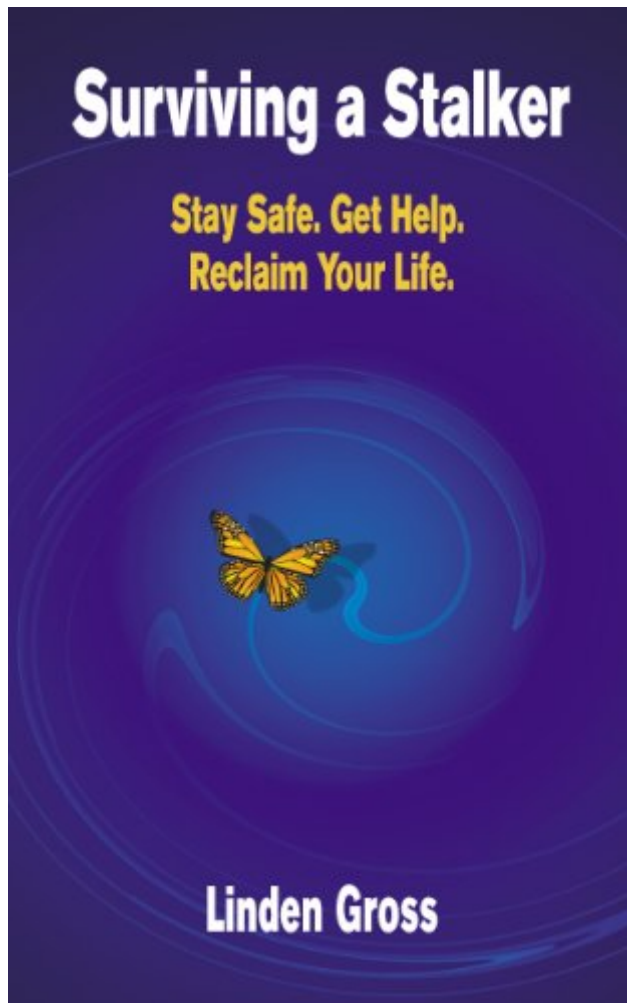


The book was found

Surviving A Stalker



Synopsis

It may start with a chance meeting or a casual smile. It could begin at work, on a blind date, or at the end of a relationship or a marriage. Every year, 3.4 million Americans are stalked by former partners, by co-workers, by strangers. Despite these epidemic numbers, all too often victims' complaints continue to be ignored. Meanwhile, both the stalking dynamic and the toll it takes continue to be misunderstood. National journalist, bestselling writer and stalking expert Linden Gross provides all the necessary tools readers need to know to handle inappropriate obsessive attention. Readers will discover how to control their natural reactions (which often put victims at a disadvantage), how to stop feeding the obsessive interaction that perpetuates stalking situations, and how to protect their privacy and safety. Gross explains how these dangerous obsessions begin, the patterns they take, how targets can protect themselves, and what potential victims can do before the nightmare becomes a reality. Knowledge is power. Armed with information and perspective, stalking victims can make the decisions and choose the course of action that makes sense for them. If you're a victim, *Surviving a Stalker* will teach you:

- How to recognize and control actions and reactions that put you at risk
- How to handle inappropriate attention online and off
- How to protect your privacy and safety as well as the privacy and safety of your loved ones
- How to break the stalking cycle and regain control of your life

If you're a professional who deal with stalking, the multitude of case studies in *Surviving a Stalker* will provide you with a clearer understanding of the crime and the devastating impact it has on its targets. In addition to profiling stalkers and their victims, *Surviving a Stalker* delves deeper into the subject, offering critical insights on how best to handle stalking while also covering police and legal issues, behavioral and psychological patterns that lead to an escalation of violence. The author was aided in her research by the prominent Los Angeles security advisor, Gavin de Becker, who wrote the book's foreword. De Becker, author of the national bestseller *The Gift of Fear*, is widely regarded as our nation's leading expert on stalking. His work has earned him three Presidential appointments, as well as a position on a congressional committee on stalking.

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Customer Reviews

Through many personal stories, the plight of the victims of stalking and abuse is put into the forefront. Through their struggles and personal sacrifices, we've learned to protect ourselves from a stalker's violent wrath.

This book is the Inside to what victims of stalking have faced. This book had excellent suggestions that have helped me to deal with my stalker.

I highly recommend this book to anyone, that has been through the horror of being stalked. I am now back to my old self and getting stronger by the minute!!! Loved it!! Great book.

It helped me to understand reasons for stalking (no where else but in this book) and how to be careful in the future.

Please read this book and take heed. The hard part will be to convince your local authority that you are being stalked.

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