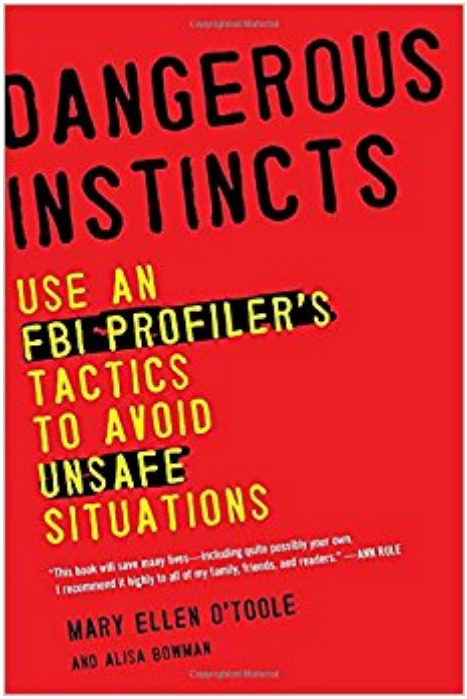
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Dangerous Instincts: Use An FBI Profiler's Tactics To Avoid Unsafe Situations



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Synopsis

Fear can’t help you in a dangerous situation. A former FBI profiler shows you what can. As one of the world’s top experts on psychopathy and criminal behavior, Mary Ellen O’Toole has seen repeatedly how relying on the sense of fear alone often fails to protect us from danger. Whether you are opening the door to a stranger or meeting a date you connected with online, you need to know how to protect yourself from harm-physical, financial, legal, and professional.Using the SMART method, which O’Toole developed and used at the FBI, we can confidently know how to: Respond to a threat in any situation Hire someone who will work inside your home like a contractor or housekeeper Figure out whether a prospective employee is a safe bet Know whom you can trust with your children An especially useful book for women living alone, parents who are concerned about their children’s safety, and employers worried about employees who might go postal, Dangerous Instincts gives us the tools used by professionals to navigate potentially hazardous waters. Like The Gift of Fear and The Sociopath Next Door, it will appeal to anyone looking to make the right call in an ever threatening world.

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Customer Reviews

Ã¢â ¬Å“Mary Ellen OÃ¢â ¬â„¢Toole is my hero! In Dangerous Instincts she offers sound advice and fascinating examples gleaned from her long career in the Behavioral Analysis Unit of the FBI. This book will save many livesÃ¢â ¬â •including, quite possibly, your own. Whether the knowledge you find herein saves you from a con man, a rapist, a thief, a killer, or just a miserable marriage, this

is a classic, valuable book. I recommend it highly to all my family, friends, and readers.Ã¢â ¬Â•Ã¢â ¬â •Ann Rule, author of THE STRANGER BESIDE MEÃ¢â ¬Å“A masterful and compelling primer on survival in a world in which people are not always what we think them to be. Dr. OÃ¢â ¬â„¢TooleÃ¢â ¬â„¢s deep understanding of the nature and implications of psychopathy. . . is particularly impressive, and shared by only a few other criminal investigators. This is an important and well-written book on topics of concern to everyone. A great read, highly recommended.Ã¢â ¬Â•Ã¢â ¬â •Robert Hare, Ph.D., author of WITHOUT CONSCIENCEÃ Â Ã¢â ¬Å“In this absorbing read, [OÃ¢â ¬â„¢Toole] discusses why people trusted Bernie Madoff and Ted Bundy and dissects online dating responses and typical blind spots. The author helps readers analyze their decision-making patterns and provides a guide for helping them to assess and mitigate risk. OÃ¢â ¬â„¢TooleÃ¢â ¬â„¢s book will provide insight to everyone, but itÃ¢â ¬â„¢s particularly helpful for women living alone, parents concerned about their childrenÃ¢â ¬â„¢s safety, or employers worried about perplexing employee behavior.Ã¢â ¬Â•Ã¢â ¬â •Library Journal

Mary Ellen OÃ¢â ¬â„¢Toole, Ph.D., retired from the FBI in 2009. During her career, she worked on many high-profile cases including the Elizabeth Smart abduction, the Unabomber and the Green River Killer. She continues to teach at the FBI National Academy, lectures at the Smithsonian and frequently speaks to law enforcement, government officials, mental health practitioners, school officials, private corporations and the public all over the world.Ã Â Alisa Bowman is a professional writer and collaborator. The co-author of seven New York Times bestsellers, her work has appeared in Prevention, Better Homes & Gardens, WomenÃ¢â ¬â„¢s Health and numerous other publications.

