

gavin de becker protecting the gift

Gavin De Becker Protecting the Gift: Safeguarding What Matters Most

gavin de becker protecting the gift is more than just a phrase; it embodies a profound philosophy about valuing and preserving the most important aspects of our lives. Gavin de Becker, a renowned security expert and author, has dedicated his career to understanding the dynamics of safety, threat assessment, and personal protection. His work, especially through his concept of "protecting the gift," teaches us how to identify and guard the invaluable parts of our existence—whether that be our intuition, relationships, or personal well-being.

In this article, we will explore what Gavin de Becker means by protecting the gift, delve into how this principle applies to everyday life, and share practical insights inspired by his teachings. If you've ever wondered how to stay safe in an uncertain world or how to nurture the intangible treasures in your life, this guide is for you.

Understanding Gavin De Becker's Philosophy on Protecting the Gift

At the core of Gavin de Becker's work is the idea that everyone possesses a unique and precious "gift"—often the sense of intuition or instinct that alerts us to danger before it becomes apparent. Protecting this gift means honoring and trusting that inner voice, rather than dismissing it or allowing external pressures to silence it.

What Is the "Gift" Gavin De Becker Refers To?

The "gift" is fundamentally about awareness and perception. In his bestselling book, **The Gift of Fear**, de Becker emphasizes that our brain and body constantly send signals that help us detect threats. This ability to sense danger is an evolutionary tool designed to keep us safe.

This gift isn't limited to physical safety alone; it extends to emotional and psychological realms. Recognizing toxic relationships, manipulative behavior, or subtle warning signs in social interactions are all part of protecting this gift.

Why Protecting Intuition Matters

Ignoring intuition can leave us vulnerable. De Becker's research shows that many violent incidents could be prevented if people heeded their gut feelings and trusted their instincts. This is why protecting this internal guidance system is critical—not just for personal safety but for overall peace of mind.

By cultivating trust in your intuition, you create a personal safety net that helps you navigate complex social environments, avoid unnecessary risks, and maintain emotional health.

Applying Gavin De Becker's Principles in Daily Life

How can you incorporate the concept of protecting the gift into your everyday routine? Gavin de Becker's insights offer practical advice that goes beyond security and into the realm of personal empowerment.

Recognizing Warning Signs and Pre-Incident Indicators

One of De Becker's key contributions is identifying pre-incident indicators—subtle behaviors or signals that often precede violence or harmful acts. Learning to recognize these signs enables individuals to take proactive measures.

- **Observe behavior patterns:** Is someone overly aggressive, manipulative, or inconsistent?
- **Trust your discomfort:** If a situation feels “off,” don't brush it aside.
- **Take early action:** It's better to err on the side of caution than to ignore red flags.

These strategies empower you to protect not just your physical self but also your emotional well-being.

Setting Boundaries and Saying No

Protecting the gift often involves establishing clear boundaries. Whether in personal relationships or professional settings, knowing when and how to say no is essential.

De Becker stresses that people who respect themselves and their limits are less likely to become victims of manipulation or harm. Boundaries reinforce your internal sense of safety and help maintain your mental

health.

Enhancing Situational Awareness

Situational awareness is a skill that can be sharpened with practice. It means being fully present and attentive to your surroundings, rather than distracted or disengaged.

To improve your awareness:

- Limit distractions like excessive phone use in public places.
- Make mental notes of exits and potential safe spots.
- Stay observant of people's body language and tone of voice.

This heightened awareness is a fundamental aspect of protecting the gift, as it allows you to detect potential threats early and respond appropriately.

The Role of Personal Security in Protecting the Gift

Gavin de Becker is widely recognized for his work in personal security, advising celebrities, government officials, and corporations on threat assessment and prevention. His approach blends psychological insight with practical security measures.

Integrating Technology with Intuition

While technology like surveillance cameras, alarms, and personal safety apps can enhance protection, De Becker reminds us that technology alone isn't enough. The gift—our intuition—must guide how we use these tools.

For instance, receiving an alert from a security device should prompt you to trust your inner sense of the situation rather than assuming it's a false alarm. The combination of intuition and technology creates a robust security system.

Training and Preparedness

De Becker advocates for preparedness through training. This doesn't necessarily mean learning martial arts or self-defense (though that can help), but rather understanding human behavior, threat cues, and how to de-escalate potentially dangerous situations.

