

The Gift Of Fear

The Gift Of Fear

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The Gift of Fear

Survival Signals that Protect Us from Violence *Bloomsbury Paperbacks*

In this work, Gavin de Becker 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 offers specific ways to protect yourself and those you love, including ideas on how to act when approached by a stranger.

The Gift of Fear

Survival Signals that Protect Us from Violence *Dell Publishing Company*

Explains how to use the power of intuition to identify and avoid danger, and shares advice on restraining orders and self-defense tactics

The Gift of Fear

Survival Signals That Protect Us From Violence *Little, Brown*

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.

The Gift of Fear

Survival Signals that Protect Us from Violence *Dell*

Explains how to use the power of intuition to identify and avoid danger, and shares advice on restraining orders and self-defense tactics

Protecting the Gift

Keeping Children and Teenagers Safe (and Parents Sane) *Dell*

Safety skills for children outside the home
Warning signs of sexual abuse
How to screen baby-sitters and choose schools
Strategies for keeping teenagers safe from violence
All parents face the same challenges when it comes to their children's safety: whom to trust, whom to distrust, what to believe, what to doubt, what to fear, and what not to fear. In this empowering book, Gavin de Becker, the nation's leading expert on predicting violent behavior and author of the monumental bestseller *The Gift of Fear*, offers practical new steps to enhance children's safety at every 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 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 when I interview them? (see page 137) What's the best way to prepare my child for walking to school alone? (see page 91) How can my child be safer at school? (see page 175) How can I spot sexual predators? (see 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 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)

Summary of "The Gift of Fear" by Gavin de Becker - Free book by QuickRead.com
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Want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. A guide for learning how to follow your intuition and knowing the warning signs of impending danger. True fear is a gift. You’ve probably felt a gut instinct at some point in your life. Many people do. The girl who got a bad vibe from her date the first night they met, the mom who felt something just didn’t feel right about a potential babysitter, or even the woman in a parking lot who’s solicited by a stranger who wants to help carry her groceries. We’ve all been in an uncomfortable situation, luckily, if you’re reading this, your situation didn’t turn deadly. Unfortunately, not everyone is as lucky, but there are ways to pinpoint impending danger. Throughout *The Gift of Fear*, Gavin de Becker explains the warning signs of someone who wishes to do you harm. Perhaps they don’t take “no” for an answer or maybe they talk too much to hide their nerves and gain your trust. Keep reading to find out how criminals try to solicit their victims, discover how a person’s body language can uncover their true intentions, and lastly, learn how to follow your gut and stay safe.

Summary the Gift of Fear

From Gavin de Becker *Createspace Independent Publishing Platform*

The Gift of Fear: Survival Signals that Protect Us from Violence by Gavin de Becker | SummaryBook Preview:Gavin de Becker is the author of *The Gift of Fear*. This is a self-help book which deals with 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 violence is that 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 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 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 warning signs 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 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 order to stop violence from taking place.This is a summary and analysis of the book and NOT the original book This Book Contains: * Summary Of The Entire Book * Chapter By Chapter Breakdown * Analysis Of The Reading Experience Download Your Copy Today

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Using Time and Space to Defeat Assassins and Other Adversaries

Think of every assassination you've ever heard about. For most people, a few of these major ones come 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 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, surely the most influential in world history, offer important insights that can help today's protectors defeat tomorrow's attackers.This 650-Page Book Contains:An original work of new insights arising from ten years of research;The Five Essential Lessons for protectors;The Compendium - 400 pages of summarized attacks, near attacks, and incidents against at-risk persons all over the world from 1960-2007, more than 1400 entries;and the Appendices - More than 100 pages of additional material and resources.

History of Violence

A Novel *Farrar Straus and Giroux*

History of Violence is international bestselling French author Edouard Louis’s autobiographical novel about surviving a shocking sexual assault and coping with the post-traumatic stress disorder of its aftermath. On Christmas Eve 2012, in Paris, the novelist Édouard Louis was raped and almost murdered by a man he had just met. This act of violence left Louis shattered; its aftermath made him a stranger to himself and sent him back to the village, the family, and the past he had sworn to leave behind. A bestseller in France, *History of Violence* is a short nonfiction novel in the tradition of Truman Capote’s *In Cold Blood*, but with the victim as its subject. Moving seamlessly and hypnotically between past and present, between Louis’s voice and the voice of an imagined narrator, *History of Violence* has the exactness of a police report and the searching, unflinching curiosity of memoir at its best. It records not only the casual racism and homophobia of French society but also their subtle effects on lovers, brothers and sisters, husbands and wives. It represents a great step forward for a young writer whose acuity, skill, and depth are unmatched by any novelist of his generation, in French or English.

