

## Keep You Safe

One of the biggest issues making people unsafe is they don't believe 'it' will happen to them. By assuming it will never happen to you, you reduce the chances of being prepared if it does. In this book, the author describes ways in which you can prepare yourself and your family to avoid potential victimization. Things such as vehicle safety, situational awareness, and teaching your children how to be safe are covered in simple to understand ways that won't cost a fortune.

Friends since childhood, and lovers and business partners as adults, Niamh and Ruairidh are owners of a small Hebridean company, Ranish Tweed, that weaves its own very special version of Harris Tweed. Although it's a small company, their fabrics have become internationally sought-after as a niche brand in the world of fashion and haute couture. But the threads of their relationship are beginning to fray. As they prepare for an important showing at the Première Vision fabric fair, held in Paris every year, Niamh accuses Ruairidh of having an affair with Irina, a Russian fashion designer they work with--a fight that ends with Ruairidh storming off and getting into Irina's car. Moments later, Niamh watches in horror as the car containing her life partner explodes in a ball of flame.

Man up and discover the practical and inspirational information all men should know! While it's definitely more than just monster trucks, grilling, and six-pack abs, true manliness is hard to define. The words macho and manly are not synonymous. Taking lessons from classic gentlemen such as Benjamin Franklin and Theodore Roosevelt, authors Brett and Kate McKay have created a collection of the most useful advice every man needs to know to live life to its full potential. This book contains a wealth of information that ranges from survival skills to social skills to advice on how to improve your character. Whether you are braving the wilds with your friends, courting your girlfriend, or raising a family, inside you'll find practical information and inspiration for every area of life. You'll learn the basics all modern men should know, including how to: -Shave like your grandpa -Be a perfect houseguest -Fight like a gentleman using the art of bartitsu -Help a friend with a problem -Give a man hug -Perform a fireman's carry -Ask for a woman's hand in marriage -Raise resilient kids -Predict the weather like a frontiersman -Start a fire without matches -Give a dynamic speech -Live a well-balanced life So jump in today and gain the skills and knowledge you need to be a real man in the 21st century. There are days when our world feels increasingly dangerous – and small! Even those who have not witnessed acts of terrorism or violence first hand, or who have not lived through a dramatic natural disaster and its consequences, are made aware of the tragic cost and painful aftermath through the ever present media. These experiences have a profound effect on each one of us, often bringing feelings of fear, anxiety, helplessness or abandonment. Trained caregivers tell us

that these emotions, accompanied by some very physical symptoms – recurring nightmares, panic attacks, difficulty in concentrating, nervousness at sudden noises, difficulty in establishing relationships and hypervigilance (a heightened sense of awareness) – can be indications of post traumatic stress disorder. If this is what you are living, you should take comfort in the fact that these are very normal reactions and that your struggles are real. Taking the brave step of seeking support from a trained counsellor, and perhaps a few close friends, will in turn help you to be a solace to loved ones who may also be suffering with you. In the midst of your fears, you also need to know that God is with you – comforting and strengthening you, and assuring you with words that are repeated frequently throughout the Bible: “Don’t be afraid!” This Scripture booklet contains a selection of some of the best loved words of comfort and assurance from the Bible that we pray will remind you about the love of a God who promises never to let go or abandon you.

When Tucker, her troubled son, is accused of murder, Emily Lebay and her daughter Lissa set out to learn the truth about Tucker and discover something far more shocking than their darkest fears.

When crisis hits, a young girl becomes the only one left to take care of her family Pride, Nightingale and Baby are the Stars. Orphaned and living with their grandfather, Old Finn, in rural Minnesota, the children, like their grandfather, are wary of outsiders. They believe, as Old Finn taught them, in self-reliance. But then Old Finn falls seriously ill and is taken to the hospital all the way in Duluth, leaving the children to fend for themselves. Pride, as oldest, assumes the lead. Though she makes mistakes, she keeps them afloat; they even earn money for the bus trip to Duluth. But when they finally see Old Finn, he can't walk or even say his own name, and Pride knows her days of keeping safe the Stars are drawing to a close. Self-reliance can't make Old Finn well again. But maybe, just maybe, a secret from Old Finn's past might make a way for them to stay together after all. A poignant story about family and love, Sheila O'Connor has delivered another extraordinary and mesmerizing tale.

