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written by Gavin
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book

demonstrates how
every individual
should learn to
trust the
inherent "gift"
of their gut
instinct. By
learning to
recognize
various warning
signs and

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precursors to

violence, it
becomes possible
to avoid

potential trauma

and harm. The

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Bestseller, and

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True fear is a
survival signal
that sounds only
in the presence
of danger, yet
unwarranted fear
has assumed a
power over us

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that it holds
over no other
creature on

earth." De
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Becker lists two
rules about fear
and that if you
accept them,
they can improve
your use of
fear, reduce its
frequency and
transform your
experience of

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life. Rule #1.
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you fear
something is
solid evidence
that it is not
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by a romantic
prospect while
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rape and

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— before it's
too late.

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myth that most
violent acts are
unpredictable,
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specific ways to
protect yourself
and those you
love, including
ideas on how to
act when

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approached by a
stranger.

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avoid danger,
and shares
advice on
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orders and self-
defense tactics

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A carjacker
lurking in a
shopping mall
parking lot. An
abusive husband
pounding on the

door. A

disgruntled

employee

brandishing a

gun. These days,

no one is safe

from the specter

of violence. But

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According to
Gavin de Becker,
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everyone can

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feel safer, act

safer, be safer

-- if they learn

how to listen to

their own sixth

sense about

danger. De

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protecting

people and

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firm handles

security for

many of

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John Travolta,

among others,

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According to
press reports --
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system helps

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to members of

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dangerous

situations

people typically

face -- street

crime, domestic

abuse, violence

in the workplace

-- de Becker

provides real-

life examples

and offers

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threatened, this
book is
essential
reading.

Explains how to
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Gavin de Becker,
the nation's
leading expert
on predicting
violent behavior
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the monumental
bestseller The
Gift of Fear,
offers practical
new steps to
enhance
children's
safety at every

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age level,
giving you the
tools you need
to allow your
kids freedom
without losing
sleep yourself.
With daring and
compassion, he
shatters the
widely held
myths about
danger and
safety and helps

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parents find

some certainty

about life's

highest-stakes

questions: How

can I know a

baby-sitter

won't turn out

to be someone

who harms my

child? (see page

103) What should

I ask child-care

professionals

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when I interview them? (see page 137) What's the best way to

prepare my child for walking to school alone?

(see page 91)

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page 148) What

should I do if

my child is lost

in public? (see

page 86) How can

I teach my child

about risk

without causing

too much fear?

(see page 98)

What must my

teenage daughter

know in order to

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be safe? (see page 191) What must my teenage son know in order to be safe? (see page 218) And finally, in the face of all these questions, how can I reduce the worrying? (see page 56)

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Becker is the

author of The

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This is a self-

help book which

deals with

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understanding how to be safe in situations where there is a potential for violence. The teachings which are conveyed in this book can be applied to a wide range of environments. The primary problem with

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when it happens
it is common for
victims to be

caught by
surprise by the
violent acts.

Many times they
believe that the
person who was
responsible for
the act of
violence was not
capable of this

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violence. This is most common in cases of domestic abuse, stalking, or violent acts against a political figure. In almost every case of violence there are warning signals which were present

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before the violence took place. These warning signals were not usually noticed before the violence took place, but when a victim recalls the past, the signs are quite easy to recognize. Many of these

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did not make

logical sense

when they

happened, but

the victim could

sense them

through

intuition. The

problem is that

most people are

not in tune with

their intuition

or simply ignore

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this intuition.
The key to
avoiding violent
situations is to
learn how to
trust intuition
so that if a
warning signal
is present it
will be
recognized. Then
it is important
to take the
proper steps in

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order to stop
violence from

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you've ever
heard about. For
most people, a
few of these
major ones come

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to mind: Caesar,
Abraham Lincoln,
John Kennedy,
Martin Luther

King, Mahatma

Gandhi, Indira

Gandhi, Anwar

Sadat, John

Lennon, Israel's

Prime Minister

Rabin,

Pakistan's

Benazir Bhutto.

From start to

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finish, all of

these attacks

combined took

place in less

than one minute.

And the hundreds

of attacks

studied for this

book, all of

them combined,

took place in

less than a half-

hour. Those

thirty minutes,

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inspirational

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bestselling
author of The
Choice shows us
how to stop
destructive
patterns and
imprisoning
thoughts to find
freedom and
enjoy life.

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Edith Eger's

powerful first
book The Choice
told the story

of her survival
in the

concentration
camps, her

escape, healing,
and journey to

freedom. Oprah

Winfrey says, "I
will be forever
changed by Dr.

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Eger's story."

Thousands of
That Protect Us
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people around
the world have

written to Eger
to tell her how
The Choice moved
them and
inspired them to
confront their
own past and try
to heal their
pain; and to ask
her to write

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another, more

“how-to” book.

Now, in The

Gift, Eger

expands on her

message of

healing and

provides a hands-

on guide that

gently

encourages us to

change the

thoughts and

behaviors that

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may be keeping us imprisoned in the past. Eger explains that the worst prison she experienced is not the prison that Nazis put her in but the one she created for herself, the prison within her own mind.

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She describes
the twelve most
pervasive
imprisoning
beliefs she has
known—including
fear, grief,
anger, secrets,
stress, guilt,
shame, and
avoidance—and
the tools she
has discovered
to deal with

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Survival Signals
these universal
challenges.

Accompanied by
stories from
That Protect Us
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Eger's own life
and the lives of
her patients
each chapter
includes thought-
provoking
questions and
takeaways, such
as: -Would you
like to be

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-Are you
evolving or
revolving? -You

can't heal what
you can't feel.

Filled with
empathy,

insight, and

humor, The Gift

captures the

vulnerability

and common

challenges we

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all face and
provides
encouragement
and advice for
breaking out of
our personal
prisons to find
healing and
enjoy life.

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showed millions
of readers how

to better

protect

themselves from

violence and

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fear. Now, in

FEAR LESS, de

Becker answers

the questions

many Americans

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have been asking
since September
11th: Can air
travel be

safe? What is the
risk of

biological or
chemical attack?

Can the

government

detect and

prevent future

acts? How can we

best talk to our

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children about

what has

happened and

what might

happen? What can

we do to reduce

fear and

worry?What

specific steps

can we take to

reduce

terrorism? What

are terrorists

likely to do

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next? Most simply, is everything going to be all right?

De Becker says,

"Just as your imagination has placed you in frightening situations, it is now time to place yourself in empowering situations, time

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to see that you have a role to play, and contrary to so many TV news stories, it isn't just victim-in-waiting."

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