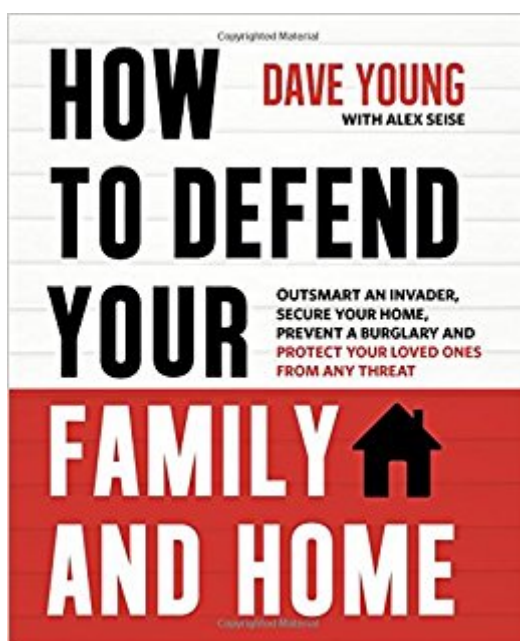


The book was found

How To Defend Your Family And Home: Outsmart An Invader, Secure Your Home, Prevent A Burglary And Protect Your Loved Ones From Any Threat



Synopsis

The Ultimate Guide to Protecting Yourself and Your Family from a Home Invasion Dave Young has survived his fair share of violent attacks, including witnessing a home invasion first-hand as a teenager when two burglars broke into his home. Fortunately, his family was okay, but the terrifying experience motivated him to dedicate the rest of his life to helping others survive life's dangers. Now a seasoned veteran of the U.S. Marine Corps and police force, Dave has packed this book with everything he's seen and learned about home invasions. This life-saving information will turn chilling "what-if" scenarios into planned strategies to protect your loved ones and belongings from any threat. Dave uses practical, everyday language to help you view your home from a criminal's perspective, identify weak spots in your defense and correct them effectively, scratching your home off their target list. He uses real-life examples to teach how to recognize a threat scouting your neighborhood or home. Plus you'll get detailed instructions on using unconventional weapons of opportunity placed smartly throughout the home and so much more. This book is for everyone—whether you own a firearm or not—because in reality, you can't depend on a gun to save you in every situation. What will truly keep you safe is a better sense of awareness, the ability to recognize danger and the knowledge of what to do when you can't avoid it, all of which you'll learn here. Don't let another day go by when your family could be at risk—start your proactive family defense strategy today.

Book Information

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Customer Reviews

“Dave Young is a pioneer in modern practical self-defense solutions. His new book offers the right medicine to remedy our natural fears. Read this book slowly, then read it again. Your life just might depend on it.”

•ROY BEDARD, M.Sc., police trainer and president at RRB Systems International, former Team USA member in karate “This is one hell of a resource text that every home owner, police officer and civilian “don’t become a victim” trainers will want to have in their library. I know of no other authoritative text that contains this material in such a comprehensive yet concise format.”

•DAVE GROSSI, retired police lieutenant, former lead instructor for the Calibre Press, Inc. Street Survival Seminars “I have known Dave Young for over 20 years and still learn new survival skills every time we train together. Dave’s ability to see a problem, quickly process outcomes and provide a sound tactical solution has made him one of the most recognized tactical trainers in the industry. He has a balanced blend of personal and professional experience that allows him to develop solutions to life-and-death personal safety threats that have value to both the tactical expert and the new kid on the block. With this book, Dave’s focus is not just on surviving a home invasion, but winning, i.e., prevailing physically, emotionally and legally. This is a must-read book for people who want to keep themselves and their family safe.”

•GARY T. KLUGIEWICZ, nationally renowned tactical trainer, co-founder of Vistelar “A must-have for home owners!”

•ED NOWICKI, founder/owner of the Facebook group Police Supporter

Dave Young is a renowned expert in personal safety and defense for civilians, law enforcement and the U.S. military. He has more than 30 years of experience combined as a police officer and U.S. Marine. As the founder and director of Arma Training and cofounder of Vistelar, he has trained police, security and military personnel to survive attacks, including responding to home invasions and active shooters. Dave’s expertise has been featured on CNN, Fox News and National Geographic.