LIANE MORIARTY says that “No one writes twisted, suspenseful novels quite like Sophie Hannah.” Packed with twists and clues, simmering with tension, this electrifying new thriller shows why. She's the most famous murder victim in America. What if she's not dead? Pushed to the breaking point, Cara Burrows flees her home and family and escapes to a five-star spa resort she can't afford. Late at night, exhausted and desperate, she lets herself into her hotel room and is shocked to find it already occupied — by a man and a teenage girl. A simple mistake at the front desk... but soon Cara realizes that the girl she saw alive and well in the hotel room is someone she can't possibly have seen: the most famous murder victim in the country, Melody Chapa, whose parents are serving natural life sentences for her murder. Cara doesn't know what to trust — everything she's read and heard about the case, or the evidence of her own eyes. Did she really see Melody? And is she prepared to ask herself that question and answer it honestly if it means risking her own

life?

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(r). 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 industr

'ADDICTIVE, ORIGINAL AND BRILLIANTLY TWISTY' T. M. LOGAN Lisa is running. She has taken her child, Jack, and she has run from his father. Lisa thinks she's safe. She's found a remote house where no one will be able to find them. Lisa is about to wake up in her worst nightmare. And now she must face what she's tried to escape. Risking everything to protect her little boy, Lisa knows that in order to survive she will have to fight, but it's hard to face someone you loved, especially someone you still love, who knows who you really are - and what you are really capable of. Family is everything. What would you do to protect it? 'A breathless and heart-stopping book that will keep you guessing until the final page' *Woman's Own*

Wearing a motorcycle jacket, gloves, and boots are almost as important as wearing a motorcycle helmet. However, the majority of motorcycle riders don't truly believe in the importance of these additional pieces of motorcycle apparel. This ebook outlines a TON of info on motorcycle safety apparel. It will help you with everything from finding the best pair of motorcycle gloves to wear in the summer to knowing which type of motorcycle jacket to look for. It is an absolute must-read for all motorcycle enthusiasts. I would HIGHLY recommend it to anyone that has a

motorcycle or is planning on getting one in the future.

"A godsend for concerned friends and relatives trying to rein in the chaos."-The New York Times Whether you're addressing the rising chaos of a pandemic or preparing for a scheduled surgery, having checklists prepared to guide you through a hospital visit can often mean the difference between comfort and pain, personal and distant care--and even life or death. In today's hospital system, you can face a series of perplexing obstacles to satisfactory care, from overworked healthcare providers to understaffed facilities--which are heightened in times of crisis. You need to know how to take charge of your own healthcare; Elizabeth Bailey shows you how to do just that with a series of essential, easy-to-use checklists to better manage, monitor, and participate in your own healthcare, including: Before You Go, What to Bring, Master Medication List, Discharge Plan, and more. It is more important than ever to have a protocol, including a detailed plan for hygiene and communications while hospitalized. You can trust the medical staff, but you also need to trust yourself or a loved one to be your own best advocate. Newly revised and completely up-to-date, *The Patient's Checklist* shows you how.

How far would you go to save a child that wasn't yours?

Single mother Kate O'Hara's daughter, Rosie, is one of a small percentage of children with a disorder that prevents them from being immunized. All Kate can do is hope that herd immunity keeps disease at bay and her little girl safe. Madeleine Cooper and her husband declined measles shots for their daughter Clara; vaccinations were a leap of faith she wasn't prepared to take. Then both girls wind up in the same elementary school class, and both girls get sick. Will Kate pay for Madeline's choice?

