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From Little, Brown and Company

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From Little, Brown and Company : The Gift of Fear : Survival Signals That Protect Us from Violence 1st (first) Edition by Gavin De Becker published by Little, Brown and Company (1997) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Gift of Fear : Survival Signals That Protect Us from Violence 1st (first) Edition by Gavin De Becker published by Little, Brown and Company (1997):

193 of 201 people found the following review helpful. Everyone, especially women, should read this book and learn to trust the power of your intuitionBy BuckAI 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 sooth 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-judgemental. 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. 70 of 73 people found the following review helpful. Niceness Does Not Equal Goodness By J. Forrest 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. 0 of 0 people found the following review helpful. Great food for thought, a deep look into smart caution By Glenn T. Highcove Great read at a bargain price, and way more interesting and enjoyable than the title would have suggested. I had listened to a podcast the author did with Sam Harris, and came away impressed, wanting to learn more. I was not disappointed, great anecdotal and macro data in this book, with a lot of lessons you can take away at the end. I think it should be mandatory reading for anyone, but especially parents and those who are entrusted with the protection and education of children and the vulnerable. You won't be disappointed.

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