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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.

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The Gift of Fear: Survival Signals That Protect Us from Violence is a nonfiction self-help book written by Gavin de Becker. The book demonstrates how every individual should learn to trust the inherent "gift" of their gut instinct. By learning to recognize various warning signs and precursors to violence, it becomes possible to avoid potential trauma and harm. The Gift of Fear spent four months on The New York Times Bestseller List, was a #1 National Bestseller, and has been published in 14 lang

The Gift of Fear - Wikipedia
True fear is a survival signal that sounds only in the presence of danger, yet unwarranted fear has assumed a power over us that it holds over no other creature on earth." De Becker lists two rules about fear and that if you accept them, they can improve your use of fear, reduce its frequency and transform your experience of life. Rule #1. The very fact you fear something is solid evidence that it is not happening.

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Book Review: The Gift of Fear Last published in 1998, Gavin de Becker's The Gift of Fear and Other Survival Signals That Protect Us From Violence is an oldie but goodie that is still as relevant today as it was 20 years ago.