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December 17th 2013: Lessons in Surviving a Life Threatening Attack

Do you think you could survive a life threatening emergency? Well Robert Rangel survived a life threatening ambush while serving as a Los Angeles County Sheriff's Deputy and lived to tell the tale. Join us as Robert walks us through the skills he used to defend himself during the attack, and describes the key components of the "survivor mindset" which helped him survive. These key components that helped Robert survive could save your life one day. Be sure to listen in to this week's show.

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Featured Guest



Robert Rangel

Robert Rangel joined the Los Angeles Sheriff's Department at 25 and thirteen years later, after numerous on duty injuries, he medically retired as a detective.

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