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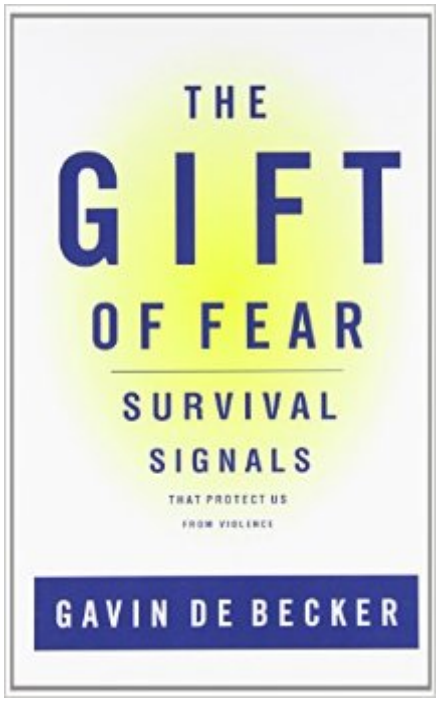
# The Gift Of Fear : Survival Signals That Protect Us From Violence

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## Synopsis

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 according to Gavin de Becker, everyone can feel safer, act safer, be safer -- if they learn how to listen to their own sixth sense about danger.De Becker has made a career of protecting people and predicting violent behavior. His firm handles security for many of Hollywood’s top celebrities -- Madonna, Michael J. Fox, Geena Davis, Brooke Shields, and John Travolta, among others, according to press reports -- and his computerized risk-assessment system helps analyze threats to members of Congress and the Supreme Court. Now, in this unprecedented guide, de Becker shares his expertise with everyone. Covering all the dangerous situations people typically face -- street crime, domestic abuse, violence in the workplace -- de Becker provides real-life examples and offers specific advice on restraining orders, self-defense, and more. But the key to self-protection, he demonstrates, is learning how to trust -- and act on -- our own intuitions. For everyone who’s ever felt threatened, this book is essential reading.

## Book Information

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## Customer Reviews

When a young relative of mine was vacationing, a stranger grabbed her by the arm and said, "Come with me or I’ll kill you." She reacted instinctively and broke free, and as she ran she expected to be shot at any second. But she made it to safety and provided the cops with a good description.One year later and 100 miles from where that happened, another little girl was grabbed by a stranger,

who said something to her--this was captured on videotape. The frightened child, instead of fleeing, cooperated. She was later murdered by her abductor.I think most of us fall into that second category, because we don't listen to the instinct to run, or to fight, or to (best of all) avoid those situations in the first place. We've been trained to suppress those very instincts that exist to preserve our lives.What deBecker's book so expertly does is re-train us to listen to our intuition, to scope out our environment and everyone in it, and to read the danger signs we would otherwise prefer to ignore.Panic and anxiety are not useful emotions; fear is different. Fear is what compels us to take action if there is a clear and present danger; it's what allows us to see what's happening and respond appropriately. It's an emotion that should be nurtured instead of conquered. We don't want our kids to grow up afraid of the boogeyman, scared to go out of their homes or try new things or meet new people. De becker teaches us that, instead, if we develop and learn to trust our intuition, we can free ourselves from that trap, just as we can react positively if we are ever in a position that requires immediate escape.

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