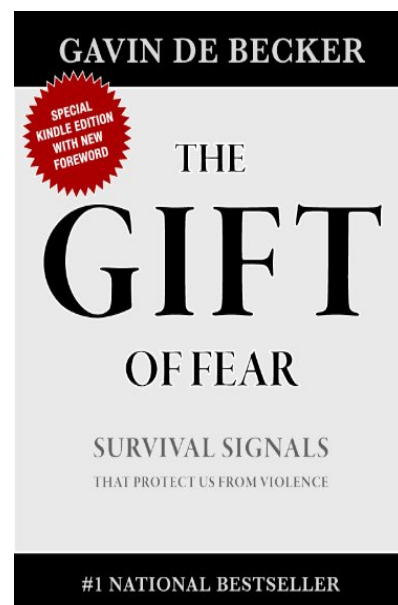


# The Gift of Fear Book Summary (PDF) by Gavin de Becker

Ready to learn the most important takeaways from The Gift of Fear in less than two minutes? Keep reading!



## Why This Book Matters:

The Gift of Fear explains to readers how fear is a helpful tool in navigating life.

## The Big Takeaways:

1. **Your gut will always give you a heads up when something bad is lurking around the corner.**
  1. If That feeling of something being “off” is often right.
2. **Just because they have a pretty face doesn't mean they're for you.**
  1. You must not put your trust in people just because they are nice and likable.
3. **Put yourself in the shoes of others to understand how they're thinking and how they will act.**
  1. The mannerisms of a person are another good indicator of how they will act.

**4. Know the signs of danger.**

1. Don't brush off strange behaviors as harmless.

**5. Becoming used to abuse is a significant reason domestic violence survivors are fearless.**

1. This lack of fear can often leave people vulnerable to dangers.

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