Programs based on his principles often include:

- Threat assessment education
- Communication skills for conflict resolution
- Developing emergency response plans

Preparedness enhances confidence, which in turn strengthens your ability to protect the gift.

Protecting the Gift Beyond Personal Safety

The concept goes deeper than physical protection; it's about nurturing the qualities that make life meaningful.

Protecting Mental and Emotional Health

In today's fast-paced world, stress, anxiety, and emotional drain can dull our internal gifts. Gavin de Becker's teachings encourage people to prioritize mental and emotional wellness as part of protecting their personal gifts.

This might involve:

- Practicing mindfulness or meditation
- Seeking therapy or counseling when needed
- Engaging in supportive communities

By preserving mental clarity and emotional balance, we maintain the ability to perceive threats and opportunities alike.

Valuing Relationships as a Gift

Relationships are among the most precious gifts we have. De Becker's work often touches on how to protect these connections from harm, whether from external threats or internal conflicts.

Healthy communication, mutual respect, and setting boundaries help safeguard relationships. Recognizing toxic patterns early and addressing them is another way to protect the gift within interpersonal dynamics.

Final Thoughts on Gavin De Becker Protecting the Gift

Gavin de Becker's philosophy of protecting the gift invites us to cherish and defend the core elements of our lives—our intuition, safety, mental health, and relationships. It's a holistic approach that combines self-awareness, practical security measures, and emotional intelligence.

By trusting ourselves, setting boundaries, remaining vigilant, and preparing thoughtfully, we not only protect our physical well-being but also nurture the intangible treasures that make life rich and fulfilling. In an unpredictable world, embracing these principles can empower us to live with confidence and peace of mind.

Frequently Asked Questions

What is the main focus of Gavin de Becker's book 'Protecting the Gift'?

The main focus of 'Protecting the Gift' is on helping parents understand and nurture their children's intuition and inner guidance to ensure their safety and well-being.

Who is Gavin de Becker, the author of 'Protecting the Gift'?

Gavin de Becker is a security specialist and author known for his expertise in violence prediction and personal safety, as well as for writing several influential books including 'The Gift of Fear' and 'Protecting the Gift.'

How does 'Protecting the Gift' differ from Gavin de Becker's other books?

While 'The Gift of Fear' focuses on personal safety for adults, 'Protecting the Gift' specifically addresses

parents, emphasizing how to teach children to trust their instincts and recognize danger in order to protect themselves.

What are some key strategies mentioned in 'Protecting the Gift' for keeping children safe?

Key strategies include encouraging children to trust their feelings, teaching them to recognize warning signs of danger, fostering open communication, and empowering them to take action when they feel threatened.

Why is trusting a child's intuition important according to 'Protecting the Gift'?

According to 'Protecting the Gift,' trusting a child's intuition is crucial because children have an innate ability to sense danger, and validating their feelings helps them develop confidence and better judgment in protecting themselves.

Additional Resources

Gavin De Becker Protecting the Gift: An Analytical Review of His Influential Work on Safety and Intuition

gavin de becker protecting the gift represents a cornerstone in the literature of personal safety, intuition, and threat assessment. Gavin De Becker, a renowned security expert and author, has long been recognized for his groundbreaking contributions to understanding human behavior in the context of danger and violence. His book, **The Gift of Fear**, serves as a foundation for **Protecting the Gift**, where De Becker expands on the concept of intuition as a critical survival tool. This article provides a comprehensive exploration of Gavin De Becker's approach to protecting what he terms "the gift"—our innate ability to sense and respond to threats before they escalate.

Understanding the Core Premise of Protecting the Gift

At its heart, **Protecting the Gift** revolves around the idea that intuition is a vital, evolutionary mechanism designed to keep individuals safe from harm. Gavin De Becker's thesis challenges the common tendency to dismiss gut feelings as irrational or unfounded. Instead, he asserts that these intuitive warnings are deeply rooted in our subconscious processing of environmental cues and behavioral patterns.

The book positions intuition not as a mystical or unverifiable sensation but as a cognitive function backed by millions of years of human development. In practical terms, **Protecting the Gift** educates readers on how

to recognize, trust, and act upon these subtle signals before danger materializes. This is especially relevant in today's complex social environment, where threats can be both overt and concealed.

The Role of Intuition in Threat Assessment

De Becker's expertise in threat assessment is well-established. Drawing from his extensive career advising high-profile clients, including celebrities and government officials, he explains how to differentiate between normal social interactions and situations signaling potential violence.

