

FOREWORD

Violence against women remains one of the most common human rights abuses in the world. Women ages 15 through 44 are more likely to die or be maimed because of male violence than because of cancer, malaria, war, and traffic accidents combined.

Rape and attempted rape are very much silent assassins. Only 16 percent of rape victims actually report an incident to the police, which means that the statistics we have about rape in the United States barely reflect the grim reality. The World Health Organization has found that domestic and sexual violence affects 30 to 60 percent of women in most countries. And the majority of offenses are committed by someone the victim knows or at least recognizes.

Perhaps the most disturbing truth is that the rape perpetrator will probably victimize seven to nine women before he's jailed.

In our increasingly violent collective, women must often yield to an incessant voice that warns: *Be careful where you walk. Be careful where you park. Be careful where you go. Be careful what you wear. Be careful what you say. . .*

The unnerving posture of gender violence is what prompted me to seek out the best self-defense instructor I could find for the women I care about in my life—who just happens to be the author of the book you’re holding in your hands right now.

Tim Larkin’s *Survive the Unthinkable* relays a message of empowerment, not panic. It’s the key that can unlock your personal power as a woman.

With many things in life, the truth is often nearly 180 degrees from what your imagination might suggest. The principles and methods that Tim Larkin shares in this critical book are perfect examples of this:

- ✧ Women need NOT be vulnerable to attack, and they *already* have the tools necessary to avoid violence or protect themselves in those rare instances where avoidance isn’t possible.
- ✧ Even the most violent sociopaths are incredibly vulnerable once you know the psychology of what drives their behavior.
- ✧ The people who are most effective at “self-defense” typically have no formal training.

Being able to protect yourself doesn’t require muscle, fancy techniques, or months of practice at the martial arts studio. All that you need to live confidently and joyfully is knowledge and the willingness to apply it.

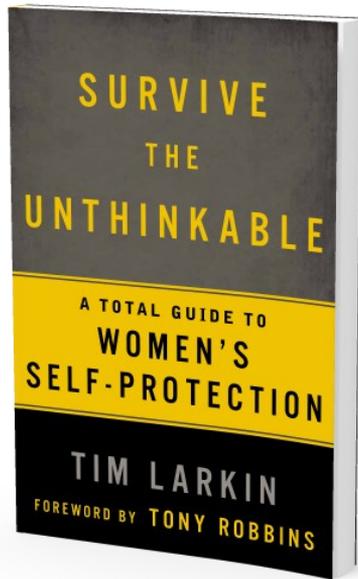
As a woman, you have people who depend on you—perhaps your partner, children, siblings, friends—please consider the

ability to defend yourself a *responsibility*, not a luxury, in much the same way that you might exercise, wear your seatbelt, or get regular medical checkups.

This book presents imperative components that ensure peace of mind, which ultimately allows us to find fulfillment in our daily life. The emotional edge my friend Tim Larkin presents helps to create a better life through key adjustments to our perception, psychology, and awareness. You can trust, as I do, that Tim Larkin's teachings are the most effective, thoroughly tested, and reliable way to ensure your safety, confidence, and self-assurance, which will in turn enable you to effectively cooperate with others, operate at optimal productivity, and get the most enjoyment out of every day of your life.

May you walk through life without fear and live with passion!

Tony Robbins
The world's #1 peak performance coach and life strategist



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