



The Gift of Fear and Other Survival Signals that Protect Us From Violence

Gavin de Becker

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True fear is a gift. Unwarranted fear is a curse. Learn how to tell the difference.

A date won't take "no" for an answer. The new nanny gives a mother an uneasy feeling. A stranger in a deserted parking lot offers unsolicited help. The threat of violence surrounds us every day. But we can protect ourselves, by learning to trust—and act on—our gut instincts.

In this empowering book, Gavin de Becker, the man Oprah Winfrey calls the nation's leading expert on violent behavior, 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, whose clients include top Hollywood stars and government agencies, offers specific ways to protect yourself and those you love, including...how to act when approached by a stranger...when you should fear someone close to you...what to do if you are being stalked...how to uncover the source of anonymous threats or phone calls...the biggest mistake you can make with a threatening person...and more. Learn to spot the danger signals others miss. It might just save your life.

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