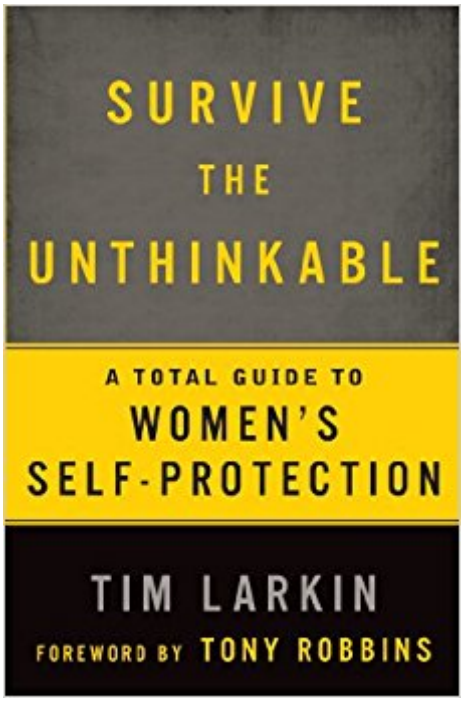
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Survive The Unthinkable: A Total Guide To Women's Self-Protection



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Synopsis

Approximately 1.9 million women are physically assaulted annually in the United States alone. In Survive the Unthinkable, Tim Larkin empowers women to understand that surviving a potential attack isn't about being physically bigger, faster, or stronger; it's about knowing how to self-protect, not self-defend. Survive the Unthinkable reveals the effective, proven principles behind Target Focus Training, the system Larkin has used to train Navy SEALs, celebrities, and soccer moms. It's a counter-intuitive mind / body approach women can use to protect themselves and their loved ones. Readers learn how to identify the difference between social aggression (which can be avoided) and asocial violence (which is unavoidable), recognize personal behaviors that may jeopardize safety, and target highly specific areas on an attacker's body for a strategic counterattack. Larkin discusses how predators think and teaches women how to spot them, outsmart them, and stop them in their tracks. With principles proven to work regardless of size, strength, or athleticism, Larkin's approach revolutionizes women's perspective on violence and self-protection. Armed with the tools to neutralize any threat, readers will blast through the victim mindset and live freer, safer, more peaceful lives.

Book Information

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Best Sellers Rank: #17,723 in Books (See Top 100 in Books) #8 inÃ Â Books > Sports & Outdoors > Individual Sports > Martial Arts #23 inÃ Â Books > Health, Fitness & Dieting > Safety & First Aid #26 inÃ Â Books > Reference > Survival & Emergency Preparedness

Customer Reviews

TIM LARKIN is a self-protection expert and author of How to Survive the Most Critical 5 Seconds of Your Life. He was named Black Belt magazine's 2011 Self-Defense Instructor of the Year. Over the last 20 years his company, Target Focus Training, has trained more than 48,000 people in more than 52 countries. He lives in Las Vegas.

Great gifts. The author is serious about when and how to protect yourself. He is also clear about the appropriate time to act. A must read for everyone, not just women. However, women of all ages NEED this book to overcome the societal brainwashing of how a woman should act in times of threat . This is my third order. I hand them out to everyone I care about. Unfortunately, it appears we may need it sooner than we care to admit. These are different times we live in.

I very much liked this book. I'm certain that if more people read it, there would be many more survivors of assaults and fewer perps around. The only thing I felt was lacking was a good list of vulnerable areas that could be attacked. Great on mindset conditioning, but lacking on attack points. Of course, the internet is chock full of what is missing from this book, so don't let that stop you from purchasing it.

One of the greatest books on "Self-Protection" ever written, and dead on for this modern age in America. Buy this Book.

This is a must read book for every woman! A really fine text-book that is a cross between an inspirational text and a straight-to-the-point book on how to survive the gravest extreme.

Forget all the "Tactics" of what to do. This is to the point and no frills what to do in the first 30 seconds you need to run with your life. My wife likes it very much. I'm going to read it too... this should not be "women's" it should be "people"

I have daughters and several nieces - I bought everyone of them a copy of this book. Even if it did nothing more than help them become more attentive to their instincts and raise their situational awareness it would be well worth the price. But the key here is that Tim Larkin provides much more. He gives practical, uncomplicated strategies and specific steps to respond to threats and raise the chances that a woman will avoid an attack, and if threatened or attacked, SURVIVE. But this is not just about "surviving, holding-on, making-do," it is about seizing initiative, taking control, being confident, and resisting with all the resources a human can muster. That is what makes this book distinctly different. Larkin moves away from the go-along-to-get-along approach many others support to instill a sense of taking simple, decisive, and powerful action that any person can use to reduce their risk of injury or death and stop an aggressor. This book is a bargain, and I encourage

you to buy it, read it, and learn from it!

Fantastic book, women of all ages should read this and take it very seriously. Very important information, message and perspective in this book that WILL save lives!!! An absolute MUST READ!

This book is for men and women on how to prepare yourself mentally and how to disable anyone in a life threating situation. Tactics are not for social situations i.e. bar room fight or verbal abuse.

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