violence against women. I did not see it in his book, but he should point out that in case you are armed, that will soon be illegal as only criminals should have guns, you probably won't get yourself a chance to get to your gun before an assault. Do you are feeling lucky? Willing to take that risk? We stumbled in Tim Larkin many years ago in my past lifestyle and he suddenly resurfaced. With this publication and his own tactical style, he addresses the problems of violence in a clear and unambiguous manner, very straightforward - and his approach is certainly right! Unorthodox, but absolutely appropriate. For your better satisfaction, basic safety, and survival -- browse this book often!" I will be recommending this book to the women participating in exactly what will probably be my final women's defensive tactics class. No individual responsibility.. Tim Larkin hits the nail on the head with this timely reserve." But I really do understand his choice, as it grabs one's attention. With out a "right" mindset, zero tactic - except luck - will work against a predator. A good primer about the mindset of women's self-protection When I first opened this publication I thought, "What! This publication gets you considering in the right direction. It does point out about differentiating between asocial and antisocial behavior, and the legal consequences of your activities. It does not delve into the gray areas of joining in certain cultural behaviors and the possible aftermath. Surprise! - Target Focus Training requires even more knowledge, an educated training partner, probably an instructor, etc. Essential read for everyone, not only women. The book factors you in the right direction. His videos fill in the blanks, because they should. You can't cover everything in one book - no matter all the experts letting you know that they do. Throughout my life I've taken Tae Kwon Do and many other courses for self-defense, confidence, fitness and well-being. But, when one is usually faced with violence from the human predator, what is someone to do? This book spells it out. Shame on us for tolerating violence to women! But then, there is no shame today . As additional reviewers have mentioned, there is sparse fine detail about the all important targets themselves, their particular reflexes, and which strikes are the most effective. I assume I like it because he appears like me . it is an outmoded concept inside our morally-challenged society. Which author's whole philosophy unfolded.. As you close to the end of the publication, you realize the writer is definitely mentioning practice more often and you realize there is not enough pages still left for Larkin to spell it out several or two techniques to practice. It also does not emphasize in the strongest feasible terms of awareness, perception and avoidance of adverse circumstances. It highlights it, though, and is on focus on. However, women of most ages NEED this reserve to overcome the societal brainwashing of how a woman should take action in times of threat .This book pays to in 2 various ways: 1) As a philosophical primer to learn before registering for a Target Focus Seminar, Krav Maga, or other physical course. 2) For its useful contribution in understanding the difference between sport/social fighting and actual violence and empowering readers with the image of using all-out violence as

the (often only) method of surviving a real attack. So one needs an instantaneous physical response! No pictures?! and some others such as the "man from L." Then I sat down and began to READ. Useful, not "Total" Guide It is appropriate that the foreword was compiled by Tony Robbins because the book reads just like a motivational book. This book is really about the mental areas of defending oneself against an attacker who's bigger, stronger, and even more insane than you, and how exactly to "match" that person's intent solely in an effort to disable him in order to survive. What he espouses in this book is straight for defense in the streets! The text is a little bit redundant but I believe this is usually deliberate, as the writer is introducing a radical mindset. Definitely a worthy eye-opening examine for females; also for older people of any gender. And get Tim Larkin's videos; The author is seriously interested in when and . He clarifies methodically what one should do, immediately, upon getting threatened with loss of life by someone else. The author is serious about when and how exactly to secure yourself. It just may save her existence some day.. UNDERSTAND THIS BOOK for each female in your daily life.I applaud the book and its author and heartily recommend it to females worldwide who want to lower through the nonsense [I actually changed my descriptive noun] that's out there and learn to survive. that you will not get with the reserve. That is my third order. I hand them out to everyone I value.. These are different times we live in. READ and learn Larkin's book is not for the faint-of-center.. His theory is, generally, the opposite of most "self-defense" techniques. Read the entire reserve through before you judge it. No comment!.he's not a hit-first-ask-questions-later person unless someone is wanting to rape/hurt/murder you. Especially liked the tips about MMA fighting (need to know where to strike a man to disable him? Check the set of MMA rules as to what's prohibited). Woman's Real Information to Surviving Attacks Having both taken Tim Larkin's course in person in Dallas, and reading his publication, I know for certain that this program might help women (and guys) is the most realistic way.I abhor violence. But "Surviving the Unthinkable" is non-e of those. It's about how exactly to believe and act to control the attacker, if and when, you're ever in that situation. As a psychotherapist I know that some people are willing to change their behaviors therefore they don't hurt others; and I also know you can find asocial, sociopathic, totally terrifying individuals who one cannot reason with. The only real successful "defensive" technique may be the one that ends it quickly. Great gifts. consider his courses. A Great Book For THE LADIES In Your Life I enjoyed this book so much I purchased one for my granddaughter who started college abroad. She needs to have the information contained in this book. Great gifts. Five Stars Book was in good quality. Five Stars READ IT and save life Truth I like just how Tim Larkin tells the truth about defending yourself. Plain and simple: It's brutal, it's ugly, and it offers the victim her best chance of getting out alive. Five Stars Every woman who values her life should read this book. Now I cannot wait to consider Tim's course! good book forever skills highly satisfied Basic and effective and easy to understand I was looking for this for the women in my life. Basic and effective and easy to understand. Sometimes violence may be the answer. Well written and timely, from a caring professional!I disagree with Larkin's use of the term violence in the context of defense, and would alternative the term "force. This guy is a true expert who cares enough about women to make difference. He is also very clear about the correct time to act.



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