When Violence Is the Answer

Learning How to Do What It Takes When Your Life Is at Stake *Little, Brown*

In a civilized society, violence is rarely the answer. But when it is-it's the only answer. The sound of breaking glass downstairs in the middle of the night. The words, "Move and you die." The hands on your child, or the knife to your throat. In this essential book, self-protection expert and former military intelligence officer Tim Larkin changes the way we think about violence in order to save our lives. By deconstructing our assumptions about violence-its morality, its function in modern society, how it actually works-Larkin unlocks the shackles of our own taboos and arms us with what we need to know to prevent, prepare for, and survive the unthinkable event of life-or-death violence. Through a series of harrowing true-life stories, Larkin demonstrates that violence is a tool equally effective in the hands of the "bad guy" or the "good guy"; that the person who acts first, fastest and with the full force of their body is the one who survives; and that each and every one of us is capable of being that person when our lives are at stake. An indispensable resource, *When Violence is the Answer* will remain with you long after you've finished reading, as the bedrock of your self-protection skills and knowledge.

The Gift of Change

Spiritual Guidance for Living Your Best Life *Harper Collins*

Bestselling author of *Return to Love* and *Law of Divine Compensation*, Marianne Williamson shows people how to live without fear or worry in *The Gift of Change*. The time in which we now live is more difficult and stressful than people are willing to admit. We live with an abiding sense of collective anxiety. Williamson shows how we are paralyzed in our current state of fear and anger because we are not facing and dealing with the true causes of our anxieties and fears. Williamson reveals that fear and worry do not need to be the only tools in our tool box for dealing with problems in the world. As we learn to trust God and the love that surrounds us and guides us, we will see that what causes us pain is an opportunity for growth, healing, and miracles that can transform us and our world. Williamson delivers hope and healing as she illuminates ten basic changes that each of us can make as we learn to view the world through the eyes of love instead of fear.

Fear Less

Real Truth about Risk, Safety, and Security in a Time of Terrorism *Little Brown & Company*

Gavin de Becker's landmark book *THE GIFT OF FEAR* showed millions of readers how to better protect themselves from violence and unwarranted fear. Now, in *FEAR LESS*, de Becker answers the questions many Americans 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 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 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 to see that you have a role to play, and contrary to so many TV news stories, it isn't just victim-in-waiting." *FEAR LESS* offers specific recommendations that can enhance our national security and our individual safety and help put fear into perspective. Nobody in the world understands risk and safety better than Gavin de Becker. At a time of uncertainty, terrorism, and a whole new set of rules, it is hard to imagine a more important, more reassuring, and more necessary book than *FEAR LESS*.

The Gift

12 Lessons to Save Your Life *Scribner*

This practical and inspirational guide to healing from the award-winning, New York Times bestselling author of *The Choice* shows us how to stop destructive patterns and imprisoning thoughts to find freedom and enjoy life. 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. Eger’s story.” Thousands of 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 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 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. 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 these universal challenges. Accompanied by stories from 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 married to you? -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 all face and provides encouragement and advice for breaking out of our personal prisons to find healing and enjoy life.

The Gift of the Magi *Amila Jay*

"The Gift of the Magi" is a short story by O. Henry first published in 1905. The story tells of a young husband and wife and how they deal with the challenge of buying secret Christmas gifts for each other with very little money. As a sentimental story with a moral lesson about gift-giving, it has been popular for adaptation, especially for presentation at Christmas time.

The United States of Fear *Haymarket Books*

With piercing wit and brutal insight, Tom Engelhardt tours the future ruins of the American empire.

To Have Or to Harm

True Stories of Stalkers and Their Victims *Grand Central Pub*

Citing the 150,000 reported "fatal attraction" stalkings in America today, an in-depth study describes several noted cases while offering advice to women on how to recognize potentially dangerous relationships and protect themselves. Original.

