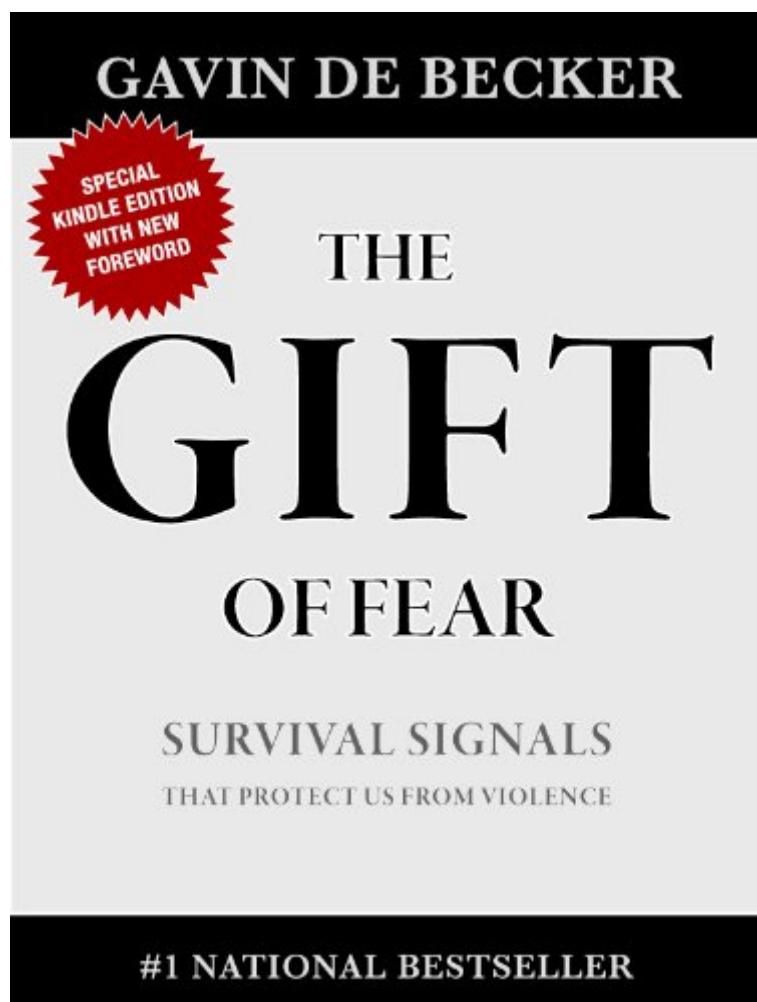


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The Gift Of Fear



Synopsis

A Special Kindle Edition of The Gift of Fear, with a new Foreword by the author. A stranger in a deserted parking lot offers to help carry a woman's groceries. Is he a good Samaritan or is he after something else? A fired employee says "You'll be sorry." Will he return with a gun? After their first date, a man tells a woman it is their "destiny" to be married. What will he do when she won't see him again? A mother has an uneasy feeling about the nice babysitter she's just hired. Should she not go to work today? These days, no one in America feels immune to violence. But now, in this extraordinary groundbreaking book, the nation's leading expert on predicting violent behavior unlocks the puzzle of human violence and shows that, like every creature on earth, we have within us the ability to predict the harm others might do us and get out of its way. Contrary to popular myth, human violence almost always has a discernible motive and is preceded by clear warning signs. Through dozens of compelling examples from his own career, Gavin de Becker teaches us how to read the signs, using our most basic but often most discounted survival skill - our intuition. The Gift of Fear is a remarkable, unique combination of practical guidance on leading a safer life and profound insight into human behavior.

Book Information

File Size: 850 KB

Print Length: 364 pages

Page Numbers Source ISBN: 0316235024

Publisher: Gavin de Becker (January 20, 2010)

Publication Date: January 20, 2010

Sold by: Digital Services LLC

Language: English

ASIN: B0036Z9U2A

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,424 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health >