Key points include:

- **Non-verbal cues:** Subtle body language, tone shifts, and microexpressions often precede explicit threats.
- **Pattern recognition:** Intuitive responses are informed by the brain's ability to detect behavioral anomalies and inconsistencies.
- **Contextual awareness:** Understanding environmental factors and social dynamics enhances the accuracy of intuitive judgments.

By educating readers to harness these aspects, **Protecting the Gift** aims to reduce the incidence of victimization through proactive awareness.

Gavin De Becker Protecting the Gift: Impact on Personal and Professional Safety

The influence of Gavin De Becker's work extends beyond individual safety into organizational and professional realms. Security professionals, law enforcement, and corporate risk managers have integrated his principles into training programs and protocols.

Application in Security and Risk Management

Protecting the Gift offers practical methodologies for assessing threats in various settings:

1. **Early Warning Signs:** Identifying behaviors that commonly precede violence, such as fixation, stalking, or escalation in aggression.
2. **Decision-Making Frameworks:** Balancing the need to act on intuition against the risk of false alarms.
3. **Communication Strategies:** Effectively conveying concerns to stakeholders to mitigate potential incidents.

This structured approach has proved instrumental in shaping corporate security policies and personal protection strategies. For example, De Becker's insights have been used to enhance workplace violence prevention programs, ensuring that employees feel empowered to trust their instincts without fear of reprisal.

Comparisons with Other Threat Assessment Models

When juxtaposed with other security frameworks, Gavin De Becker's emphasis on intuition sets **Protecting the Gift** apart. Many traditional models rely heavily on data analytics, technological surveillance, or reactive measures. In contrast, De Becker advocates for a human-centric approach that prioritizes psychological and behavioral cues.

This distinction is crucial because:

- Technology may miss nuanced interpersonal signals that humans can detect.
- Reactive measures often come too late, whereas intuition enables preemptive action.
- Empowering individuals to trust their instincts fosters a culture of vigilance and self-protection.

While not discounting the value of technological tools, **Protecting the Gift** emphasizes that intuition is an irreplaceable asset in threat detection.

Critical Reception and Practical Implications

Since its publication, **Protecting the Gift** has garnered attention from psychologists, security experts, and the general public. Its reception highlights both its strengths and limitations.

Strengths of Gavin De Becker Protecting the Gift

Many reviewers commend De Becker for:

- **Accessible Writing Style:** The book is praised for making complex psychological concepts understandable to a broad audience.
- **Real-Life Examples:** Case studies and anecdotes demonstrate the practical utility of trusting intuition.
- **Empowerment Focus:** Encouraging readers to reclaim control over their safety through self-awareness.

These aspects contribute to the book's enduring popularity among readers seeking actionable advice on personal security.

Critiques and Considerations

Some critics point out potential challenges:

- **Subjectivity of Intuition:** Relying solely on gut feelings can sometimes lead to misjudgments or unwarranted suspicion.
- **Cultural Differences:** Intuitive signals may vary across cultural contexts, complicating universal application.
- **Balancing Fear and Rationality:** The risk of overemphasizing fear responses may cause unnecessary anxiety or social withdrawal.

In response, De Becker stresses the importance of combining intuition with critical thinking and situational analysis, advocating for a balanced approach.

The Broader Societal Relevance of Protecting the Gift

Beyond personal safety, Gavin De Becker's concept of protecting intuition resonates in wider societal

debates about violence prevention, mental health, and community resilience. In an era marked by increasing awareness of threats ranging from domestic violence to mass shootings, empowering individuals and institutions to heed early warning signs is more pertinent than ever.

Moreover, the integration of *Protecting the Gift* principles into educational curricula and public health campaigns could potentially reduce victimization rates and improve overall well-being. The recognition that intuition is a “gift” to be nurtured rather than ignored reframes safety as a proactive, collective responsibility.

By acknowledging the psychological underpinnings of fear and trust, De Becker’s work encourages a more empathetic understanding of human behavior, potentially bridging gaps between law enforcement, mental health professionals, and communities.

Gavin De Becker protecting the gift is not merely a call to heed intuition but a framework for transforming how individuals and organizations approach safety in complex environments. His holistic and human-centered perspective continues to influence security practices and personal empowerment strategies, underscoring the enduring value of intuition as a vital tool in threat detection and prevention. As society grapples with evolving risks, the lessons embedded in *Protecting the Gift* offer a timely reminder of the power residing within each person’s perceptual awareness.