The Gift of Presence

A Mindfulness Guide for Women *Penguin*

A practical, user-friendly guide for women seeking focus and calm in the midst of life's storms. Overwhelmed by the demands of family, work, and multiple responsibilities, many women find themselves feeling scattered, and distracted. In this eye-opening book, co-founder and CEO of the Mindsight Institute, Caroline Welch takes readers on a mindfulness journey to help them de-stress

and cultivate inner peace. According to Welch, you do not need countless hours sitting in silence to be more present in your life--the key is to practice mindfulness wherever you are and whenever you can. The Gift of Presence guides readers in developing four innate capacities we all possess that will allow us to become more resilient and centered in our lives--even when life is throwing all that it has at us: Presence: the ability to remain firmly in the present moment; to be fully aware of what's happening as it's happening. Purpose: the personal meaning that gets us going and gives direction to our lives. Pivoting: an openness to change that allows you to switch direction if that is what is needed. Pacing: the awareness that it is impossible to do everything we want or need to do all at once; the ability to take life one step at a time. This life-changing book reveals that you already hold in your hands the keys to a more harmonious life--you simply need to look within.

Of Fear and Strangers: A History of Xenophobia *W. W. Norton & Company*
A startling work of historical sleuthing and synthesis, Of Fear and Strangers reveals the forgotten histories of xenophobia—and what they mean for us today. By 2016, it was impossible to ignore an international resurgence of xenophobia. What had happened? Looking for clues, psychiatrist and historian George Makari started out in search of the idea’s origins. To his astonishment, he discovered an unfolding series of never-told stories. While a fear and hatred of strangers may be ancient, he found that the notion of a dangerous bias called "xenophobia" arose not so long ago. Coined by late-nineteenth-century doctors and political commentators and popularized by an eccentric stenographer, xenophobia emerged alongside Western nationalism, colonialism, mass migration, and genocide. Makari chronicles the concept’s rise, from its popularization and perverse misuse to its spread as an ethical principle in the wake of a series of calamities that culminated in the Holocaust, and its sudden reappearance in the twenty-first century. He investigates xenophobia’s evolution through the writings of figures such as Joseph Conrad, Albert Camus, and Richard Wright, and innovators like Walter Lippmann, Sigmund Freud, Jean-Paul Sartre, Simone de Beauvoir, and Frantz Fanon. Weaving together history, philosophy, and psychology, Makari offers insights into varied, related ideas such as the conditioned response, the stereotype, projection, the Authoritarian Personality, the Other, and institutional bias. Masterful, original, and elegantly written, Of Fear and Strangers offers us a unifying paradigm by which we might more clearly comprehend how irrational anxiety and contests over identity sweep up groups and lead to the dark headlines of division so prevalent today.

The Gifts of Imperfection

Let Go of Who You Think You're Supposed to Be and Embrace Who You Are *Simon and Schuster*
NEW YORK TIMES BESTSELLER • This tenth-anniversary edition of the game-changing #1 New York Times bestseller features a new foreword and new tools to make the work your own. For over a decade, Brené Brown has found a special place in our hearts as a gifted mapmaker and a fellow traveler. She is both a social scientist and a kitchen-table friend whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. And what’s now become a movement all started with The Gifts of Imperfection, which has sold more than two million copies in thirty-five different languages across the globe. What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. The guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way. Brené writes, “This book is an invitation to join a wholehearted revolution. A small, quiet, grassroots movement that starts with each of us saying, ‘My story matters because I matter.’ Revolution might sound a little dramatic, but in this world, choosing authenticity and worthiness is an absolute act of resistance.”

A Gift of Magic *Little, Brown Books for Young Readers*
When the old woman died, she left her grandchild Nancy with the extraordinary gift of magic. Nancy can read people's minds, know their thoughts, and make them do what she wants. Will she use her gift for good, or satisfy her own selfish desire? Lois Duncan presents a paranormal rollercoaster ride with goosebumps at every turn. This edition features updated text and an exclusive Q&A with author Lois Duncan!