With 80 percent revised material, *Keeping Kids Safe* arms children with safety skills and helps adults teach kids prevention strategies. This trusted resource for teachers, parents, and counselors includes age-appropriate curricula and word-for-word scripts.

Hunter Gordon had pleaded guilty to a crime he hadn't committed. And served ten long years in prison. All to save the family who had taken him in: beautiful Rae Benton and her father. But right before Rae's father died, he revealed his daughter was in danger. Hunter had to keep her safe. How was he supposed to get close? Rae didn't know the truth and blamed him for the loss of all she held dear. Hunter would have to earn Rae's trust—without ever telling her what really happened a decade ago.

Describes some of the things that police officers do to help keep people safe.

A groundbreaking new vision for public safety that overturns more than 200 years of fear-based discrimination, othering, and punishment As the effects of aggressive policing and mass incarceration harm historically marginalized communities and tear families apart, how do we define safety? In a time when the most powerful institutions in the United States are embracing the repressive and racist systems that keep many communities struggling and in fear, we need to reimagine what safety means. Community leader and lawyer Zach Norris lays out a radical way to shift the conversation about public safety away from fear and punishment and toward growth and support systems for our families and communities. In order to truly be safe, we are going to have to dismantle our mentality of Us vs. Them. By bridging the divides and building relationships with one another, we can dedicate ourselves to strategic, smart investments—meaning resources directed toward our stability and well-being, like healthcare and housing, education and living-wage jobs. This is where real safety begins. In this book Zach Norris provides a blueprint of how to hold people accountable while still holding

them in community. The result reinstates full humanity and agency for everyone who has been dehumanized and traumatized, so they can participate fully in life, in society, and in the fabric of our democracy.

The New York Times bestseller that reveals the safety, security, and survival techniques that 99% of Americans don't know—but should When Jason Hanson joined the CIA in 2003, he never imagined that the same tactics he used as a CIA officer for counter intelligence, surveillance, and protecting agency personnel would prove to be essential in every day civilian life. In addition to escaping handcuffs, picking locks, and spotting when someone is telling a lie, he can improvise a self-defense weapon, pack a perfect emergency kit, and disappear off the grid if necessary. He has also honed his “positive awareness”—a heightened sense of his surroundings that allows him to spot suspicious and potentially dangerous behavior—on the street, in a taxi, at the airport, when dining out, or in any other situation. In his engaging and empowering book *Spy Secrets That Can Save Your Life*, Jason shares this know-how with readers, revealing how to:

- prevent home invasions, carjackings, muggings, and other violent crimes
- run counter-surveillance and avoid becoming a soft target
- recognize common scams at home and abroad
- become a human lie detector in any setting, including business negotiations
- gain peace of mind by being prepared for anything instead of uninformed or afraid

With the skill of a trained operative and the relatability of a suburban dad, Jason Hanson brings his top-level training to everyday Americans in this must-have guide to staying safe in an increasingly dangerous world.

Any everyday person can protect themselves from the majority of online cybercrime using this inexpensive, accessible, concise and jargon free set of online security guidance. If you want to substantially and rapidly improve your online security to a level that will reduce most of your cybercrime risk - this is the book for you.

A variety of animals find special places for safety and shelter.

When church leaders fail to provide for the well-being and protection of everyone involved in congregational programs, they are derelict in their duty to shepherd and protect the flock. A conscientious and well run safety program gives a sense of security and comfort to those who attend and helps provide an atmosphere where worship, fellowship, edification and service can take place without incident. *Keeping Your Church Safe* is a practical blueprint for churches covering all aspects of church security and safety for staff, premises and members. It's a well-outlined, easy-to-follow guide in establishing an effective security program for congregations of all sizes. "Given the uncertain times in which we live and increasing threats to our churches, Ron has written a practical, thorough, easy-to-read book that should be a textbook for any church. More importantly, he loves the Lord and His church and has dedicated his life to making sure Christ is exalted in the best and safest way possible." Bob Russell (retired) Senior Minister Southeast Christian Church Louisville, Kentucky "Addressing topics rarely discussed but realistic, this book is an excellent guide for church

