

# **DEFENSIVE LIVING**

**Preserving Your  
Personal Safety  
Through Awareness,  
Attitude & Armed Action**

**SECOND EDITION**

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Foreword by **BRUCE SIDDLE**

Ed Lovette

Defensive Living: Preserving Your Personal Safety through Awareness,  
Attitude and Armed Action



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Filled with 50+ yrs. Think about a defensive training guide which has the informational firepower to maintain cops safe presented in ways that's practical for your family to use to safeguard themselves, too. of hard-earned, expert-level LE & armed service training knowledge, this treasure upper body of self-protection wisdom addresses everything from mental conditioning for effective response to defensive generating techniques and medical self-help techniques.



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General, but with a good amount of practical content This is a very general, very abstract guide to the attitudes and practices of a vigilant lifestyle. Prior chapter lessons come into play once again. Applying the theories and procedures described on these web pages will dramatically improve your survivability on the frequently treacherous streets and back again allies of our chaotic and unpredictable modern world. They will have combined their huge law enforcement and military encounter to produce a handbook to greatly help in such an effort. Among other activities, this book can help you help your house be more defensible without making it a fortress, will help you select safer parking spots when driving in an unfamiliar city, and will even help you choose a proper firearm to transport for self-defense. That is going to end up being significantly less costly and stressful, than filling in police reports, and consulting your attorney. The book covers just about all the important issues of the topic, and there doesn't seem to be anything essential missing! It is extremely rare indeed, that you find a book that's useful to such a wide audience. A soccer mom, a seasoned police officer, a scholar, housewife, senior citizen, or father can all equally profit from the reserve Defensive Living by Lovette/Spaulding. Getting blindsided occurs to the professionals as easily as the amateurs. It's generally a 128 page publication of condensed wisdom regarding what it is titled... some very great insights why we perform what we do in training that presents up when we are under tension. Of course there are many things this book isn't. Therefore, this book acts mainly as an launch to the subject - although an excellent one. It will not provide you with the secrets to earn your next local shooting match. It will not give you the skills enabling you to perform a high speed hostage rescue. You are not likely to read this publication, and immediately gain the skill and regular hand of a fight veteran. They could have left these chapters out entirely, and the book would have been equally as good. It isn't a marksmanship manual. It isn't a lesson on tactics and strategy. You can find already numerous training schools, books, and DVD's covering those topics. The subtitle of this book is Preserving YOUR INDIVIDUAL Security Through Awareness, Attitude, and Armed Action. I have found this to become extremely accurate regarding the content of the publication. Good Introduction The book covers most of the important issues, however, it does not provide adequate detail on some of them. Defensive Living is not about choosing the most recent, greatest shooting techniques, just as much as it's about staying away from/preventing the whole situation in the first place. Spending a few dollars, learning/practicing a few of the awareness principles in this book, may allow you to identify, and simply walk away from a dangerous circumstance. Get an extra duplicate for friends. They may have got a ballistic vest by the bed, however neglect to wear a chair belt. Chapters 1-4 deal with awareness and danger indicators. The authors did an excellent job of condensing what you ought to know in several pages. How many officers have been involved with a shooting, or innocent people assaulted, since they were not aware? It's among those books which has the wisdom that you might desire to instill in your children when they go out to handle the world, as well as remind a policeman of at the start of a harmful shift. The principles and exercises in these chapters might help minimize this risk. You could also check out Principles Of Personal Defense Chapters 5-8 cover the usage of force continuum, legal areas of self defense, as well as willingness, survival stress and conditioned response. Entire books have been focused on these subjects however the authors did a great job in conveying a few of the more important aspects. Science of Training Chapter 9 addresses the often overlooked facet of self medical treatment following a lethal confrontation. Sharpening the Warriors Edge: The Psychology & For further reading I would recommend functions such as COMBATIVE FUNDAMENTALS an Unconventional Approach Conclusion- Oftentimes it is the events that take place before/after an event that determine the final outcome. Have you got the mindset to cope with that possibility, along with some simple what to save? Or did you just focus on carrying an extra flashlight and ammo?

Four Stars Good book lots of info useful info Good book. Tactical Medicine: An Introductory To POLICE Emergency Care Chapters 10-11 talk about one of the most likely areas where you might have a lethal encounter. In your vehicle!! The few instances the book does go into detail, those information are both accurate and genuine. Awareness, and self help knowledge may once more save the day, as well as your lifestyle. It's amazing many concealed weapon license holders take meticulous caution of their firearms, yet have under inflated tires. And it just might save your lifestyle. Many religiously follow range safety rules only to later drive home recklessly. This could be the motto of this book. Talking on mobile phones, and punching keys on in car computers can separate family members just as quickly as a gunshot. Chapters 12-13 cope with Terrorism. They discuss some what to be conscious of, and some things you may be able to do about it. This is one of the few areas I think the authors may have been able to accomplish a little better job with. It isn't a technical book. For further reading upon this topic, I might suggest When Terror Comes to Main Street: A Citizens' Guidebook to Terror Awareness, Preparedness, and Prevention Chapters 14-16 have the few things regarding the technical aspects of using a firearm for defense. It contains the basics. Four Stars interesting Four Stars decent Five Stars Top notch product! Essentially, something you might like to inform a novice in the event that you could give them only one lesson. For those thinking about pursuing self defense firearms, Dave Spaulding's Handgun Combatives would be a great follow-up book to learn. The bad guy might have been halted, but you may be injured aswell. The book Defensive Living makes a speciality of those areas. It does a fine job in addressing the topics it covers. It should be noted that lots of fine law enforcement officers have lost their lives in traffic accidents as well. The simplest way to survive a deadly event, would be to not be in it. It doesn't get totally in depth, but lays a great foundation. It was cash well spent, and would make an excellent gift for those you value. Great book!! An introduction to self defense Ed Lovette and Dave Spaulding believe that if a person makes the desicion to carry a handgun, he includes a better responsibility toward himself - and above else to his family members to confront the dangers found in the present day society. This book won't make you a specialist in urban warfare, nonetheless it offers you precious insight into how criminals select their targets, which, will decrease the likelihood that they will target you. A high point may be the short discussion in night shooting. Generally, books like this focus on guns and techniques - essentially surviving an armed encounter. This book, however, places emphasis on avoiding such situations altogether. That's such a common-sense method of the subject, you have to wonder why various other gun writers concentrate on surviving the assault, rather than avoiding it to begin with. Great Book! However, this is such a wide subject a hundred webpages is way too small to cover it in sufficient detail. There are plenty of things not really covered. As much have mentioned, it is about software not hardware. If you prefer a broad review of those ideas you should consider, this is a good place to start. If you are searching for specifics, you will need to follow-up this book with several others that contain additional information. Discussion of firearms just makes up a small portion of this publication. The focus is on awareness and avoidance. For more information you might want to check out But, because the majority of this book is approximately non-gun issues (mental conditoining, consciousness, operating a vehicle within an emergency, medical self-help and so on), also those people who don't carry a gun will benefit form scanning this book. This is the first book I've seen that gives obvious pictues of all the generally accepted methods of holding a flashlight and a handgun at the same time. Worth reading if you are starting to consider what you can do to enhance your personal security. Very basic stuff here. Bruce Siddle #metoo you monster POS Bruce Siddle #metoo you monster POS Five Stars Good book worth while. For more in depth reading Defensive Living. Drawing a pistol, integrating it with a handheld light, cover and concealment, suspect confrontation etc.



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