Professional Troublemaker

The Fear-Fighter Manual *Penguin*
INSTANT NEW YORK TIMES BESTSELLER From the New York Times bestselling author of I'm Judging You, a hilarious and transformational book about how to tackle fear--that everlasting hater--and audaciously step into lives, careers, and legacies that go beyond even our wildest dreams Luvvie Ajayi Jones is known for her trademark wit, warmth, and perpetual truth-telling. But even she's been challenged by the enemy of progress known as fear. She was once afraid to call herself a writer, and nearly skipped out on doing a TED talk that changed her life because of imposter syndrome. As she shares in Professional Troublemaker, she's not alone. We're all afraid. We're afraid of asking for what we want because we're afraid of hearing "no." We're afraid of being different, of being too much or not enough. We're afraid of leaving behind the known for the unknown. But in order to do the things that will truly, meaningfully change our lives, we have to become professional troublemakers: people who are committed to not letting fear talk them out of the things they need to do or say to live free. With humor and honesty, and guided by the influence of her professional troublemaking Nigerian grandmother, Funmilayo Faloyin, Luvvie walks us through what we must get right within ourselves before we can do the things that scare us; how to use our voice for a greater good; and how to put movement to the voice we've been silencing--because truth-telling is a muscle. The point is not to be fearless, but to know we are afraid and charge forward regardless. It is to recognize that the things we must do are more significant than our fears. This book is about how to live boldly in spite of all the reasons we have to cower. Let's go!

The Gift of Failure

How the Best Parents Learn to Let Go So Their Children Can Succeed *Harper Collins*
NEW YORK TIMES BESTSELLER In the tradition of Paul Tough’s How Children Succeed and Wendy Mogel’s The Blessing of a Skinned Knee, this groundbreaking manifesto focuses on the critical school years when parents must learn to allow their children to experience the disappointment and frustration that occur from life’s inevitable problems so that they can grow up to be successful, resilient, and self-reliant adults. Modern parenting is defined by an unprecedented level of overprotectiveness: parents who rush to school at the whim of a phone call to deliver forgotten assignments, who challenge teachers on report card disappointments, mastermind children’s friendships, and interfere on the playing field. As teacher and writer Jessica Lahey explains, even though these parents see themselves as being highly responsive to their children’s well being, they aren’t giving them the chance to experience failure—or the opportunity to learn to solve their own

problems. Overparenting has the potential to ruin a child’s confidence and undermine their education, Lahey reminds us. Teachers don’t just teach reading, writing, and arithmetic. They teach responsibility, organization, manners, restraint, and foresight—important life skills children carry with them long after they leave the classroom. Providing a path toward solutions, Lahey lays out a blueprint with targeted advice for handling homework, report cards, social dynamics, and sports. Most importantly, she sets forth a plan to help parents learn to step back and embrace their children’s failures. Hard-hitting yet warm and wise, The Gift of Failure is essential reading for parents, educators, and psychologists nationwide who want to help children succeed.

State of Fear *Harper Collins*
New York Times bestselling author Michael Crichton delivers another action-packed techo-thriller in State of Fear. When a group of eco-terrorists engage in a global conspiracy to generate weather-related natural disasters, its up to environmental lawyer Peter Evans and his team to uncover the subterfuge. From Tokyo to Los Angeles, from Antarctica to the Solomon Islands, Michael Crichton mixes cutting edge science and action-packed adventure, leading readers on an edge-of-your-seat ride while offering up a thought-provoking commentary on the issue of global warming. A deftly-crafted novel, in true Crichton style, State of Fear is an exciting, stunning tale that not only entertains and educates, but will make you think.

A Gift of Love

Sermons from Strength to Love and Other Preachings *Beacon Press*
The classic collection of sixteen sermons preached and compiled by Dr. King As Dr. King prepared for the Birmingham campaign in early 1963, he drafted the final sermons for Strength to Love, a volume of his best-known homilies. King had begun working on the sermons during a fortnight in jail in July 1962. Having been arrested for holding a prayer vigil outside Albany City Hall, King and Ralph Abernathy shared a jail cell for fifteen days that was, according to King, “dirty, filthy, and ill-equipped” and “the worse I have ever seen.” While behind bars, he spent uninterrupted time preparing the drafts for classic sermons such as “Loving Your Enemies,” “Love in Action,” and “Shattered Dreams,” and continued to work on the volume after his release. A Gift of Love includes these classic sermons, along with two new preachings. Collectively they present King’s fusion of Christian teachings and social consciousness, and promote his prescient vision of love as a social and political force for change.

