



Equal Or Greater Force: A Delta Force Veteran Teaches You How to Survive Crime, Terrorism, Natural Disasters and Other Calamities

Kit Cessna

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Kit Cessna, a combat-tested veteran of the U.S. Army's supersecret Delta Force, knows a lot about survival. Drawing on his experience as a career soldier, a SWAT officer and a Louisiana resident who provided security during Hurricane Katrina, Cessna examines what it takes to survive in America today and offers a wake-up call for those citizens who expect the government, or anyone else, to take care of them in any disaster, natural or man-made. Cessna's number-one rule for survival is that the party primarily responsible for your continued existence is you. This book will teach you how to develop a stay-alive attitude, make yourself mentally tough enough for any situation, control your fear during a confrontation, choose the right weapon for various situations and deal with the emotional and legal aftermath of an attack or natural disaster.

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