



Survive the Unthinkable: A Total Guide to Women's Self-Protection

By Tim Larkin

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Survive the Unthinkable: A Total Guide to Women's Self-Protection By Tim Larkin

Approximately 1.9 million women are physically assaulted annually in the United States alone. In *Survive the Unthinkable*, Tim Larkin empowers women to understand that surviving a potential attack isn't about being physically bigger, faster, or stronger; it's about knowing how to self-protect, not self-defend.

Survive the Unthinkable reveals the effective, proven principles behind Target Focus Training, the system Larkin has used to train Navy SEALs, celebrities, and soccer moms. It's a counter-intuitive mind / body approach women can use to protect themselves and their loved ones. Readers learn how to identify the difference between social aggression (which can be avoided) and asocial violence (which is unavoidable), recognize personal behaviors that may jeopardize safety, and target highly specific areas on an attacker's body for a strategic counterattack.

Larkin discusses how predators think and teaches women how to spot them, outsmart them, and stop them in their tracks. With principles proven to work regardless of size, strength, or athleticism, Larkin's approach revolutionizes women's perspective on violence and self-protection. Armed with the tools to neutralize any threat, readers will blast through the victim mindset and live freer, safer, more peaceful lives.

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Editorial Review

About the Author

TIM LARKIN is a self-protection expert and author of *How to Survive the Most Critical 5 Seconds of Your Life*. He was named *Black Belt* magazine's 2011 Self-Defense Instructor of the Year. Over the last 20 years his company, Target Focus Training, has trained more than 48,000 people in more than 52 countries. He lives in Las Vegas.

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