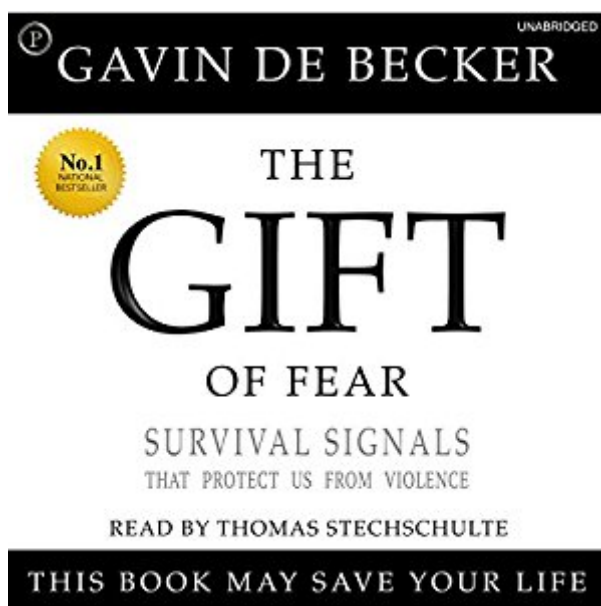


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# The Gift Of Fear: Survival Signals That Protect Us From Violence



## Synopsis

Gavin de Becker is our nation's best-known expert on the prediction and management of violence. In *The Gift of Fear*, de Becker draws on his extensive expertise to shatter the myth that most violent acts are random and unpredictable, but rather usually have discernible motives and are preceded by clear warning signs. Through dozens of gripping stories from his own career and life, he unravels the complexities of violent behavior and details the pre-incident indicators (PINs) that can determine if someone poses a danger. Learn to predict dangerous behavior and how to evaluate whether someone will use violence, to recognize survival signals that warn about risk from strangers, to rely on your intuition and move beyond denial, and to separate real from imagined danger. Gavin de Becker's work has earned him three presidential appointments and a position on a congressional committee. He was twice appointed to the President's Advisory Board at the US Department of Justice, and he served two terms on the Governor's Advisory Board at the California Department of Mental Health. His 520-member consulting firm advises government agencies, universities, police departments, corporations, and media figures on the assessment of threats and hazards. Gavin de Becker & Associates maintains the world's largest library of threat and obsessive communications, consisting of more than 400,000 pieces of material.

## Book Information

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## Customer Reviews

I 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. Men 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.

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.

I do not remember why I bought this book. I must have seen a mention of it in something I read, but I am really glad I bought it. This is the first book that has made me reach for a highlighter since college. (And that was many years ago.) Shoot...I have no highlighter. That means another shopping trip! I have been reading this book in small pieces, because it is very dense, full of information. It also has interesting stories, and there are enough of them to give weight to his methods and predictions. I feel empowered now, even though this book is 20 years old. My intuition has been awakened, and I will listen.

This book is a must and I feel is very important for everyone to read. It really puts domestic violence into perspective for those that may not have a lot of experience with it. It helped me realize what some of my friends have been through. I highly recommend this book.

Phenomenal. Very informative. Have already used the characteristics guidelines listed to identify a controlling and manipulative volunteer in the workplace. Already encouraged friends to read this book. So good.

I read this book and immediately bought copies for 6 friends. I recommend for males and females - lots of important tips. One copy is floating around our office and people taking turns reading it. Those I purchased, especially for young women, have been very well received. Very important information that all young and older people can glean important information from.

I've not yet finished book, however, what I've read is helpful and intuitive. I've dodged violence several times, most recently when someone else was held up at gunpoint by two men whose description matched two I'd crossed the street and changed direction to avoid about an hour before that victim was robbed. They just didn't look like they had a destination in mind, nor did I like the way one kept looking to and fro. I've not dodged all violence and those times I didn't were because I "behaved" and didn't want to risk offending someone(s) instead of trusting my instincts. I look forward to finishing this book.

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