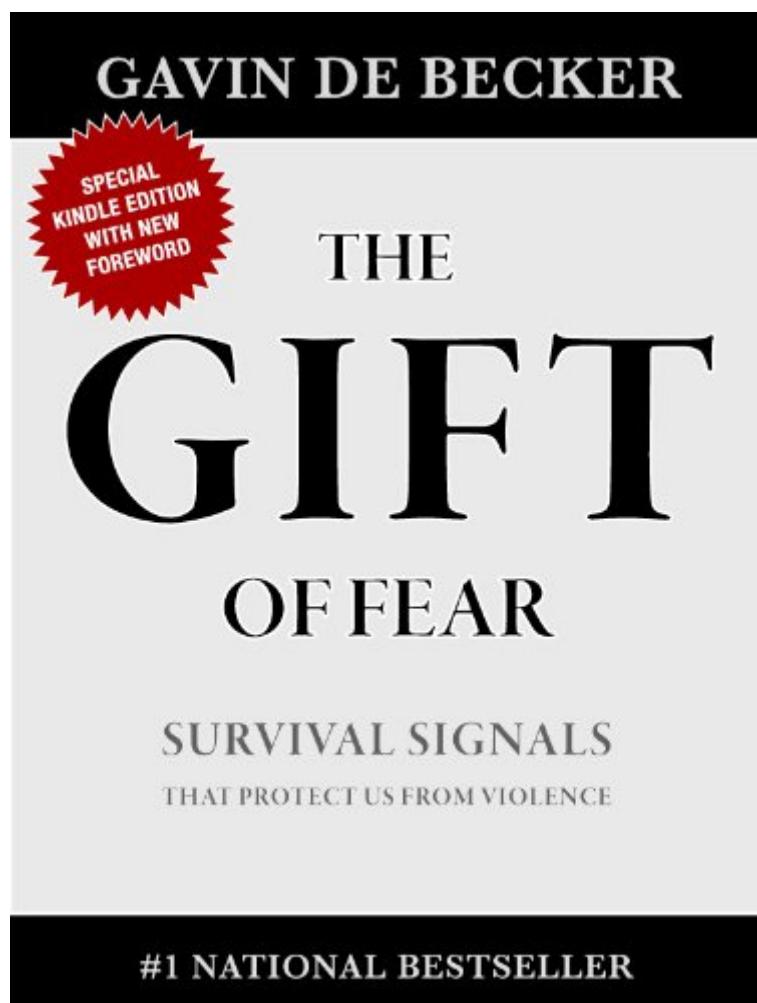


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The Gift Of Fear



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

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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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