

STAYING

The background is an abstract watercolor painting. On the left, a pale face with a large, detailed eye looking upwards is visible. On the right, a darker, more textured face with a yellow eye and red lips is shown. The colors are primarily blue, purple, pink, and yellow, with splatters and brushstrokes throughout.

StayingAliveBook.com

ALIVE

A Woman's
Essential Guide
to Living Safely

Jane Austen Dickey
Gene Cartwright

STAYING ALIVE

A Woman's Essential Guide to Living Safely



A Personal Safety Handbook

by

Jane Austen Dickey
Gene Cartwright

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GMW-MOTL

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Reader Reviews

"There are many self-defense publications in print. Most 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

The Authors

Jane Austen Dickey

is a retired teacher, educator, and mother with a passion for helping others. 'Staying Alive' is a book Jane and Gene have been collaborating on years. Her and his hope is that everyone will benefit, and lives will be saved.

Gene Cartwright – Oprah Guest Author

is the author of 12 books (more coming), a former engineer, an inactive Marine, and past Pulitzer nominee. See more at GeneCartwright.com

Our Commitment



A minimum five percent (5%) of gross profits of this book will be donated to select organizations providing services to homeless women and children. Details will be posted on StayingAliveBook.com.

What You Will Learn

Did you see the table of contents?

What owners of this invaluable guide will learn is wealth of information and instruction never before compiled in a single document as we have done. You will want to encourage both the women and men in your life, about whom you care, to obtain a print and eBook version,

Purpose

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

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

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

Valet saves cellphone-distracted woman from mugger.



You shake your head in disgust, then...

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

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.



Know all you can know, do all you can do to not become a crime statistic. It is so easy to live your daily lives unaware that there are those who do not give a cent about your life or your goals and dreams. Never give in to fear. Be prepared to fully live your life, woke and aware.

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.

Thieves, victimizers, and predators go to work every day. 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 kind gesture. Remember, serial killer Theodore Bundy had the charm, and good looks 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

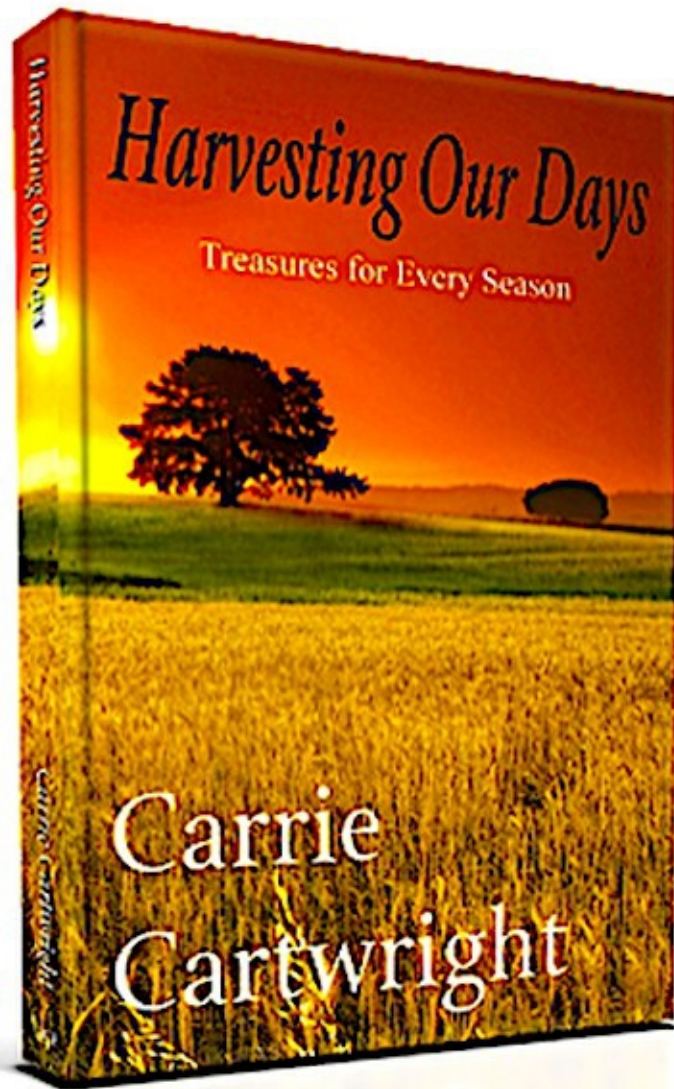
If you have personal experiences or ideas to share, please contact us. We may include those in future editions. We will honor any requests for publication attribution anonymity. - [Contact Us](#)



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, our editor, author of the inspirational bestseller: 'Harvesting Our Days'. This book of Faith and inspiration invites us to take stock of each moment of our lives.



Special Thanks to Ms. Ella Turner, a truly gifted person. We look forward to seeing the fruits of her creative talent available to all.

While 'Staying Alive' is devoted to helping promote personal safety for women, we acknowledge the countless victims of violence: women, men, and children. One act of violence is one too many. **Be aware and stay prepared.**

—Jane & Gene

How Aware Are You?

Predators Work 24/7



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 your infant or 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 be 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 presently 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.

What are you taking for granted?

Consider this: you may be a victim of lazy assumptions. What we mean is, we all settle into a routine and assume today's path will yield the same as yesterday's. We become lulled into a false and dangerous sense of security. We then become less likely to be vigilant.

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.

What we are doing.

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? This can be dangerous and fatal.

Prince or Predator? You can't tell by looking.



Chapter One

‘The Bubble’



The Bubble

So, what is the bubble? It is that false sense of security and invincibility. Even those of us who see ourselves as vigilant and not naïve, can find ourselves a victim of *The Bubble*. Beware of this invisible enclosure that results from sameness and routine. | **More...**

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