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10 Simple Things To Make Yourself A HARD TARGET

By William B. Doyle

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Recent events have shocked the world and left us feeling exposed and vulnerable. However, we can implement some simple techniques in our daily lives to make ourselves a "Hard Target" for terrorists (and criminals).

Terrorists = Criminals.

These easy steps will frustrate terrorists/criminals and make them seek other prey:

*** Keep a Low Profile ***

- Your dress, conduct and mannerisms should not attract attention.
- Make an effort to blend into the local environment. This is especially true when traveling.
- Avoid publicity and don't go out in large groups.
- Stay away from civil disturbances and demonstrations.

*** Be Unpredictable ***

- Vary your route to and from work and the time you leave and return home.
- Vary the way you dress.

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– Don't exercise at the same time and place every day, never alone, on deserted streets, or country roads.

– Let people close to you know where you are going, what you'll be doing, and when you should be back.

*** Be Alert ***

– Watch for anything/anyone suspicious or out of place. This includes vehicles, delivery vans, etc. parked in your neighborhood.

– Don't give personal information over the telephone, via email, chat rooms, on your website, etc. Don't just throw away periodicals, billing statements, etc. that contain your name, address, account numbers, etc. – shred/destroy the address label or page where such information appears.

– If you think you are being followed, go to a pre-selected secure area (local police station, well lighted public place, etc.).

– Immediately report the incident to the local law enforcement agencies, or your local Embassy (if overseas). Try to note the make/model, color, license plate, driver & passengers, of the suspect vehicle (if you have a cell phone, you can be giving authorities a description while you are enroute to your pre-selected secure area).

This may be a smack of paranoia but those of us that have experience in law enforcement, physical security, anti-terrorism, etc. know that terrorists & criminals often seek out easier "soft targets" rather than the difficult "hard targets".

By implementing the above techniques and the 130+ other methods in my E-book "How To Make Yourself A HARD TARGET For Terrorists", you will significantly enhance you, your loved ones' and friends' safety.

For information on how to obtain your copy, go to:
<http://www.wbdoyle.com/hardtarg.html> ...

...or send a blank email to:

10 Simple Things To Make Yourself A HARD TARGET

<mailto:hardtarget@wbdoyle.com> .

Be sure to keep an eye out for the "HARD TARGET" ebook series ("works-in-progress"):

- * HARD TARGET Vol 1
"How To Make Yourself A HARD TARGET For Terrorists!"
- * HARD TARGET Vol 2
"Your Guide To Terrorism"
- * HARD TARGET Vol 3
"Basic Terrorism 101"
- * HARD TARGET Vol 4
"How To Increase Your TERRORISM AWARENESS"
- * HARD TARGET Vol 5
"Terrorist Incidents 19XX – 2001"
- * HARD TARGET Vol 6
"How To PROTECT YOURSELF From Terrorists"
- * HARD TARGET Vol 7
"How To DETECT Terrorist/Criminal SURVEILLANCE"
- * HARD TARGET Vol 8
"How To Survive As A TERRORIST HOSTAGE"

William B. Doyle served over 20 years in the U.S.Navy and trained over 1000 military personnel, familymembers & DOD civilians as an Anti-Terrorism Training Officer. He also has experience as a Naval Law Enforcement, Physical Security and Force Protection Officer.

What's Simple?

By Angie Dixon

If you walk up to a stranger in the grocery store and ask them to define "simple," as in "simple life," they'll probably say something like "having less stuff." Or they might hit you with a frozen turkey. But probably they'll associate simple with stuff.

The thing is that simple is not about how much or how little you have. You can have all the stuff you want and have a simple life. That's the key, though—the stuff you want. Simple is about having more of what you want and less of the things that get in your way and trip you up.

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If you continue questioning the guy with the turkey, he may hit you with it again, or he may spit out some more associations with the word "simple." Those words might include "nature," "inexpensive," "boring," "organized," "miserly." Those are words we think of when we think of simple living, but none of them has to be associated with simplicity—certainly not boring and miserly. Sure, if you want to live your simple life with nature, you can. If you want to get rid of most of your life and live on a shoestring, you can.

The key to simple living is to have, as much as possible, only what you want. Naturally you have to have things in your life that you don't want, like traffic and Monday mornings. But your goal in reaching simplicity is to have more of the things you do want, like good books and doughnuts on Sunday morning, and maybe a good CD to listen to in the car while you're in traffic on Monday morning.

Simple is really simple. It's what you want, not what you don't.

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

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to discover how coaching can change your life, contact Angie at

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