The Da Vinci Code (The Young Adult Adaptation) *Delacorte Press*
Dan Brown’s mega-bestseller is now available for a new generation of readers. This young adult adaptation is the perfect way to get ready for Origin, the latest novel featuring the character Robert Langdon. It will remind fans everywhere why the New York Times calls The Da Vinci Code “blockbuster perfection.” Includes over twenty color photos showing important locations, landmarks, and artwork, taking readers from Paris to London and beyond! The greatest conspiracy of the past two thousand years is about to unravel. Robert Langdon, professor of religious symbology at Harvard, is in Paris to give a lecture. At the reception that follows, he is scheduled to meet with a revered curator from the world-famous Louvre museum. But the curator never shows up, and later that night Langdon is awakened by authorities and told that the curator has been found dead. He is then taken to the Louvre—the scene of the crime—where he finds out that baffling clues have been left behind. Thus begins a race against time, as Robert Langdon becomes a suspect and, with the help of French cryptologist Sophie Neveu, must decipher a mystifying trail of clues that the two come to realize have been left specifically for them. If Robert and Sophie cannot solve the puzzle in time, an ancient truth could be lost forever—and they themselves might end up as collateral damage. Praise for the adult edition of The Da Vinci Code “WOW . . . Blockbuster perfection. An exhilaratingly brainy thriller. Not since the advent of Harry Potter has an author so flagrantly delighted in leading readers on a breathless chase and coaxing them through hoops.”—The New York Times “A new master of smart thrills. A pulse-quickenng, brain-teasing adventure.”—People

Deadly Force Encounters

What Cops Need To Know To Mentally And Physically Prepare For And Survive A Gunfight *Paladin Press*
In a cop's world it's kill or be killed, but the truth of the matter is that a shooting's aftermath is often the most dangerous time for the cop. This unique life- and career-saving manual contains every shred of critical information the police officer needs to survive the media, investigations and more.

Protecting the Gift

Keeping Children and Teenagers Safe (and Parents Sane) *Dell*
A practical guide to protecting children in the real world covers sexual predators, media violence, and bullies, among other important topics. Reprint.

Sierra Six *Penguin*
It's been years since the Gray Man's first mission, but the trouble's just getting started in the latest entry in the #1 New York Times bestselling series. Before he was the Gray Man, Court Gentry was Sierra Six, the junior member of a CIA action team. In their first mission they took out a terrorist leader, at a terrible price. Years have passed. The Gray Man is on a simple mission when he sees a ghost: the long-dead terrorist, but he's remarkably energetic for a dead man. A decade of time hasn't changed the Gray Man. He isn't one to leave a job unfinished or a blood debt unpaid.

Left of Bang

How the Marine Corps' Combat Hunter Program Can Save Your Life *Black Irish Books*
“At a time when we must adapt to the changing character of conflict, this is a serious book on a serious issue that can give us the edge we need.” —General James Mattis, USMC, Ret. "Left of Bang offers a crisp lesson in survival in which Van Horne and Riley affirm a compelling truth: It's better to detect sinister intentions early than respond to violent actions late. Left of Bang helps readers avoid the bang." —Gavin de Becker, bestselling author of The Gift of Fear "Rare is the book that is immediately practical and interesting. Left of Bang accomplishes this from start to finish. There is something here for everyone in the people business and we are all in the people business." —Joe Navarro, bestselling author of What Every BODY is Saying. "Left of Bang is a highly important and innovative book that offers a substantial contribution to answering the challenge of Fourth Generation war (4GW)." —William S. Lind, author of Maneuver Warfare Handbook "Like Sun Tzu's The Art of War, Left of Bang isn't just for the military. It's a must read for anyone who has ever had a gut feeling that something's not quite right...be it walking down the street, sitting in a corporate boardroom, or even entering an empty home." --Steven Pressfield, bestselling author of The Lion's

Gate, The Warrior Ethos and Gates of Fire “An amazing book! Applying the lessons learned during the longest war in American history, and building on seminal works like The Gift of Fear and On Combat, this book provides a framework of knowledge that will bring military, law enforcement, and individual citizens to new levels of survival mindset and performance in life-and-death situations. Left of Bang is an instant classic.” --Lt. Colonel Dave Grossman, U.S. Army Ret., author of On Combat and On Killing -- You walk into a restaurant and get an immediate sense that you should leave. -- You are about to step onto an elevator with a stranger and something stops you. -- You interview a potential new employee who has the resume to do the job, but something tells you not to offer a position. These scenarios all represent LEFT OF BANG, the moments before something bad happens. But how many times have you talked yourself out of leaving the restaurant, getting off the elevator, or getting over your silly “gut” feeling about someone? Is there a way to not just listen to your inner protector more, but to actually increase your sensitivity to threats before they happen? Legendary Marine General James Mattis asked the same question and issued a directive to operationalize the Marine Corps’ Combat Hunter program. A comprehensive and no-nonsense approach to heightening each and every one of our gifts of fear, LEFT OF BANG is the result.

