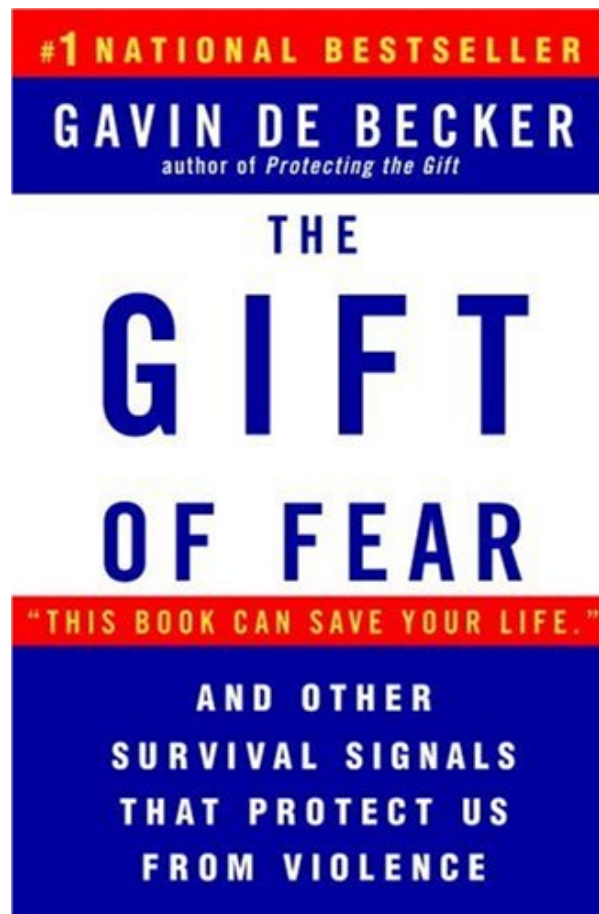


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(Photo © Avery Helm)

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True fear is a gift. Unwarranted fear is a curse. Learn how to tell the difference.

A date won't take "no" for an answer. The new nanny gives a mother an uneasy feeling. A stranger in a deserted parking lot offers unsolicited help. The threat of violence surrounds us every day. But we can protect ourselves, by learning to trust—and act on—our gut instincts.

In this empowering book, Gavin de Becker, the man Oprah Winfrey calls the nation's leading expert on violent behavior, shows you how to spot even subtle signs of danger—before it's too late. Shattering the myth that most violent acts are unpredictable, de Becker, whose clients include top Hollywood stars and government agencies, offers specific ways to protect yourself and those you love, including...how to act when approached by a stranger...when you should fear someone close to you...what to do if you are being stalked...how to uncover the source of anonymous threats or phone calls...the biggest mistake you can make with a threatening person...and more. Learn to spot the danger signals others miss. It might just save your life.

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- 384 pages

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- Great product!

Amazon.com Review

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(Photo © Avery Helm)

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Better than the book

By G. Lawton

I found this 2 tape set, narrated by the author, to be superior in many respects to the longer book. First, given the limited time available, the points made about crime avoidance are reduced to their essential elements. Second, the author is a convincing narrator, who brings passion and the abhorrence of violent crime to his subject. In particular, the author's narration of the crime described in the opening pages of the book, and the

victim's instinctive reliance on the "gift of fear" which saves her life, is riveting. While the book is worthy of a careful read, the taped version is an excellent condensation. Buy it, if not for yourself, for your sons, daughters, cousins, nieces, and nephews.

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An absolute timeless must read for everyone concerned about personal safety & wellbeing

By Linda

I first read this book two decades ago and it literally changed my life for the better. It provided me with insight as to why I was attracting negativity into my life, and made me realize the mistakes & behavioral choices I was making that made me a vulnerable target in my twenties. An absolute must read for those wanting to increase their knowledge of personal safety and situational awareness. Learn how to be proactive and not reactive to conditions that can affect not only your personal wellbeing, but that of your family and loved ones as well. Personal safety is a lifestyle & only we as individuals can protect ourselves 100% of the time. Empower yourself!

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By Johnny

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