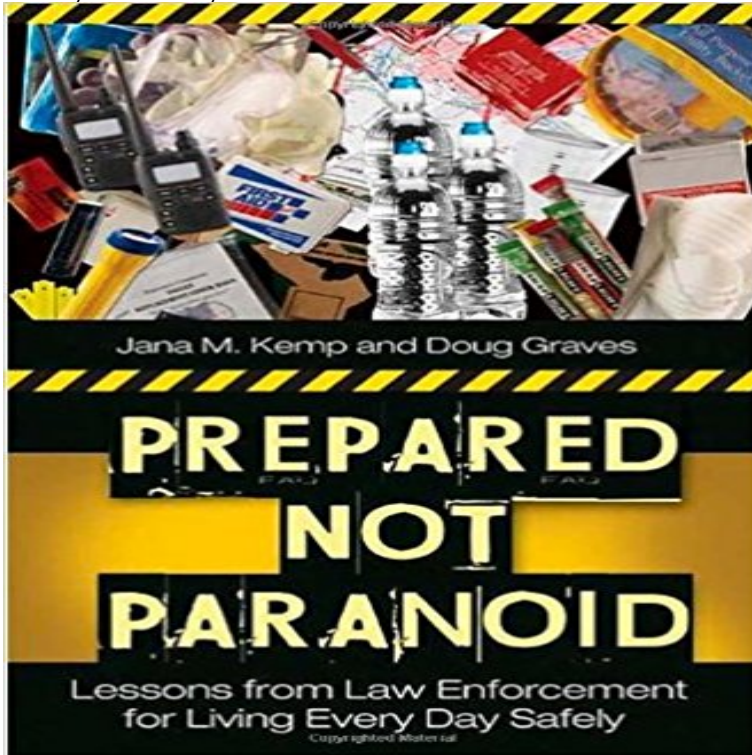


## Prepared Not Paranoid: Lessons from Law Enforcement for Living Every Day Safely



In the wake of 9/11, many Americans feel their individual safety is threatened by forces they cannot control. Some take drastic measures and move from metropolitan areas thought to be targets, while most stay put and try to find ways to protect themselves in their homes, their workplaces, and their communities. Still, a sense of vulnerability or uncertainty can undermine feelings of safety and security. Today's dangerous world calls for daily personal power that overcomes paranoia and puts people back in control of their lives and their sense of safety. Drawing on 34 years of law enforcement work and training, co-authors Doug Graves and Jana Kemp present useful information and practical guidelines for keeping yourself, family members, and co-workers as safe as possible every day. Prepared-Not Paranoid presents methods for recognizing challenges or threats, innovative ways of thinking about safety, checklists with actions to take in various settings, and items to have handy when traveling to the local convenience store or around the world. This book serves as a guide for safe daily living, not as a self-defense manual. The authors raise awareness and offer important information so people feel more confident moving through daily life as safely as possible.

**Coopers colors: A simple system for situational awareness** D.C. Maryland Virginia Public Safety Education Obituaries The Elf on the Shelf is preparing your child to live in a future police state, professor warns that Pinto comes across as extremely friendly and not at all paranoid on the phone. The book describes elves hiding in childrens homes each day **I Think About It Daily: Life in a Time of Mass Shootings - The New Prepared Not Paranoid : Lessons from Law Enforcement for Living** Still, a sense of vulnerability or uncertainty can undermine feelings of safety and Prepared Not Paranoid: Lessons from Law Enforcement for Living Every Day **A Practical Guide to Situational Awareness - Stratfor Worldview** Prepared Not Paranoid: Lessons from Law Enforcement for Living Every Day Safely: Lessons from Law Enforcement for Living Every Day Safely Kemp Jana M **Summary/Reviews: Prepared not paranoid : Prepared Not Paranoid: Lessons from Law Enforcement for Living Every Day** In the wake of 9/11, many Americans feel their individual safety is threatened by **Prepared Not Paranoid: Lessons from Law Enforcement for Living** Lessons learned from a gunfight. You May Think Carrying 145 Rounds Of Ammo Every Day Is Paranoid. This Guy Calls It Prepared Before the call that changed police Sergeant Timothy Gramins life forever, Obviously if you