The Gift of Fear: Survival Signals That Protect Us from Violence

The Art of Fear

Why Conquering Fear Won't Work and What to Do Instead *HarperCollins*

A revolutionary guide to acknowledging fear and developing the tools we need to build a healthy relationship with this confusing emotion—and use it as a positive force in our lives. We all feel fear. Yet we are often taught to ignore it, overcome it, push past it. But to what benefit? This is the essential question that guides Kristen Ulmer’s remarkable exploration of our most misunderstood emotion in The Art of Fear. Once recognized as the best extreme skier in the world (an honor she held for twelve years), Ulmer knows fear well. In this conversation-changing book, she argues that fear is not here to cause us problems—and that in fact, the only true issue we face with fear is our misguided reaction to it (not the fear itself). Rebuilding our experience with fear from the ground up, Ulmer starts by exploring why we’ve come to view it as a negative. From here, she unpacks fear and shows it to be just one of 10,000 voices that make up our reality, here to help us come alive alongside joy, love, and gratitude. Introducing a mindfulness tool called “Shift,” Ulmer teaches readers how to experience fear in a simpler, more authentic way, transforming our relationship with this emotion from that of a draining battle into one that’s in line with our true nature. Influenced by Ulmer’s own complicated relationship with fear and her over 15 years as a mindset facilitator, The Art of Fear will reconstruct the way we react to and experience fear—empowering us to easily and permanently address the underlying cause of our fear-based problems, and setting us on course to live a happier, more expansive future.

52 Prepper Projects

A Project a Week to Help You Prepare for the Unpredictable *Skyhorse*

Are you and your family self-reliant? Will you be able to provide for them and keep them safe? The best way to prepare for the future is not through fancy tools and gadgets—it’s experience and knowledge that will best equip you to handle the unexpected. Everyone begins somewhere, especially with disaster preparedness. In 52 Prepper's Projects, you'll find a project for every week of the year, designed to start you off with the foundations of disaster preparedness and taking you through a variety of projects that will increase your knowledge in self-reliance and help you acquire the actual know-how to prepare for anything. Self-reliance isn't about building a bunker and waiting for the end of the world. It's about understanding the necessities in life and gaining the knowledge and skill sets that will make you better prepared for whatever life throws your way. 52 Prepper's Projects is the ultimate instructional guide to preparedness, and a must-have book for those with their eye on the future.

Winning Is for Losers!

How to Use Positive Thinking and the Gift of Fear to Succeed in Life, Love and Business

Home Firearm Safety

The End of Fear

A Spiritual Path for Realists *ReadHowYouWant.com*

Why are we afraid? Why do we dwell on worst-case scenarios, lie awake in anxiety's grip, and react to minor mishaps as though they threaten our very survival? Chances are you don't envision the world's or your own catastrophic end on a daily basis; however, we are all routinely altered by fear - from simply feeling nervous about a new experience to repeatedly rethinking a critical comment. In The End of Fear, Richard and Bonney Schaub explore the origin of fear down to its root and posit that it grows out of our innate love of life. They teach that fear is so influential because deep down we know that our life is unpredictable and that we are all vulnerable; we risk change and loss at every moment. No religion grants any exemption, and no amount of money or status can change this fact for us.Using examples from their lives and those of their patients, the Schaub draw upon their 30 years of experience as psychotherapists to explore the common methods people turn to in order to cope with their basic vulnerability. After this exploration, the Schaub lead us on a spiritual journey that teaches us to skillfully turn toward fear and transform it. Once we stop fleeing from or fighting fear and instead face it with compassion, we'll be free to realize and achieve our full potential for peace, joy, and love.

