

STAYING



StayingAliveBook.com

ALIVE

A Woman's
Essential Guide
to Living Safely

Jane Austen Dickey
Gene Cartwright

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A Personal Handbook

by

Jane Austen Dickey
Gene Cartwright

This Book Belongs to/is a Special Gift to:

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GMW-MOTL

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Reader Reviews

"There are many self-defense publications out there. Many fail to speak in a clear language everyone can understand and apply. I rate 'Staying Alive' in the top three I've read."

—Rachel Marin, San Francisco

"I thought I knew what I needed to know about this subject. I was so wrong. I'm a feisty ninety-two year-old, still with a pretty good aim. I can't believe my opinion was read, let alone printed. I'm making sure everyone in my family has a copy. Thanks, y'all!

—Doris Hohhertz, Archer City, Texas

Purpose



Our Commitment

Ten percent (10%) of all purchases of this book will be directly donated to organizations provably providing services to homeless women and children. Details will be posted on ThePropertyOfMe.com site.

Purpose

“Simply put, we want you to live a healthy and prosperous life and die of old age.”

—Jane

Our purpose is to inform and inspire women to do more to protect themselves. Our goal is to encourage all of us to take control of every aspect of our lives.

Wake Up!

You’ve seen the headlines, watched TV news: a woman violently attacked, or worse, while jogging, walking in a parking garage, leaving a mall, while on vacation or while sleeping in her own bed at home. You shook your head in disgust, then...

You think: “Such things only happen to ‘others.’ Those victims likely thought the same thing before becoming the unfortunate ‘others.’ Later, it’s ‘business as usual.’ And so it goes until, God forbid, the victim is you.

We have a singular focus: to keep you aware and safe. If we must go against convention, so be it. We’re not looking to earn a congeniality award, thank you.

Dedication

We dedicate this work to women everywhere. 'Staying Alive' is not intended to frighten you, unless fear is what it takes to encourage you to do all you can to protect yourself.

A Note of Caution

Thieves, victimizers, and predators go to work everyday. They do not take days off. They do not discriminate by age, race, ethnicity or religion; they do not respect walls or fences, and they do not care whether you are male or female.

However, rightly or wrongly, women are perceived as preferred targets. I know this, personally. Understand one thing: your obligation is to return home safely every night. Period.

Do not be misled by stereotypical images of what criminals and predators look like. An attacker may look as harmless as your neighbor, your banker, your minister, your deliveryman, your mechanic, your plumber, your Congressman, or your doctor.

Cunning predators will try to disarm you with a smile or even a kind gesture. Remember, serial killer Theodore Bundy had the charm, good looks, de-

meanor, and appearance that fooled many women victims.

Remember, the individuals most likely to cause you harm are not of an ethnicity different than yours, but are more likely to share your ethnicity.

This can be disarming, if you have bought into the accepted image of the scary 'bad guy,' especially the scary black guy, with or without a hoodie. Wake up.

Share Your Personal Story

If you have personal experiences or ideas to share with others, please contact us, and we may include those in future editions. Of course, we will honor any requests for publication attribution anonymity.

Contact Us



Contact us: <https://thepropertyofme.com/contact-us/>



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Acknowledgments

Our eternal thanks to the amazing women in our lives, those past and present, who have made us who we are. All were and are fiercely independent, determined, and self-aware.

Thanks to C.L. Cartwright, author of the inspirational bestseller: 'Harvesting Our Days'. This book of Faith and inspiration invites us to take stock of each irreplaceable moment of our lives. It's available on FalconCreekBooks.com and Amazon.com

Special Thanks to Ms. Ella Turner, a truly creative and gifted person who is an unfailing inspiration to us. We all look forward to seeing the fruits of her creative talent soon becoming available.

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While 'Staying Alive' is devoted to helping promote personal safety for women, we must acknowledge all the countless victims of violence: women, men, and children. Whether perpetrated by strangers or known persons, one act of violence is one too many.

What can we all do?

Be aware and stay prepared. We are determined to do our part to help you be just that.

Jane & Gene

How Aware Are You? Predators Work 24/7



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Stay Woke & Aware, 24/7



A Wake-Up Call



Stop!

A Wake-up Call:
Stop For a Moment.
We Have Questions:



Where are you right now?

Are you at work, home, a shopping center, coffee shop, nightclub, restaurant, on a trip, in a hotel, in an elevator, headed to your hotel room, walking a street, jogging, in your bedroom, sitting alone in your car, at a stop sign or traffic light, underground parking garage or placing groceries in your car?

Okay, it's a long question but just go with it.

Do you feel safe? Are you safe? Be honest.

What can you do now, or should have done earlier to make yourself safer? Of course there is no such thing as absolute safety. However, there are common sense

steps you can take each day to make yourself less vulnerable as a victim.

These questions are only the beginning.

What have you taken for granted, while en route to wherever you are?

What Are Your Instincts Telling You?

- Are you in a ‘bubble’, unaware of your surroundings? Be honest.
- Did you arrive at your location alone?
- What friend or family member knows where you are, or were headed? There should be at least one person who knows your plans, or expects to hear from you.
- Where did you park in the garage or parking lot? Was it far from the exit or elevator?
- When in public, do you look weak—like a victim, avoiding eye contact instead of taking visible note of persons near you?
- Do you have any means of quickly defending yourself, escaping or alerting those nearby?
- What’s your plan? What if...

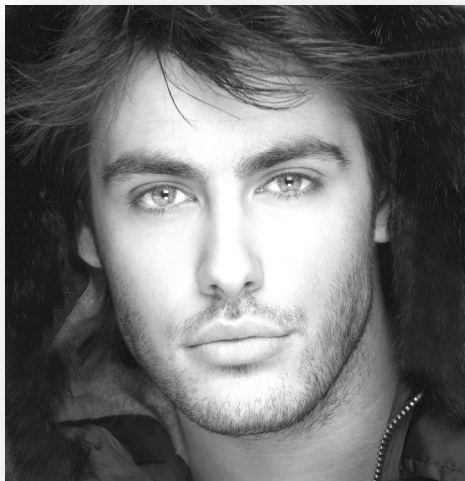
We want you to live your best life...

not expecting a boogeyman at every corner. Rather, we want you to be on-guard, fully aware, and capable of protecting yourself and those whom you love.

Never be an easy prey.

While we are tempted to cram everything we know about this issue into one book, we realize you may not take the time to read it all, although you should. Here, we will share many concerns and suggestions, and later provide even more. If you learn even one thing from this book that can make a difference in your 'Staying Alive,' isn't the meager cost of this book well worth it to you and your family?

What Does a Predator Look Like? Prince or Predator?



You cannot tell by looking.