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Gavin De Becker

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Survival Signals That Protect Us From Violence

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A more recent work, the non-fiction self-help book and New York Times bestseller, Gavin de Becker's *The Gift of Fear: Survival Signals that Protect Us from Violence* (1997), urges readers to ...

The biology of fear

Whether you're jonesing for your next adventure or looking for a bit of inspiration, here are 20 books to read in your lifetime.

20 Books Every Man Should Read in His Lifetime

Every player of the popular video game *Civilization* knows to hit the save button before engaging in the risky, stupid invasion of foreign country. In the case of the 2003 invasion of Iraq, it became ...

Who Reaped the Soft Power Benefits from the U.S. Invasion of Iraq?

What could possibly be good about anxiety? Anyone living in our land of yoga and silent meditation retreats knows anxiety is killing us. It's straining our hearts, damaging our brains and ...

Positive traits seen in anxiety disorders

In AMC's hit series *Fear the Walking Dead* — the post-apocalyptic ... We really got to see what people do when their survival is threatened (laugh). You see the ones that tend to help, and ...

Jenna Elfman on marriage and new show *Fear the Walking Dead*

KastKing Folding Fillet/Fishing/Camping/Hunting Knife, Razor Sharp G4116 German Stainless-Steel Blade, Non-Slip Handles, 13 ½ inch Overall Length, only 7 ½ inch Folded, I ...

Top 10 Best Folding Fishing Knives 2021

By then, either there is too little time to save itself, or the price of survival ... terrible gift that brought them such suffering was, at last, lifted from their hearts." Fear has turned ...

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The Chinese Virus: We are living through a real time experiment on the power of fear

I'd never been in an RV before, and my son had never driven one. But we survived and created lifetime memories. Here's why you should, too.

How An RV Road Trip During The Pandemic Changed Our Lives

When a new threat endangered their survival, he became paranoid and aggressive ... I'm doing this for Ofelia, so you can live an honest life.' Fear The Walking Dead will return next week on ...

Fear The Walking Dead: Daniel Salazar voluntarily leaves over mental health issues as threat emerges

We scoured the Internet and culled all of our gift guides to bring you the very ... There's no need to fear wet bathing suits or exploding toiletries anymore: These packing compartments will ...

The 25 Best Christmas Gifts

From the mystery of how cicadas know when to emerge to their strange survival strategies ... ways to live harmoniously for a short while with cicadas. The "Overcoming Fear of Cicadapocalypse" program ...

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