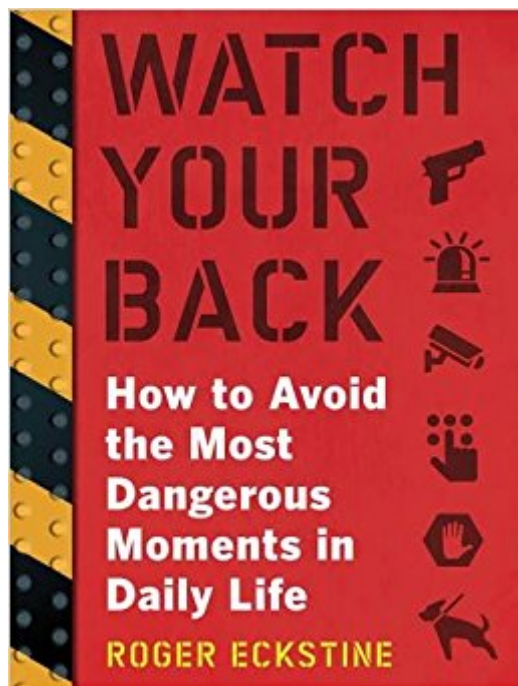


The book was found

Watch Your Back: How To Avoid The Most Dangerous Moments In Daily Life



Synopsis

Concrete Strategies for Staying Safe and Protecting Yourself from Assailants Do you ever feel the urge to furtively look over your shoulder to check if someone's following you? Have you second-guessed a decision to walk in a poorly lit area late at night? When you see crime reports on the news, do you ever wonder if it could happen to you? Every day, unsuspecting people fall victim to muggers, pickpockets, carjackers, and other criminals. What can you do to make sure you're not one of them? In *Watch Your Back*, Roger Eckstine presents dozens of possible risky scenarios that can occur in daily life and ways to counteract each threat. Potential hazards include: Paying for gas at the pump Using the ATM Road rage and the belligerent fender bender An active shooter attack Concealed carry and the rigors of daily life And much more! Eckstine illustrates his points by referencing case studies and news clippings of real-life events. He describes various ways people can be prepared both mentally and physically for altercations, with an emphasis on training yourself to constantly observe your surroundings. Additionally, he suggests emergency devices, personal weaponry, and communication tools to help in dangerous situations. You and your loved ones deserve to feel safe all the time. *Watch Your Back* has the advice you need to make this happen.

Book Information

Paperback: 192 pages

Publisher: Skyhorse Publishing (September 20, 2016)

Language: English

ISBN-10: 1510702717

ISBN-13: 978-1510702714

Product Dimensions: 8 x 0.7 x 10.4 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 4 customer reviews

Best Sellers Rank: #356,405 in Books (See Top 100 in Books) #343 in Books > Health, Fitness & Dieting > Safety & First Aid #344 in Books > Reference > Survival & Emergency Preparedness #736 in Books > Sports & Outdoors > Individual Sports > Martial Arts

Customer Reviews

Roger Eckstine is one of the most prolific writers of in-depth tests and evaluations of firearms to emerge over the past twenty years. The author of the *Shooter's Bible Guide to Knives*, Eckstine brings his eye for function and detail to his writing after a lifetime connection with weapons. He is currently a contributing editor with *Gun Tests* magazine and lives with his wife and family in

Houston, Texas."

I purchased this book after seeing it mentioned on the Armed Citizens Legal Defense Network website journal. I am enjoying it thus far. It is great having different topics for each chapter, and making you think more about your daily habits, appointments, etc., and especially about anything you do at a public ATM, gas pump, bank, video rental machine, convenience store, etc. Pay more attention to people and environments, and always trust your gut if something seems off. At the end of each chapter there are summary points of the information for review. It teaches you about how to build in new, perceptive safety habits to pay attention to wherever you go, not to be paranoid but just to think of possibilities and avoid potentially dangerous situations.

Good stuff. Lots of Situational Awareness examples.

Useful information but much of the information is somewhat specialized, eg for realtor, convenience store clerks, etc

An excellent study supplement for students of firearms instructors. The book is printed on glossy paper and all photographs are in color and aid the understanding of various points made in the accompanying text. There are twelve chapters and though the instructor might not be covering all topics depending upon the student's needs the material is there and might lead to future classes once the student realizes that there is more to cover and learn. I do not suggest that one purchases this book and use it for its information alone but to rather seek out a professional instructor. Appendix A - How to Watch Your Back: A Quick Reference Guide to Preventive Measures gives quick recaps of the chapters and I find them quite helpful. Appendix B - Principles of Everyday Survival if read and re read until the principals become part of your daily behavior will go a long way in keeping you away from situations where you will never have to wonder, "How in the world did I get into this situation?" I do recommend this book for all its helpful and well thought out information. And yes, I am a firearms instructor for many years.

[Download to continue reading...](#)

Watch Your Back: How to Avoid the Most Dangerous Moments in Daily Life Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily

Rituals, Daily Routine Makeover, Productivity Book 1) Watch Out!: The World's Most Dangerous Creatures (Penguin Young Readers, Level 3) Apple Watch: Master Your Apple Watch - Complete User Guide From Beginner to Expert (2016 guide, ios, apps, iphone) Watch Out! On the Road (Watch Out! Books) Watch Out! At Home (Watch Out! Books) Watch Apple Trees Grow (Watch Plants Grow!) Watch Repair for Beginners: An Illustrated How-To Guide for the Beginner Watch Repairer How to Watch and Stream on Apple TV for Free: The latest and best method to watch and stream on Apple TV 4th Gen and other versions in less than 15 minutes(free streaming devices tutorial & TV Guide) Watch Officer's Guide: A Handbook for All Deck Watch Officers - Fifteenth Edition Dangerous Instincts: Use an FBI Profiler's Tactics to Avoid Unsafe Situations Daily Mail Big Book of Cryptic Crosswords Volume 5 (The Daily Mail Puzzle Books) by Daily Mail (2-Jun-2014) Paperback Dangerous Kiss: A Rock Star Romance (Dangerous Noise Book 1) Precious Moments My First Communion Remembrance Book (Precious Moments (Regina)) Great Moments in Olympic Gymnastics (Great Moments in Olympic Sports) Great Moments in Olympic Skating (Great Moments in Olympic Sports) Great Moments in Olympic Skiing (Great Moments in Olympic Sports) The Back Pain Book: A Self-Help Guide for the Daily Relief of Neck and Low Back Pain Daily Life in the Medieval Islamic World (Daily Life Through History)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)