The Wim Hof Method

Activate Your Full Human Potential *Sounds True*

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. “This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom.” —Wim Hof Wim Hof has a message for each of us: “You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With The Wim Hof Method, this trailblazer of human potential shares a method that anyone can use—young or old, sick or

healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including: • Breath—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind • Cold—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength • Mindset—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living • Science—How users of this method have redefined what is medically possible in study after study • Health—True stories and testimonials from people using the method to overcome disease and chronic illness • Performance—Increase your endurance, improve recovery time, up your mental game, and more • Wim’s Story—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph • Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

The Journey Beyond Fear: Leverage the Three Pillars of Positivity to Build Your Success *McGraw Hill Professional*

Conquer your fear, achieve your potential, and make a positive difference in the lives of everyone around you Whether you’re running a business, building a career, raising a family, or attending school, uncertainty has been the name of the game for years—and the feeling reached an all-time high when COVID-19 hit. Even the savviest, smartest, toughest people are understandably feeling enormous pressure and often feeling paralyzed by fear. The Journey Beyond Fear provides everything you need to identify your fears, face your fears, move beyond your fears—and cultivate emotions that motivate you to pursue valuable business opportunities, realize your full potential, and create opportunities that benefit all. Business strategy guru John Hagel provides an effective, easy-to-grasp three-step approach: Develop an inspiring long-term view of the opportunities ahead Cultivate your personal passion to motivate you and those around you Harness the potential of platforms to bring people together and scale impact at an accelerating rate Never underestimate the power of fear—and never underestimate your ability to conquer it. With The Journey Beyond Fear, you’ll learn how to move forward in spite of fear, take your career and life to the next level, improve your organization and your broader environment, and achieve more of your true potential.

Anger Is a Gift

A Novel *Tor Teen*

31st Annual Lammy Finalist for LGBTQ Children’s/Young Adult category *2019 ALA Schneider Family Book Award Teen Winner* *Buzzfeed's 24 Best YA Books of 2018* *Vulture's 38 Best LGBTQ YA Novels* *Book Riot's Best Books 2018* *Hyable's Most Anticipated Queer YA Books of 2018* *The Mary Sue's 18 Books You Should Read in 2018* Moss Jeffries is many things—considerate student, devoted son, loyal friend and affectionate boyfriend, enthusiastic nerd. But sometimes Moss still wishes he could be someone else—someone without panic attacks, someone whose father was still alive, someone who hadn’t become a rallying point for a community because of one horrible night. And most of all, he wishes he didn’t feel so stuck. Moss can’t even escape at school—he and his friends are subject to the lack of funds and crumbling infrastructure at West Oakland High, as well as constant intimidation by the resource officer stationed in their halls. That was even before the new regulations—it seems sometimes that the students are treated more like criminals. Something will have to change—but who will listen to a group of teens? When tensions hit a fever pitch and tragedy strikes again, Moss must face a difficult choice: give in to fear and hate or realize that anger can actually be a gift. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Unmasking Fear

Embracing the Gift We Were Given

WARNING: You are afraid! Is Fear holding you back? Does the thought of the future or the past fill you with dread? Are you trapped in your comfort zone, fantasizing about breaking free but cornered by your Fear? Throughout our lives we will encounter many emotions. Emotions that color our world and reveal things about ourselves. Emotions can be responses. They can carry momentum. They can pull back or push a life forward. So why would you read a book about Fear? An emotion traditionally associated with negative things. Well, I'm here to tell you that Fear is not what you think it is. Fear is no deceiver. Neither is it a saint. Fear, with its many masks, holds a grain of truth about you. Fear is a guide, a brother, a sister, a friend, meant to in some cases keep you safe and in others bring out the best in you. Fear is your eternal sparring partner who you must unmask and then embrace if you are ever to seize your life. Join me as I contemplate Fear and share my encounters with it. Together we'll consider the importance of Fear, and the means to understand, accept and challenge it. Are you ready to unmask Fear?

The Gift of Violence

Practical Knowledge for Surviving and Thriving in a Dangerous World *Pitchstone Publishing*

In today's modern world, we are largely isolated from the kind of savagery our ancestors faced on a daily basis. Although violence was as natural to our evolutionary development as sex and food, it has become foreign to most of us: at once demonized and glamorized, but almost always deeply misunderstood. Our hard-earned and hard-wired instincts--our evolved and trained ability to survive and overcome violent encounters--have been compromised. The Gift of Violence tells the story of this vulnerability and provides the average person with all the knowledge they need to reduce the likelihood of becoming a victim of violence--and to survive a violent encounter. Based both on the author's decades of experience teaching everyday people how to defend themselves and on a rational approach to the scientific data, The Gift of Violence offers clear, easy-to-remember lessons for people of all ages and abilities. It is designed to empower those who've been affected by violence, or are concerned that they or their loved ones could be--in short, to help good people become more dangerous to bad people.