[Gavin De Becker Protecting The Gift](#)

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gavin de becker protecting the gift: Protecting the Gift Gavin De Becker, 1999 I commit that by the end of this book, you'll know more and be uncertain less; see more and deny less, accept more and hesitate less; act more and worry less. How can I be so sure? Because if nature selected you for the job of protecting a child, odds are you're up to it.--Gavin de Becker In his groundbreaking bestseller *The Gift of Fear*, Gavin de Becker showed millions of readers that like every creature on earth, human beings can predict violent behavior. Now, in *Protecting the Gift*, de Becker empowers parents to trust fully their own intuition when it comes to their children's safety. In this indispensable resource, de Becker provides keen insights into the behavior and strategies of predators. He offers practical new steps to enhance children's safety at every age level: specific questions parents can ask to screen effectively and evaluate baby-sitters, day-care services, schools, and doctors; a Test of Twelve safety skills children need before being alone in public; warning signs to help parents protect children from sexual abuse; and how to keep teenage girls and boys from unsafe situations with peers and adults. De Becker also shatters the myth that rules like Never Talk to Strangers will keep your children safe. By showing what danger really looks like--as opposed to

what we might imagine it looks like--de Becker gives parents freedom from many common worries and unwarranted fears. All parents face the same challenges when it comes to their children's safety: whom to trust, whom to distrust, what to believe, what to doubt, what to fear, and what not to fear. De Becker helps parents find some certainty about life's highest-stakes questions: How can I know a baby-sitter won't turn out to be someone who harms my child? What should I ask child-care professionals when I interview them? What's the best way to prepare my child for walking to school alone? How can my child be safer at school? How can I spot sexual predators? What should I do if my child is lost in public? How can I teach my child about risk without causing too much fear? What must my teenage daughter know in order to be safe? What must my teenage son know in order to be safe? And finally, in the face of all these questions, how can I reduce the worrying? A generation ago, in *Baby and Child Care*, Dr. Benjamin Spock told parents that they already possessed most of the important knowledge about their children's health. Similarly, when it comes to predicting violence and protecting children, de Becker demonstrates that you already know most of what you need to know-- parents have, he says, the wisdom of the species.

gavin de becker protecting the gift: Protecting the Gift Gavin De Becker, 2000-05-09
Safety skills for children outside the home Warning signs of sexual abuse How to screen baby-sitters and choose schools Strategies for keeping teenagers safe from violence All parents face the same challenges when it comes to their children's safety: whom to trust, whom to distrust, what to believe, what to doubt, what to fear, and what not to fear. In this empowering book, Gavin de Becker, the nation's leading expert on predicting violent behavior and author of the monumental bestseller *The Gift of Fear*, offers practical new steps to enhance children's safety at every age level, giving you the tools you need to allow your kids freedom without losing sleep yourself. With daring and compassion, he shatters the widely held myths about danger and safety and helps parents find some certainty about life's highest-stakes questions: How can I know a baby-sitter won't turn out to be someone who harms my child? (see page 103) What should I ask child-care professionals when I interview them? (see page 137) What's the best way to prepare my child for walking to school alone? (see page 91) How can my child be safer at school? (see page 175) How can I spot sexual predators? (see page 148) What should I do if my child is lost in public? (see page 86) How can I teach my child about risk without causing too much fear? (see page 98) What must my teenage daughter know in order to be safe? (see page 191) What must my teenage son know in order to be safe? (see page 218) And finally, in the face of all these questions, how can I reduce the worrying? (see page 56)

