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## Safe: How to stay safe in a dangerous world: Survival techniques for everyday life from an SAS hero (Hardback)

By Chris Ryan

Hodder Stoughton General Division, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. In 2016, Chris Ryan s family was targeted by a terrorist cell. He didn t know who they were, or where they might strike. All he knew was that he wanted to keep his family safe.In SAFE, Chris Ryan has compiled all the personal security expertise he acquired during his time serving with the Regiment - he was awarded the military medal for his quick-thinking and survival instincts. He reveals the skills that kept him safe working undercover in Northern Ireland, on the dangerous streets of central Africa and in the war zones of the Middle East. He explains how civilians can employ these techniques to keep themselves:\* Safe on the streets and in their vehicles\* Safe in a fight or in the midst of a terror incident\* Safe on aircraft or in hostage situations\* Safe from cyber attacks\* Safe in riots\* Safe from sexual predators and much more. Chris Ryan analyses real-life incidents, such as the Manchester Arena bombing, the London Bridge terror attack and the Tunisian beach shootings, and explains how ordinary people should act if they find themselves in similar scenarios....



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