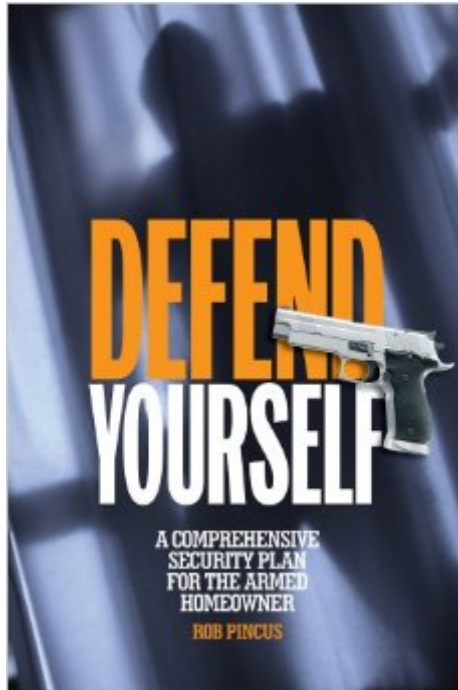


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# Defend Yourself: A Comprehensive Security Plan For The Armed Homeowner



## Synopsis

It CAN happen to you. Your home is the one place you should be safe and the one place you usually are safe--but a home invasion turns all that upside down. You can come out the winner in this frightening situation, and self-defense expert Rob Pincus, in his new book "Defend Yourself--A Comprehensive Security Plan for the Armed Homeowner," shows you just what to do to survive this terrifying event. Inside you'll find: Strategies for evading, barricading, and battling an armed threat in your home. Smart weapon choices and how to stage them for access when you need them most. Special tactics for hotel rooms and single room apartments. Training tips and drills exclusive to combat accuracy needs. And much, much more! Pincus offers up an unprecedented analysis of the "dynamic critical incident" that is a home invasion. In addressing this crucial topic--the one you think can't happen to you--Pincus has provided the next level in self-defense mentoring. No matter who you are, no matter where you live, this book is a must-read.

## Book Information

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## Customer Reviews

If you've undertaken more than a passing interest in defensive firearms training over the past few years, you'll know the name Rob Pincus. His appearances on popular TV shows such as "The Best Defense" and "Trigger Time" have made him something of a household name. His "Combat Focus Shooting" (CFS) program has thousands of adherents worldwide, and has been taught to students ranging from housewives and accountants to top tier law enforcement and military units. In short, if you are serious about

self-defense with a firearm, you need to have Rob Pincus on your radar. *Defend Yourself* is Rob Pincus's 4th or 5th book, depending upon how you count them. Previous titles include *Combat Focus Shooting* and *Counter-Ambush*. This book - *Defend Yourself* - is - in my opinion - his best to date. *Defend Yourself* focus on home defense, with or without a firearm. I've read a number of titles from other authors on this subject. Some have been pretty good, others simply a dreadful compendium of anecdotes and *gun counter wisdom*. None have been especially complete. This book is different. As is typical for Pincus's approach to teaching firearms, he breaks the subject down into discrete components and then examines what actually is known to happen in home-defense cases, as well as what can plausibly be expected. There are no *magic formulas*, but rather a solid exposition of principles followed by how those principles are best applied in context. Nothing seems hastily written or reasoned. *Defend Yourself* is amazingly complete. A section on tactics flows right into a section on equipment (not just guns), which is followed by the topic of training and rehearsal techniques. This really is a single volume resource which covers all of the bases. If you want to buy one book on home defense | this is the one.

Once again, Rob Pincus has written an important book for the person who chooses to be responsible for his or her own safety. This book is geared for the use of a firearm in home defense, but the concepts included in the first part of the book are very relevant to any home defense plan. Every reader will benefit from understanding what one is preparing for, the Five Fundamental Survival Tactics and defining your best defensive position. Rob discusses what you need to think about in developing your plan, the importance of practicing that plan and the need to understand that it must be flexible. If you are armed, you need to understand the challenges of shooting indoors, when and how to move while armed and what happens after the trigger has been pulled. The remaining parts of the book discuss selecting the right handgun, beefing up your home for added security and even the use of improvised weapons. Lastly, Rob discusses training and provides some useful training resources. This is a book you should get, read, study and read again. More importantly, act on the information.

Rob Pincus numbers among the most consistently relevant authors on the topic of no nonsense books and articles in the personal defense arena. Although I'm perplexed as to where he finds the time to write between personal appearances, training classes and a personal life, I'm always eager to read the next installment in advanced thinking when it comes to lawful armed defense. *Defend*

Yourself is no exception. Rob's talent for bringing together the knowledge, experience and insight from the leaders in the defensive firearms world as well as his own is paralleled by few. The tips, tools and techniques offered in Defend Yourself make this book a must read/must own for anyone interested in improving themselves in the increasingly complex world of armed personal defense. Nice work Rob!

This is a good book with lots of things to consider. It is good supplemental reading if you decide to take a USCCA (U.S. Concealed Carry Association) course. It helps give you things to consider / ways to "think." Just remember, like anything else: When it comes to "do it yourself" self defense, practice and training "from outside" is hard to replace. This book is much like others such as: "Deadly Force," and "Concealed Carry." They are all good and they all cover much of the same information. Each of the 3 has a few "unique" things of their own. I would still suggest you consider 2 training courses: 1. For Marksmanship, the NRA Basic Pistol course. 2. For Self Defense, the USCCA course.

This book covers just about everything that needs to be considered regarding the subject. Explanations are comprehensive, and bases for conclusions are well explained. The book exceeded my highest expectations. Reviewed by D. Gibson

Quite a disappointment for a Rob Pincus and NRA recommended book. I have enjoyed Rob's videos and articles for some time, and bought based on that experience. This book however, is obviously ghost-written from interviews or recorded notes and each chapter is pretty general. I bought paperback to keep as a reference, but there is little of value to refer to. It is basically an outline, with some general thoughts and a few examples on each subject and is mostly common sense. Rob's free videos are much more useful than this book. I will avoid Rob's materials in the future, unless they carry a money-back guarantee. RO

Love it! This book brings together all the principal, relevant considerations for the homeowner who wants to be prepared to defend himself and his family with a firearm. The illustrations are excellent, and contribute to the learning experience. A chapter even tells you how to train for the unwanted critical event, and guides you to customized targets and a smart-phone app to take you through multiple and randomized training scenarios on the range. Yes, I've tried the app, and it's excellent.

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