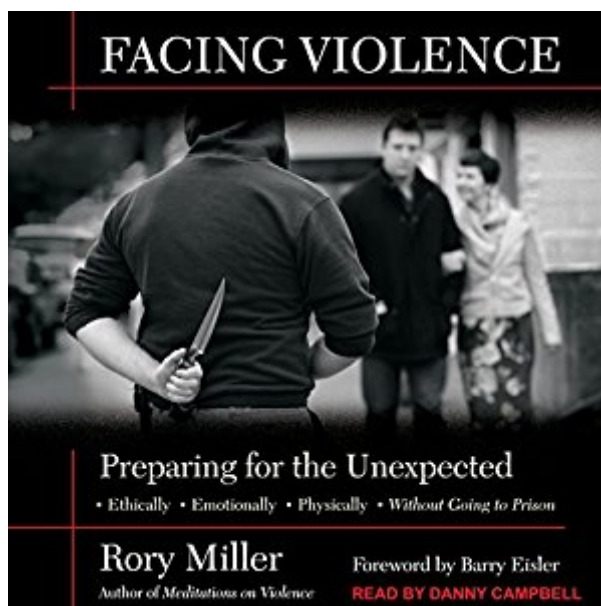


The book was found

Facing Violence: Preparing For The Unexpected



Synopsis

Rory Miller's *Facing Violence: Preparing for the Unexpected* includes seven elements that must be addressed to bring self-defense training to something approaching complete. These elements are: legal and ethical implications, violence dynamics, avoidance, counter-ambush, breaking the freeze, the fight itself, and the aftermath. Training that dismisses any of these areas leaves you vulnerable.

Book Information

Audible Audio Edition

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Customer Reviews

This excellent book will change how you think about violent confrontation. The odds that you will reflect fondly or pridefully on a violent encounter are exceedingly low. Avoid the potential for violence. If under your control, walk away, run away, talk it down, eat crow. If not under your control, prepare yourself--and act-- to minimize damage or death. Think about the horrible aftermath, regardless of outcome. Rory Miller explains all this in a clear and sober way.

"Facing Violence" is a very good guide to preparing for all aspects of a violent encounter, not just the physical aspects but also the ethical, legal, and even emotional fallout. The author, Rory Miller, is an experienced Corrections Officer and martial artist, and it is very clear that he knows what he is saying. First of all, it is important to know that this is not really a book on fighting techniques (though there are some included). This is more of an instruction that imparts very good information that goes above and beyond "how to fight", covering why you should (or shouldn't) fight and to think about how you would explain your actions to a jury of your peers weeks or even months after the event. The sections include "Legal and ethical implications", "Violence dynamics", "Avoidance" (usually the

best option), "Counter-ambush", "Breaking the freeze" (the mental freeze before acting), "The fight itself", and "The aftermath". The writing style is a little dry in places but certainly worth reading for the important content. I bought this book after being sent a copy of the companion DVD, *Facing Violence DVD* (YMAA) Rory Miller, to review. You will definitely get more out of it by reading this and then watching the video. Highly Recommended! CFH

Rory Miller's book is a treatise on the subject of dealing with violence, and there isn't a man or woman walking around that wouldn't benefit from reading it. From the nuts and bolts of why people choose (or are driven) to fight, to the medical and legal repercussions of doing so, this book is a fascinating and uncomfortable journey into the world of sudden, unexpected violence. Ignore it at your peril.

This book tells you a few things about how to hit people, but that's not the point. Most of the book is a look at the psychology of violence, including specific types of fight and why they happen, emotionally. If you're a young adult male and some guy in a bar says "you lookin' at me, punk?", there's a very specific and instinctive situation happening, and Miller talks about how it can go down and how to get out of it. His emphasis is not on how to be a hero but on how to stay alive and, if you do end up hitting or killing someone, out of jail. I've played a lot of games over the years -- computer, console, tabletop -- where I've had thousands of imaginary fights. Yet basically no game I've ever seen has ever gotten into the thoughts and emotions that go into a real brawl, and I feel more enlightened for being exposed to this side of things. Grab this and read it alongside Dave Grossman's "On Killing", which talks about violence in the context of war.

Definitely a five star book for those who will or may face violence in the foreseeable future. This book's psychology would be invaluable to anyone in a high-risk job, who wants to understand more deeply the reasons behind why violence happens, the different types of violence, and how it can sometimes be negated by a right response. There will be something in this for everyone to learn. I would also recommend it for anyone who is interested in learning about self-defence. Especially for those who think of self-defence as a martial-arts only problem. If, when you see the words "self defence", you immediately think of the fancy martial arts move you just learnt, then this book is a **MUST-READ**. The book has five chapters before it even gets into the physical aspect of it. If that doesn't make sense to you, then that makes it all the more important that you read this book. The lessons about the dynamics of violence, the lead-up, and the psychological effect this has on you

will actually help in other areas of life. Once you get your head around the concepts Rory explains, you will have a much better chance of avoiding violence in the first place, because you'll see it and get out of there before it happens. I'll go out on a limb here and say that understanding the legal consequences, and the dynamics of violence is more important than knowing the physical moves. That said, if you're in a high-risk job, those moves are very important. They may save your life. But understanding the consequences behind each action will enable you to not only get out of the fight alive, but stay out of jail. And let's face it: defending yourself physically, and then spending the next few years in prison is really just another kind of death. The real aim in life is to get home safe every night and spend some time with family. Not to beat the other guy up. And this book will teach you enough to know how to do this when the unexpected comes along.

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