I purchased this book while on the hunt for an instructional manual on reading behavioral cues. The majority of books in this genre handle serial killers, and it’s pretty unlikely I’ll run into many of them in my life. I will, however, meet my fair share of narcissists, sociopaths, socially maladjusted individuals and those with personality disorders. While this book is *not* a manual of behavioral cues, it is a very useful and thorough examination of risk assessment and avoidance. Dr. O’Toole examines a number of situations I had not thought to risk assess: car pooling, selecting a financial advisor, and monitoring my own behavior, among them. She also addresses the situations one would expect to risk assess: entering relationships, choosing a childcare provider, selecting individuals to work in one’s home, etc. She provides case studies of real-life situations and then

explains how she would approach them, red flags she would have identified, and how to move forward in a less-than-perfect world. Each chapter begins with an explanation of objectives and ends with a summary sheet to review important details, so it’s easy to remember the lessons within. The reason I chose 4 stars instead of 5 is because I purchased the Kindle edition. This is not a book whose text was optimized for Kindle use. Dr. O’Toole references page numbers which aren’t really applicable, and sidebars sometimes are dropped into the body of text in a disjointed way. This is not a reflection of the work itself, but rather on its presentation in Kindle format.

I have now read Dangerous Instincts 3 times and sections of it more than that, as I want SMART behaviors to become "second nature" to me. I purchased the book through on the recommendation of a young woman whose opinion I respect. As I read I was chilled at situations that I had put myself in that could have potentially been very dangerous. Some of them actually were and had I not owned 2-3 Rotties ,who were always by my side when at home, I shiver to think of the outcomes. I say this because I am much more cautious in the "outside world" Mary Ellen O’Toole designed her book to help us to make better decisions in our daily lives-she keeps the language simple enough for any reader to understand. Never before had I thought of how necessary it is for one to know what the right questions were to ask of people who enter our lives whether it be the man that we may think of marrying to, the contractor working on our house. I have usually relied on my "gut" and felt that I was a pretty good judge of people only to find out later that this was an incorrect assessment. She shows us how to become more aware of our vulnerabilities in order to make ourselves less vulnerable. How to deal with social networking, how to decide the risk factors in our relationships with others, how to make the decisions to keep our children safe. I would and have recommended this book to every woman, every parent, and yes men-it could be beneficial to you also. I keep it on my night table. Thank you Mary Ellen O’Toole for opening my eyes to my own dangerous instincts.

Did not flow well. Author kept telling readers she would tell them the secrets of how to read personality and behavior shortly or in the next chapter. Seemed to dismiss out of hand and with disdain the idea people can get any information of value from intuition or body language - concepts found in other books related to this subject. Repeated her amazing exploits with the FBI but not in enough detail to make it really useful. Skimmed last third of the book due to frustration with slow circling pace of the first part.

I gave 3 stars because you cant do half of a star. I did get some info, but nothing you could use when just meeting some one. It keeps saying will tell you later.Later never comes. I give 2 1/2 stars.

Nothing better than a female FBI profiler who had interviewed and profiled serial killers , to tell other women what to watch out for ! I have read a lot about the categories of narcissist, sociopath and psychopath since I seem to meet men of these types and made the mistake of living with one. But to have a woman who is an expert in the field and who brings practical information and suggestions for other women, tell us what the realities are and what it takes to recognize these people and then what to do about it makes for superb reading . This is not theory but real life application ! You should buy this book and read it and give it to your daughters and your friends !

The author flips back and forth from providing general information to be used by anyone to being a lecturer to a professional audience such as police,. Her repeated references to what the reader could expect in upcoming chapters of the book were unnecessary and seemed sophomoric. I felt she had facilitated work shops for police departments and simply took her script and format from those, turned them into a book without much modification in order to make money. I will not be recommending this book to anyone.

I work in mental health and I have to say this is one of the most interesting books I've read in a long time. I had the pleasure of seeing Ms. O'Toole speak this past year at a conference on domestic violence, she is an engaging speaker. I think this is a great book for parents as well. We have a tendency to judge others based on their appearance and it is impossible to know if someone is a danger to use just by looking at the clothes they wear or the car they drive.

A top expert FBI profiler educates the reader on Risk, Personality Profiles, Assessment of Individuals in our life and Avoiding Problems. She educates the reader on Risk Facts for a knowledge base, When Risks become more serious or less so and gives us skills for assembling information. Skill instruction is given for making a judgement and case studies for practice. Excellent book. Read is on Kindle and want a hard bound copy for my bookshelf.

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