administrators, security managers, board chairpersons, volunteers or anyone serious about protecting our places of worship. It has been written as a result of years invested in "front line" experience. It contains the insight of a safety manager, site security chief, dignitary protection administrator and a special event commander, all in one." Major Bill Weedman (retired) Commander of Special Operations and Event Management Louisville Metro Police Department Ron Aguiar has been at Southeast Christian Church for 10 years as Director of Safety & Security, with an additional 10 years spent in public law enforcement and private security. Ron is a sought-after speaker, consultant to churches, para-church organizations and public law enforcement agencies. Contact Information: churchsafetyandsecurity@gmail.com

Bounty hunter Olivia "Scout" Jackson was no stranger to danger--but being pregnant changed everything. And wanting, trusting, kissing Pierce Maxwell was risking more than she dared. She couldn't exactly call him a stranger--not when he'd saved her life, not when they'd bared their souls to one another and made love with reckless abandon during what they thought were the last days of their lives. But could she trust the devastating Colby Agency operative to protect her and the precious life she carried when he was duty bound to her enemy? Or would his loyalties change when he found out he was about to become a father?

Husband and wife Ruairidh and Niamh Macfarlane co-own Ranish Tweed: a Hebridean company that weaves its own special variety of Harris cloth, which has become a sought-after brand in the world of high fashion. But when Niamh learns of Ruairidh's affair with Russian designer Irina Vetrov, then witnesses the pair killed by a car bomb in Paris, her life is left in ruins. Along with her husband's remains, she returns home to the Isle of Lewis, bereft. The Paris police have ruled out terrorism, and ruled in murder - making Niamh the prime suspect, along with Irina's missing husband, Georgy. And so French Detective Sylvie Braque is sent to the island to look into Niamh's past, unaware of the dangers that await her. As Braque digs deeper into the couple's history, Niamh herself replays her life with Ruairidh, searching her memory for those whose grievances might have led to murder.

At some point, right before my memory clicked off, the nightmare fairy must have paid the world a visit. Everything is just... gone, a tangle of blank confusion. And now I live in a castle. Every little girl's dream, right? Except it's not. It's twisted and abandoned and fake. I'm supposed to be safe here with my husband, but how can I be safe when I don't remember him? How can I be safe when he feels so wrong? Then a new monster comes to take me to a new life and a new cage far from the castle and the promise of safety. NOTE: This book was previously published as Tabula Rasa. Only the title and cover art have been changed. The content of the book remains the same.

Making a Murderer meets Scandal in this story of police corruption, family secrets, and illicit affairs from bestselling author K.A. Tucker, celebrated for her "propulsive plot twists and searing seduction" (USA TODAY). Noah Marshall has known a privileged

and comfortable life thanks to his mother, the highly decorated chief of the Austin Police Department. But all that changes the night she reveals a skeleton that's been rattling in her closet for years, and succumbs to the guilt of destroying an innocent family's life. Reeling with grief, Noah is forced to carry the burden of this shocking secret. Gracie Richards wasn't born in a trailer park, but after fourteen years of learning how to survive in The Hollow, it's all she knows anymore. At least here people don't care that her dad was a corrupt Austin cop, murdered in a drug deal gone wrong. Here, she and her mother are just another family struggling to survive...until a man who clearly doesn't belong shows up on her doorstep. Despite their differences, Noah and Gracie are searching for answers to the same questions, and together, they set out to uncover the truth about the Austin Police Department's dark and messy past. But the scandal that emerges is bigger than they bargained for, and goes far higher up than they ever imagined. Complex, gritty, sexy, and thrilling, *Keep Her Safe* solidifies K.A. Tucker's reputation as one of today's most talented new voices in romantic suspense.

