

---

## What to do about FEAR ??

Posted by suzehop - 2008/01/28 23:39

---

I have a question about your book on security for women. My friend gave it to me for Christmas and at first I was really psyched about it. The table of contents showed that you cover all the main issues women have to deal with. Once I started reading the book though I noticed I got really scared—like I didn't want to have to think about how predators do things. I'm glad I have the book but I'm curious about this fear thing. What can I do to get past my fear since obviously it makes more sense to read the book and avoid getting attacked versus having to handle all the fallout if I ever was attacked. I'd appreciate your thoughts.

Suze

=====

## Re:What to do about FEAR ??

Posted by LauraC - 2008/01/30 22:53

---

First, thanks for posting and being so honest!!

You are not at all alone in that fear. Most women do not like to think about being attacked. It's not in our nature to "think like the predator." My suggestion to you is read the book in small doses. And when that fear comes up think of it like a plate of fettucini alfredo (seriously!). We all know it is unwise to eat fettucini alfredo for our heart's health--but that doesn't make us afraid of it. We just know to make a better choice about what we eat for maintaining our health. Much of the information in this book is simply information that helps you make better choices about your personal security. What will happen the more you read is that you will start to see that knowledge is power. Predators scare you mostly because you feel no control. The more you understand how they operate, the more control you will gain and the safer you will be. The book you do not ever want to have to read is the book on how to recover from an attack. Better to face your fears now and work beyond them. You are stronger than you know!!

Laura

=====

## Re:What to do about FEAR ??

Posted by Mike D - 2008/01/31 05:28

---

The purpose of the book is not to make you paranoid but to make you prepared.

All knowledge is power. The more knowledge and insight we have into the minds and thought processes of a predator the more prepared and aware we can become.

'You can't underestimate the power of fear" Patricia Nixon

=====