



# **Be Safe Not Sorry, the Art and Science of Keeping YOU and Your Family SAFE from Crime and Violence**

*David Fowler*

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## **Be Safe Not Sorry, the Art and Science of Keeping YOU and Your Family SAFE from Crime and Violence** David Fowler

In a society where crime and violence seem to be increasing daily, Be Safe, Not Sorry provides practical, insightful and informative proactive prevention strategies and defensive interventions that can save your life. The art and science of keeping YOU and your family SAFE from crime and violence focuses on the principle of AVADE®. In this book you will learn: • How to keep you and your family safe in all environments • How to survive an active shooter situation • What distinguishes the predator from the prey • The five levels of awareness and how to increase yours • What to do in a road-rage situation • How to include your children in your escape planning • How to recognize the assault cycle • De-escalation techniques for stressed, intoxicated, angry and combative individuals • How to use the Art of Distraction to give you time to escape danger • What lawful self-defense means to you • How the fight-or-flight syndrome is actually a life saver • How your cell phone can be used to keep you safe • How to create long-lasting personal safety habits • And more . . . Author David Fowler reveals his life's work and personal mission to keep people safe in Be Safe, Not Sorry: The Art and Science of Keeping YOU and Your Family SAFE from Crime and Violence. David is the founder and president of Personal Safety Training Incorporated, and has spent the last 20 years in security operations, training and security education. David has worked with thousands of individuals and hundreds of agencies and corporations throughout the United States and Canada. His presentations have included international, national and local seminars. David's thorough understanding of safety and security, martial science adds an exciting and interesting approach to his style of writing and presentations. He is a certified master instructor in several nationally recognized security and law enforcement training programs. David brings insight, experience, and a passion for empowering people and organizations utilizing the training programs and protective services that he offers here in the United States and in other countries. He is considered by many to be the most dynamic and motivational speaker and trainer in the security and personal safety industry.

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