Illustrations and brief rhyming text depict police officers responding to a variety of situations, from a broken traffic light to a robbery. An invaluable new guide to child safety

Every mother faces impossible choices. Vaccination is one of the hardest. For single mom Kate O'Hara, there was no decision to make. Her daughter, Rosie, is one of a small percentage of children who can't be vaccinated against measles. All Kate can do is hope that her little girl is safe. For mommy blogger Madeleine Cooper, vaccination was a leap of faith she wasn't prepared to take. She and her husband declined controversial measles shots for their daughter Clara. All she can do is pray that it's the right decision. But when classmates Clara and Rosie both become sick will Kate pay for Madeleine's choice? A stunning, addictive and powerful new book club read that explores every mother's worst fear and hardest decision from beloved Irish bestselling author Melissa Hill.

When investigative journalist Natalie McCabe discovers a local investment bank is taking retirees for a ride, she's all over the case, even going undercover to get the goods on dirty brokers. But then Jason Jamison, the man she recently saw murder his wife, escapes from jail. And incognito or not, Natalie's life is in danger. Fortunately her new bodyguard, Vincent Fortune, has the brawn to keep her safe...as long as she plays by his rules. Vincent can't figure out his spitfire client. She wants security, but sneaks away as soon as she thinks she has a lead. All he knows is their attraction is growing stronger each day. And Vincent's not sure how much longer he can protect Natalie from his own desire.

*People Who Keep You Safe* discusses the people whose job it is to make sure that we are safe. Some of the people included in this book include a police officer, firefighter, and doctor.

*Let the Angels Keep You Safe* is based on a true World War II story about a brave and determined young Polish woman who chose her own life path, defying her parents and then evading the German and Italian armies. Cecylia Illaszewicz risked her life to be reunited with her husband who left Warsaw with secret documents on the day of the first bombings in September 1939. Cecylia or Cesia, as she was more commonly known, traveled through four war zones, survived hunger, an Italian prison and was just able

to escape several bombings. She had a spirit that was unstoppable. She triumphed in the harshest conditions while overcoming great adversity, and this is her story.

This potentially lifesaving guide explains how to avoid crimes and dangerous situations through forethought and planning. The authors offer easy-to-implement suggestions from public safety experts, law enforcement officers, and security specialists for protecting family, home, car, and office.

Social problem solving and learning to follow rules are important life-long skills that have their roots in early childhood. Teachers and parents will find these scenarios helpful in teaching these skills. The "Learning Pledge" and "Rules to Keep us Safe" provide positive approaches to learning in an early childhood classroom. Each scenario is applied to one of the five rules keeping it simple and doable. Children who hurt others with their bodies or words can learn more effective ways to interact while children who are hurt by others learn ways to be kindly assertive. The "Building Social Skills" page provides ways to use this book to cause children to think critically about behavior. It also provides support to teachers in using positive rules and approaches to conflict resolution. The "Literacy Links" page provides ways to use the book to build literacy skills including phonological awareness, phonemic awareness, alphabetic principle, and many more.

Kresley Studying abroad was my chance to gain independence away from my privileged life in California. But, when there's a kidnapping attempt on my life, I'm forced to return home to finish college. I just never expected to get stuck with a pompous, know-it-all bodyguard who watches my every move with nothing but disdain. One whose good looks don't soften the cold, impenetrable wall he wears like armor. Tristan I pride myself on being a professional and taking my job as a bodyguard seriously. But, nothing could prepare me for the high maintenance, rich girl I'm hired to protect. She's got a smart mouth, is hell-bent on pushing my buttons, and doesn't take the threats against her seriously. And despite the nightmares that plague her dreams, or the fact that I'm the only one who knows about them, I'm not there to befriend her. I'm there to protect her...no matter how much she intrigues me. Jabs will be exchanged, glares will become the norm, jealousy will rear its ugly head, and sparks...well those damn things will inevitably fly. But will it all come with a dangerous price?