gavin de becker protecting the gift: Citizen-Soldier Handbook: 101 Ways Every American Can Fight Terrorism Michael Mandaville, 2009-02 *Citizen Soldier Handbook: 101 Ways for Every American to Fight Terrorism* is a How-To Guide for Americans to fight the greatest threat to Western Civilization - Radical Islam. Terrorists declared every man, woman and child to be a target. We have no choice but to become Citizen Soldiers. The Handbook's Five sections - Morale, Intelligence, Physical Training, Mental Training and Action - encourage Americans of all backgrounds, ages, and skills to do their part against Radical Islam. The *Citizen Soldier Handbook* is a Call to Arms in the spirit of Citizen Soldiers - at Lexington and Concord firing the 'Shot Heard Round the World' - brighten the glow of Freedom from the Torch of Liberty. --- ... *Citizen Soldier Handbook* puts this power into the citizen's hands with knowledge about the threat of Radical Islam, how to empower yourself and how to use media to stop the threat of Radical Islam in the age of Information Warfare. This book will inspire you.... -John Ziegler Radio Show Host & Author *The Death of Free Speech* We are engaged in a great war of Ideas - Freedom versus Tryanny, Democracy versus Islamic Totalitarianism. The weapon of ... is Information. As a writer, I understand the power of Ideas, Information and Humor. The *Citizen-Soldier Handbook* will help and inspire you, your friends, family, coworkers, fellow Americans to get the word out in dozens of ways. -Burt Prelutsky Former WGA President & Author *Conservatives Are from Mars, Liberals Are from San Francisco: 101 Reasons I'm Happy I Left the Left* The *Citizen-Soldier Handbook* is an invaluable resource... at once an exhaustively researched compendium of strategies and a stirring reaffirmation of the meaning of citizenship, it is a clarion call to action in a time when too many have been lulled into a false sense of

complacency. -Harry Stein - Author of How I Accidentally Joined the Vast Right-Wing Conspiracy (and Found Inner Peace)' and is a Contributing Editor to City Journal ...this is more than a handbook. It is a call to action. In this age of information and internet warfare, everyone can be a Citizen Soldier and everyone can join the fight. The Citizen Soldier Handbook will show you the way. -Brandon L. Millett Chairman and Co-Founder, The GI Film Festival, Washington D.C. The Citizen Soldier Handbook's Five Sections has 101 Actions (even more if you include subheadings) urging Americans to take action in their Lives, Communities and the World to fight Radical Islam. Morale - Believe in the Greatness of America and Fight For Her Intelligence - Learn about Radical Islam, its Roots, Adherents, Beliefs and Dangers Physical Training - As Physical Beings, We Must Be in Shape to Take Action Mental Training - Steel Yourself for the Mission Ahead. Take Action - Take Action With Suggestions, Ideas, Techniques, Methods and Resources, Organizations and More.... This Book is a Match to Light The Torch of Freedom that You - America's Citizen Soldier - Must Hold High to Stop the Encroaching Darkness. The Fight Is Yours.

gavin de becker protecting the gift: The Serial Killer's Apprentice Katherine Ramsland, Tracy Ullman, 2024-04-16 READ THE BOOK, THEN WATCH THE DOCUMENTARY — NOW STREAMING AT INVESTIGATION DISCOVERY Dr. Katherine Ramsland examines the Dean Corll case, accomplice Elmer Wayne Henley's chilling journey from manipulated teen to convicted killer, and the blurred line between victim and predator. Elmer Wayne Henley, Jr. was only fourteen when he first became entangled with serial rapist and murderer Dean Corll in 1971. Fellow Houston, Texas, teenager David Brooks had already been ensnared by the charming older man, bribed with cash to help lure boys to Corll's home. When Henley unwittingly entered the trap, Corll evidently sensed he'd be of more use as a second accomplice than another victim. He baited Henley with the same deal he'd given Brooks: \$200 for each boy they could bring him. Henley didn't understand the full extent of what he had signed up for at first. But once he started, Corll convinced him that he had crossed the line of no return and had to not only procure boys but help kill them and dispose of the bodies, as well. When Henley first took a life, he lost his moral base. He felt doomed. By the time he was seventeen, he'd helped with multiple murders and believed he'd be killed, too. But on August 8, 1973, he picked up a gun and shot Corll. When he turned himself in, Henley showed police where he and Brooks had buried Corll's victims in mass graves. Twenty-eight bodies were recovered—most of them boys from Henley's neighborhood—making this the worst case of serial murder in America at the time. The case reveals gross failures in the way cops handled parents' pleas to look for their missing sons and how law enforcement possibly protected a larger conspiracy. The Serial Killer's Apprentice tells the story of Corll and his accomplices in its fullest form to date. It also explores the concept of "mur-dar" (the predator's instinct for exploitable kids), current neuroscience about adolescent brain vulnerabilities, the role of compartmentalization, the dynamic of a murder apprenticeship, and how tales like Henley's can aid with early intervention. Despite his youth and cooperation, Henley went to trial and received six life sentences. He's now sixty-five and has a sense of perspective about how adult predators can turn formerly good kids into criminals. Unexpectedly, he's willing to talk. This book is his warning and the story of the unspeakable evil and sorrow that befell Houston in the early 1970s.