This is a very well-written, extremely useful book. The author clearly knows what he is talking about and the book is filled with practical, no-nonsense recommendations for handling various home invasion scenarios. If you have children you definitely should read this book because it helps you work out and rehearse the way every member of the family should react in case of such an emergency. It also helps you recognize which items in your home could serve as defensive weapons. This is something that not many people think about, but it is an extremely important point. If you walk into your living room in the middle of the night and discover a burglar in your home, and if that burglar decides to attack you, you are not going to have time to run back to the bedroom to

retrieve your handgun (assuming you own one) or the baseball bat under the bed. But if you take the advice given in this book seriously, then you may just remember that Grandma's vase on the mantle next to where you are standing is within easy reach and could be used to smack the bad guy in the head. As the author makes clear, if your plan for dealing with a home break-in is to call 911 and then wait for help, that may not be good enough. You may very well be dead by the time the police arrive. You need to do more if you want you and your family to survive and this book tells you how to do that. Highly recommended.

Everyone needs to read this book! Concise, real easy to understand, and readily applicable. I will buy this for all my siblings.

Very informative and explained as options to use for self defense applications and a good resource.

This book is just plain cool. That's really the only word I can use for it. Ok, most people don't think about or have to worry about home invasions. We live in a gated community with security guards, have a bunch of loud obnoxious dogs that bark at everything and have an alarm system with enough cameras to look like something out of *Enemy of the State* Home Edition. So why buy this book? A long time ago I read "How to be Invisible" and fell in love with JJ Luna. He suggests really simple practical advice. For instance, in one section he mentions an interview with felons and the most effective home defense device being a Boat Horn. Then there's Rory Miller's books on Violence and predators - where he asks you if you could kill someone threatening your family? Most people say Yes. Then he asks if you could do the same if the perpetrator was a pre-teen, someone mentally challenged or pregnant? A simple question gets quite difficult. And let's say you don't think you'd ever have your house robbed. We didn't. We thought it was impossible. Until my birthday last year. Our teenage daughter decided to have a 'small party' that wasn't small by any means and a few of the guests decided to help themselves to some of our possessions. Were it not for the cameras we'd be out quite a bit of money. Why am I rambling all over the place? B/c that's how most of us think. We don't think it'll happen to us. Then you read something that makes you think how easy it is to protect yourself on the off chance something does and it's intriguing. If your house is ever robbed you won't feel the same for a while and it's an ugly feeling. Read this book. It reads like it's written in collaboration with Miller and Luna in that it's very common sense yet things you don't think of. I mean that as a strength not as put down. B/c it's common sense you immediately feel like "Why didn't I think of that already?" And most of it is free or very cheap. Things as simple as not

keeping all your phones together even your cell phones. The coolest part I saw was the communication signals everyone can learn in a few minutes but would come in very useful. You can fire away with a shotgun or whatever super power gun you decided to keep around for home protection but many will go through walls or could easily hit the wrong person. How do you know? Do people come with Friend or Foe signals? "Honey is that you?" Could come back with a Yes or a pipe or bullet depending on who it was. Non-verbal signals, on the other hand, leave no room for interpretation (this might sound silly but trust me when you read it, he does a great job of explaining it, much better than I can here. Buy the book. Read it. Take 20 minutes and make your home safe for you and/or your family. Worst case you wasted < 30-100.00 and 20 minutes of time. Best case, you get to see your loved ones whereas you otherwise wouldn't.

It is difficult to describe how outstanding this book is. Seriously, this is not only good for you to own, it is good to give as a gift to the people that you love. I've read several books like this and a lot of them include things which are "common sense." The problem is, we have common sense but we don't always use it. This brings several of those items to your attention, like being aware of your surroundings, having the ability to see out of your windows, etc. But the book contains many more things that, despite my previous reading, I've never seen or heard suggested. For example, the book gives several hand signals that family members can learn so they can know what to do: like "run," "around the corner," "upstairs," "quiet," etc. As another example, the book explains how to analyze each family member's strengths and limitations in the event that it is necessary to defend your home. The book is full of practical advice about things to do to avoid being attacked and what to do if you are attacked. It includes helpful drawings, showing you how to stand to protect yourself from blows, while the narrative tells you how to launch into a counterattack from that position. Usually, my parameters for buying a non-fiction / self-help book is whether I can make/save enough money from the advice to cover the cost of the book. In this case, it's simply a no-brainer. You can't put a price on your life and this book could very well give you what you need to protect yourself and your family. I expect I will read it multiple times and will ask other family members to read it and help me implement as much of the advice as practicable.

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