Customer Reviews

I spent 20 years on the streets in local law enforcement. I always felt that the Temporary Restraining Orders (TRO) we served on stalkers and spousal abusers were as worthless, in most cases, as the paper they were written on. Usually they simply served as a salve to soothe our justice system's guilt over unwillingness or inability to take strong and immediate action, or develop alternative solutions. As Gavin de Becker so aptly points out, when it comes to committed stalkers and abusers, not only are they not afraid of a piece of paper, it incents them to even a higher degree of activity and perhaps violence. The author makes an excellent case that we should be much more judicious in evaluating such cases against a threat matrix and respond in different ways depending on the nature of the threat. I also greatly appreciate the author's discussion of the origins of fear and how important it has been in allowing mankind to develop. In addition to the twenty years I spent in law enforcement, I am also a Certified Body Language trainer and teach the power of nonverbal communication. As research has shown, what we call women's intuition is in reality the fact that women, on average, are far better at picking up nonverbal cues than men. That "intuition" was absolutely essential for the females of our species to survive in a very hostile world, where they were of slighter stature and needed to quickly detect threats around them. As the primary caregiver to children they also needed to be able to effectively interpret the cues and needs of infants and small children before spoken language. One interesting study involved showing short film clips with the sound turned off to groups of men and women. Women scored an incredible 87% accuracy in evaluating the situation shown in the video. Afraid guys we only scored 42%. fMRI scans reveal women use 14-16 regions of their brains during communication, while men only 4-6 areas (most women probably would dispute giving us that much credit:-) In modern society, in the interest of being "polite", we often suppress our natural intuition, our gut feelings. Back in my police career we didn't even have a term called Body Language. We only knew it as "street-smarts". One of my great fears has to do with my beautiful wife's suppression of her natural intuition around strangers, in the interest of being polite and non-judgmental. The nature of my our respective careers requires us to live in a dense urban area, surrounded by all sorts of threats. Dark parking lots, underground garages, elevators and streets filled with street people and drug addicts. While our building is very secure, once you are on the streets it's a whole different ball game. She has terrific intuition when she uses it. She is like a perfectly honed tuning fork when she is willing to trust her intuition, but due

to her kind and trusting nature, she often suppresses it in the interest of being all-inclusive and accepting. Gavin de Becker's loud message to women, Trust your gut, Don't suppress your intuition, Don't worry about hurting some stranger's feelings is a powerful one. It is my hope that my wife and every woman will be willing to read the book, reflect on all the powerful stories in The Gift of Fear, including the author's personal story.

This book is an invaluable resource for women. The 4th chapter by itself is worth the price of the book alone. Titled "Survival Signals" this chapter will teach you the sophisticated manipulations that criminal predators use to try and gain control over you. You will learn about: "forced teaming"- establishing premature trust based on sharing a predicament. "charm and niceness" (remember, niceness does not equal goodness.) "too many details"- When people lie what they say doesn't sound credible to them so they keep talking. "typecasting"- Involves a slight insult to get the woman to respond by engaging verbally with the crim-pred. "loan sharking"- (it's hard to tell a creep to eff off when he's done something helpful and now you are indebted to him.) "discounting of the word NO"- refusal to respect the word no is a signal a crim-pred is trying to control you or refusing to relinquish control. There is much more detail in this chapter, and I cannot emphasize enough how important it is to recognize these "interviewing techniques" that criminal predators use. Thank you Gavin de Becker for writing such an important and informational book.

I do not remember why I bought this book. I must have seen a mention of it in something I read, but I am really glad I bought it. This is the first book that has made me reach for a highlighter since college. (And that was many years ago.) Shoot...I have no highlighter. That means another shopping trip! I have been reading this book in small pieces, because it is very dense, full of information. It also has interesting stories, and there are enough of them to give weight to his methods and predictions. I feel empowered now, even though this book is 20 years old. My intuition has been awakened, and I will listen.

This book is a must and I feel is very important for everyone to read. It really puts domestic violence into perspective for those that may not have a lot of experience with it. It helped me realize what some of my friends have been through. I highly recommend this book.

Phenomenal. Very informative. Have already used the characteristics guidelines listed to identify a controlling and manipulative volunteer in the workplace. Already encouraged friends to read this

book. So good.

I read this book and immediately bought copies for 6 friends. I recommend for males and females - lots of important tips. One copy is floating around our office and people taking turns reading it. Those I purchased, especially for young women, have been very well received. Very important information that all young and older people can glean important information from.

I've not yet finished book, however, what I've read is helpful and intuitive. I've dodged violence several times, most recently when someone else was held up at gunpoint by two men whose description matched two I'd crossed the street and changed direction to avoid about an hour before that victim was robbed. They just didn't look like they had a destination in mind, nor did I like the way one kept looking to and fro. I've not dodged all violence and those times I didn't were because I "behaved" and didn't want to risk offending someone(s) instead of trusting my instincts. I look forward to finishing this book.

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