gavin de becker protecting the gift: The Thinking Child Nicola Call, 2010-06-10 The book is packed with information about brain-based learning, but is easily accessible with great illustrations - it's a book that is full of life and humour. Like ALPS, there are loads of practical ideas and suggestions, backed up by the theory of why brain-based learning works. I wholeheartedly recommend this book for any early years practitioner or parent of a preschool child who wants to know more about how children learn.' This new edition of The Thinking Child is fully updated with reference to the new Early Years Foundation Stage (EYFS) and Every Child Matters. The book considers the most recent research into the brain and learning, and offers practical advice on how to reflect these findings across the whole range of early years provision in schools and other settings This new edition contains guidance on current challenges facing practitioners, such as dealing with stressed and over-scheduled children, the philosophy and benefits of including every child and how

to address practical issues that might arise in different settings The authors offer practical advice on implementing statutory requirements, maintaining a balance between child-initiated and adult-led activities and making the most of existing resources

gavin de becker protecting the gift: One Less Victim Douglas Setter, 2004 One Less Victim: A Personal Guide to Victim Prevention is about crime victims and their predators. Unlike most self-defense books, One Less Victim explains the more subtle factors that draw criminals to crime victims, ranging from school bullying to large scale swindling. This book gives solutions for potential victims to get themselves out of the victim mindset and into one of self-confidence and safety. Who is most vulnerable to theft, assault or robbery? Is it seniors, college women, minorities or young adult males? Does a medical worker have a higher risk for violent attack than a sales manager? What indicates that a school has a high risk for bullying, theft and drugs? Setter describes how some people unknowingly find themselves drawn towards people, places and situations that result in them being robbed, conned, assaulted, brutalized or even murdered. Like any bad habit, victimization often just gets worse. One Less Victim explains: Early crime victim conditioning

gavin de becker protecting the gift: Saving Beauty from the Beast Vicki Crompton, Ellen Zelda Kessner, 2007-09-03 Dating violence affects a huge number of teenage girls -- one in three girls between the ages of ten and eighteen reports having been assaulted by a boyfriend -- and can run the gamut from possessiveness to stalking to outright physical abuse. Often it is the girls with the highest self-esteem, those who believe they are in control of their lives and can bring out the best in their boyfriends, who find themselves in the grip of a relationship in which the tables have been turned. This essential and timely book incorporates the insights and advice of experts in the fields of education, adolescent psychology, criminal justice, threat assessment, and sociology. Authors Crompton and Kessner also include the voices of teenagers and parents to provide an in-depth portrait of the dynamics of controlling behavior.

gavin de becker protecting the gift: C.L.O., Chief Life Officer Amy Remmele, 2009-08-01 Chief Life Officer (CLO) is the state-of-the-art manual for Life Success, walking readers through a revolutionary new process for managing life as a business. People seeking to improve their lives by applying business principles to daily living, and business owners and managers who want to ground their business dealings in sound psychological principles, will benefit from CLO. Always putting the whys before the hows, CLO does not allow readers to rest upon convenient lists of should, but challenges them to drill down to their strengths and true selves. CLO emphasizes that people are not meant to go it alone, teaching how to form and utilize a multifaceted support system. CLO's guidance is based on a theoretical foundation of how humans as a species, and each individual, develops, driven by core needs of belonging, being listened to, avoiding pain, being paid for behavior, and achieving mastery. CLO is the guidebook on how to run Me, Inc and We, Inc as solid gold businesses.

gavin de becker protecting the gift: THE HANDLER FACTOR Ann Howie, 2008-08-04

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gavin de becker protecting the gift: Dad's Expecting Too Harlan Cohen, 2013-11-05 If you're an expectant father, there's a surprise around every corner... Dad's Expecting Too! is a witty and wise guide to everything you and your partner need to know about having a baby, and everything YOU need to know to support her through the process—from the moment you discover she's pregnant to the first night home with your newborn. Packed with humor and the best advice from experts and parents who have been there before, this must-have book offers essential tips, insights, and stories about the most exhilarating, intimidating, and awesome experience of your lives. This newly revised edition features updated health and safety information, new resources for adoptive fathers, ideas for celebrating with dadchelor parties, and more. The First Few Weeks Telling friends and family; the first doctor appointments How the Baby Grows Track week-by-week

