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Anything can happen to anyone, anywhere, at any time. Wouldnt you rather know that you had done everything in your power to have prepared yourself for that moment when something goes wrong? None of us plan to fail, but we may fail to plan. In Sentinel, author Patrick McNamara provides an instructional guide filled with survival techniques for the family. Drawing from his background as a special-operations agent for twenty-two years, McNamara discusses the importance of being the protector of the family and provides a host of techniques, strategies, and procedures to ensure safety. He offers simple steps for being better prepared for power blackouts, home invasions, and attacks on the street and more. From your home to your vehicle and beyond, McNamara discusses how to plan for contingencies. Sentinel provides the information necessary to help you take charge of your own domain and be able to count on yourself to protect your own life and the lives of those close to you.

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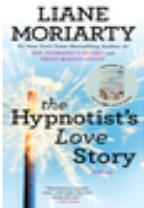
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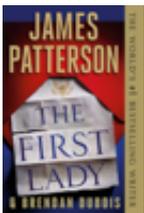
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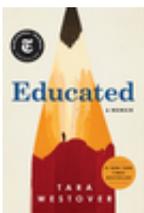
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