Dictionary of dangerous and safe food for dogs, including people food, plants and herbs. Contains comprehensive lists of food commonly found around the house and kitchen that can hurt your dog, even kill if ingested, and the symptoms. Also contains list of food that are beneficial to your dogs, that can keep your dog healthy. This book could save your dog and hundreds in vet bills. Our pets put their lives in our hands and trust us to make the right and best possible decisions for their well being. We all know our diet can affect how our immune system fights off illnesses, regenerate cells, maintains or improves physical strength. This is all true for our pets as well. This book can help with keeping your pets healthy by eating right and avoiding deadly foods around them for many years of happy companionship. - Over 85 Food and Ingredients commonly found in homes that are dangerous for your dogs, including symptoms if ingested. - Artificial Colors - The Colors, Health Risks and Where They Are Being Used - Over 100 Plants commonly found around your homes that are dangerous for your dogs, from Aloe Vera, Hydrangea to Tulip - List of hundreds of

toxic plants - Over 50 Food and Ingredients that are good and safe for your dogs, including the benefits and reasons why they are good - 3 Recipes straight from Jackboy's Dog Bakery vault, including popular Banana Mutt-Bread - 8 Reasons to use olive oil in your dog's diet List of hundreds of plants that are not known to be toxic to dogs - Home Remedies and Natural Cures for your dog Health Check List to keep your dog healthy year round and detect medical problems early

**\*\*A SUNDAY TIMES TOP 5 BESTSELLER\*\* \*\*A BBC RADIO 2 BOOK CLUB PICK\*\* \*\*FROM THE AUTHOR OF THE BLACKHOUSE, CAST IRON AND I'LL KEEP YOU SAFE\*\* MILLION-SELLING PETER MAY MIXES MURDER, MYSTERY and MEMORY . . . AND MARKS HIS RETURN TO THE OUTER HEBRIDES A man stands bewildered on a deserted beach on the Hebridean Isle of Harris. He cannot remember who he is. The only clue to his identity is a folded map of a path named the Coffin Road. He does not know where this search will take him. A detective from Lewis sits aboard a boat, filled with doubt. DS George Gunn knows that a bludgeoned corpse has been discovered on a remote rock twenty miles offshore. He does not know if he has what it takes to uncover how and why. A teenage girl lies in her Edinburgh bedroom, desperate to discover the truth about her scientist father's suicide. Two years on, Karen Fleming still cannot accept that he would wilfully abandon her. She does not yet know his secret. Coffin Road follows three perilous journeys towards one shocking truth - and the realisation that ignorance can kill us. 'A riveting, atmospheric read' The Times 'A chilling standalone mystery' Daily Record 'Clever, twisty . . . in the mode of Le Carré's The Constant Gardener' Guardian LOVE PETER MAY? Order his new thriller, A SILENT DEATH!**

Keep You SafeA NovelMIRA

A sizzling story of a woman who risks her life and her heart to find a wealthy man's missing sister—the first novel in a sexy new romantic suspense series from #1 New York Times bestselling author Maya Banks When Caleb Devereaux's younger sister is kidnapped, this scion of a powerful and wealthy family turns to an unlikely source for help: a beautiful and sensitive woman with a gift for finding answers others cannot. While Ramie can connect to victims and locate them by feeling their pain, her ability comes with a price. Every time she uses it, it costs her a piece of herself. Helping the infuriatingly attractive and impatient Caleb successfully find his sister nearly destroys her. Even though his sexual intensity draws her like a magnet, she needs to get as far away from him as she can. Deeply remorseful for the pain he's caused, Caleb is determined to make things right. But just when he thinks Ramie's vanished forever, she reappears. She's in trouble and she needs his help. Now, Caleb will do risk everything to protect her—including his heart. . . .

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