

Author's Note

Why Carry a Gun?

Mindset

- The Stakes
- The Risks
- Defining Your Mission
- Reasonable Cause
- Your Own First Responder
- Know Yourself
- Hardware Versus Software

Purchasing a Firearm for Self-Defense

- Speaking the Language
- Requirements**
- Basic Classifications
- Form Follows Function
- If You Can Only Afford One
- Selecting a Pistol
 - Size Matters
 - Carry Enough Gun
 - Aftermarket Support and Accessory Compatibility
 - Narrowing It Down
 - Semiautomatics*
 - Revolvers*
 - Manual Safeties*
 - Coming Up with A Short List
- Shopping and Buying
 - The Basics Process
 - Online Versus Brick-and-Mortar
 - New Versus Used
 - Pulling the Trigger (Unavoidable Pun)
- After Buying
 - Orientation

Initial Safety and Function Check

Vetting

Accessorizing and Modifying

What to Avoid

Iron Sights

Micro Red Dot Sights (MRDS)

Weapon-Mounted Lights (WMLs)

Stippling, Framework, Dehorning, and Melting

Porting and Compensators

Preparing to Seek Quality Instruction

Importance

Where (and When) to Start

Mental Preparation

Finding Quality Instruction

How

What to look for

Red Flags

Instructor Background

Law Enforcement

Military

Competition

Ammunition

The Basics

Defensive Ammo

Shopping and Purchasing

Storage

Equipment

Mandatory

Helpful

Before Class

Traveling for Training

Everyday Carry

What

Why

Laws and Permits

Components

Mobile Phone

Identification

Medical Equipment

OC Spray

Handheld White Light

Primary Handgun in Quality Holster

Reload for Primary Handgun

Weapon-Mounted Lights (WML)

Defensive Knives

Impact Weapons

Backup Guns

Suboptimal, Mediocre, and Downright Dangerous Tools

How

Concealed Carry versus Open Carry

OWB versus IWB

Holsters

Critical Qualities

Materials, Anatomy, and Hardware

Concealment Mechanics

Methods, Positions, and Styles

Holster and Belt

Appendix Inside the Waistband (AIWB)

PHLster Enigma

Pocket Carry

Ankle Carry

Shoulder Holsters

Belly Bands

Off-Body Carry

Suboptimal, Mediocre, and Downright Dangerous Methods

Clothing

When and Where

EDC at Home

Traffic Stops and Police Interaction

Non-permissive environments

The 'Everyday' Part of 'Everyday Carry'

Serious Mistakes

- Printing
- Carrying With an Empty Chamber
- Negligent discharges

An Ongoing Lifestyle of Preparedness

Practice

- The Learning Process
- Dry Fire Practice
 - Safety Considerations*
 - Benefits*
 - Equipment, Tools, and Gadgetry*
- Shot Timers and Measuring Progress
- Live Fire Practice
- Target Selection
- Objective Standards, Context, and How Much Speed Is Enough
- Drills and Tests to Improve Your Shooting

Competition

Further Instruction

- Areas of Instruction
 - Fundamental and Advanced Defensive Pistolcraft*
 - Medical*
 - Combatives*
 - Less-Than-Lethal Tools*
 - Low-Light and Night Shooting*
 - Edged Weapons*
 - Force-on-Force*

Documenting Your Training

Maintaining Your Equipment

- Storing Your Firearm
- Cleaning Your Firearm
- Lifespan of Equipment
- Replacement Parts
- Tools
- More Ammunition
- Ongoing EDC

Continuing Education

- Gun Magazines
- Content Creators and Sponsorships
- Podcasts

Mitigating Other Risks

- Diet and Nutrition
- Exercise
- Sleep and Personal Hygiene
- Auto Safety
- Fire Safety
- Information and Personal Security
- Mental Health
- Finances
- Insurance

Including Your Family in Your Defensive Preparations

- Children and Adolescents
- Spouses and Significant Others

Setting an Example

Pitfalls

Moving Forward (Conclusion)

Appendix

- Trusted Websites and Online Resources
- Subject Matter Experts and Content Creators
- Recommended Reading
- The Fight Before the Fight
 - Setting Boundaries, Making Pre-Decisions, and Building Mental Maps
 - Knowing The Law
 - About Violent Criminal Actors
 - The Criminal Assault Paradigm
 - Avoidance
 - Pay Attention!
 - Look Like Work Without Looking Like Prey or a Challenge
 - Pre-assault Indicators
 - The Gift of Fear
 - De-escalation and Verbal Judo

Escape (Breaking Contact)

The Fight

Learning From Real-Life Violence

Normalcy Bias and The Bystander Effect

Compliance and Counter-Ambush

The Dangers of Intervention

Spiritual Fitness

Serious Mistakes

The Fight After the Fight

The 911 Call

The Immediate Aftermath

The Fallout: Legal, Financial, Physical, Emotional, Social

CCW Insurance

The Home Defense Corollary

Common Sense Security

Defensive Long Guns

How To Equip Your Defensive Long Gun

AR-15

Kalashnikov

Shotgun

Glossary

References

About The Author