



Dangerous Instincts: Use an FBI Profiler's Tactics to Avoid Unsafe Situations

Mary Ellen O'Toole , Alisa Bowman

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Fear can't help you in a dangerous situation. A former FBI profiler shows you what can.

As one of the world's top experts on psychopathy and criminal behavior, Mary Ellen O'Toole has seen repeatedly how relying on the sense of fear alone often fails to protect us from danger. Whether you are opening the door to a stranger or meeting a date you connected with online, you need to know how to protect yourself from harm-physical, financial, legal, and professional.

Using the SMART method, which O'Toole developed and used at the FBI, we can confidently know how to:

Respond to a threat in any situation Hire someone who will work inside your home like a contractor or housekeeper Figure out whether a prospective employee is a safe bet Know whom you can trust with your children

An especially useful book for women living alone, parents who are concerned about their children's safety, and employers worried about employees who might go postal, Dangerous Instincts gives us the tools used by professionals to navigate potentially hazardous waters. Like *The Gift of Fear* and *The Sociopath Next Door*, it will appeal to anyone looking to make the right call in an ever threatening world.

Dangerous Instincts: Use an FBI Profiler's Tactics to Avoid Unsafe Situations Details

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Situations Mary Ellen O'Toole , Alisa Bowman

From Reader Review Dangerous Instincts: Use an FBI Profiler's Tactics to Avoid Unsafe Situations for online ebook

Katie says

I'm not going to finish this. The author has so much bias against the entire concept of intuition that it's hard to read. She keeps saying that she is going to provide all these tools for self protection, but she has provided nothing thus far. If you want a book about self protection, go read Gavin de Becker or Rory Miller instead of this egomaniacal nonsense.

Anders Bruun says

Interesting

Good advice on being more careful in life, and planning your daily life. Very interesting read, insightful advice from a specialist in psychopathy.

Stanley Bartkus says

Eye opening ways to stay out of trouble, rather than get out of trouble.

How-to's of Threat Assessments.

Kb says

This book was not what I thought it would be. It was boring and repetitive. The author(s) repeatedly tried to tell me (the reader) how I would feel or act in certain situations, and did a good job of explaining how people talk themselves out of thinking critically about a questionable person or situation. I guess the book is trying to teach people who are not naturally analytical how to BE analytical. It just comes across as "a very special visit" to your sixth grade classroom. In other words, I felt talked down to and basically skimmed quickly through those parts.

All I wanted was to learn specifically what warning signs to look for in identifying dangerous people, and how to deal with them. So I ended up skipping ahead a lot, as the information was scattered among personal anecdotes, made up case studies, cautionary tales for housewives and employers, and the like.

There was one thing in the book that I specifically disagreed with based on personal research, but since I have no credentials or expertise it would be foolish to have that discussion here. I suppose if I am interested enough to pursue it, I will have to find out if there are other behavioral analysts who feel differently about triggers leading to escalating behaviour.

Useful information I gleaned from this book: beware of the words "not really" in answer to a direct question; body language can have different meanings, so don't rely on it; faced with a home invasion, seek escape rather than confrontation (climb out the bedroom window rather than grabbing a knife from the kitchen and searching the house); don't go on vacation with a group of people you don't know (get to know them first).

Most of this feels like common sense, but isn't usually what people end up doing in actual situations, so it's well to be told. But all the most useful information came at the end of the book. I wish the book could have been condensed and distilled so I didn't have to skim through it to find the information that was of use to me.

SaDeAn says

Be more thoughtful

While a useful book with important information for mitigating risks in the daily world, much of the book can be summed up as be more thoughtful. Don't accept things, or people, at face value. There are some good practical tips and interesting anecdotes to describe situations. Overall it is something that may prove more useful over time.

M.E. Logan says

Do you think you're a good judge of character? Do you go on gut instinct? this book will tell you how you're wrong (Remember Ann Rule worked beside Ted Bundy and considered him a friend) and will provide the skills you need to protect yourself and your family.