developments Month-by-month pictures of a baby Expectant Moms and Dads 101 Happy, hormonal, nesting, and exhausted moms-to-be In-awe, on-call, scared, and me too: dads-to-be Spoiling Your Partner Massages, gifts, and providing vital emotional support The Big Day: Labor and Delivery Everything you'll see, hear, do After the Baby Is Born Feedings, surviving the first few nights, and rekindling your love life

gavin de becker protecting the gift: Riding the Wave Inside Out Anita Allison, 2006-09 Life is a complicated process. It begins with having to completely rely on and trust in another's beliefs, ideas, and decisions. By the time we first wonder for ourselves, we may find that we are already bound by someone else's expectations, desires, and dreams, which in itself may lead us to live lives of compromise and unfulfilled hopes. The lives we live, the roads we travel, and the way our paths unfold are for us to shape and direct ~ in our experiences and in the dreams we choose to pursue. Author Anita Allison offers insight and support through the teachings in riding the wave inside-out to help us realize what we need to understand and do to ensure that the paths we choose and the choices we make will enable us to create the best life possible. The ideas and thoughts she shares in riding the wave inside out serve as reminders of all the simple truths in life. These concepts act as guides to living in the moment with joy, appreciation, and a sound purpose.

gavin de becker protecting the gift: Working Mother , 2000-02 The magazine that helps career moms balance their personal and professional lives.

gavin de becker protecting the gift: Working Mother , 2000-03 The magazine that helps career moms balance their personal and professional lives.

gavin de becker protecting the gift: Mojo Mom Amy Tiemann, 2009-04-07 Read Amy Tiemann's posts on the Penguin Blog. MOJO MOM helps you answer the question, Who Am I Now that I'm A Mom? What is Mommy Mojo? It's the feeling you get when you're a parent at the top of your game, juggling the kids and the many facets of life, and keeping your own needs in balance. Motherhood is a tremendous gift, but it's also a huge identity shift. Becoming a Mojo Mom means bringing your self and your dreams back into focus, while still giving your family the loving attention it needs. It may sound like a fantasy, but it can be done. Mojo Mom shows women practical ways to:

- *Prepare to become a Mom without losing your identity
- *Survive and enjoy the intense early years
- *Save some of your best energy and creativity for your own ideas and dreams
- *Reenter the workplace or take on a new path with confidence and ease
- *Learn the key elements to the long-term success of your marriage
- *Become a Naptime Activist-and change the world in just an hour a week
- *Rise above the Mommy Wars between stay-at-home and working moms
- *Use motherhood as an opportunity for reinvention

Getting your mojo back is not just another item for your to-do list-it's your right. Amy Tiemann, MomsRising.org executive team member and founder of MojoMom.com, will help every woman explore her true self.

gavin de becker protecting the gift: Breaking the Cycle of Abuse Beverly Engel, 2015-10-23 This "clear, empathetic self-help book . . . is an excellent choice for readers who come from an abusive past and are struggling to make a brighter future"(Publishers Weekly). If you were emotionally, physically, or sexually abused as a child or adolescent, or if you experienced neglect or abandonment, it isn't a question of whether you will continue the cycle of abuse but rather a question of how--whether you will become an abuser or continue to be a victim. In this breakthrough book, Beverly Engel, a leading expert on emotional and sexual abuse, explains how to stop the cycle of abuse once and for all. Her step-by-step program provides the necessary skills for gaining control over emotions, changing negative attitudes, learning healthy ways of communicating, healing the damage from prior abuse, and seeking out support. Throughout, Engel shares many dramatic personal stories including her own experiences with abusive behavior. Breaking the Cycle of Abuse gives you the power to shatter abusive patterns for good and offers a legacy of hope and healing for you and your family. "A beacon of hope for women and men who fear that they will pass the abuse they have suffered on to their children, partners, or employees." —Lundy Bancroft, author of When Dad Hurts Mom and Why Does He Do That? "In this remarkably powerful, wise, and compassionate book, Beverly Engel . . . offers expert advice and strategies to help parents and would-be parents

avoid doing to their children what was done to them and helps both abusers and victims in emotionally and physically abusive relationships make vitally important changes in their relationships.” —Susan Forward, Ph.D., author of *Toxic Parents* and *Emotional Blackmail*

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