

## Seasoned Security Industry Expert Publishes Life Saving Book

**MURRIETA, CA** – Security Industry Expert Michael Julian, of MPS Security, releases a life-saving book that may just be one of the most crucial tools to have on the shelf in today's culture. Michael Julian's *10 Minutes to Live* shares how essential the appropriate actions you take in the first 10 minutes of an active shooter event can be for survival; every second counts to stay alive.

**Active shooter mass killings have become a tragic reality in society and sadly no location is immune to them.** When an active shooter opens fire, nearly one dozen injuries and at least three deaths occur. It is crucial to have some knowledge of what to do if an active shooter situation arises. Being aware of how to react can have a life-saving impact.

*10 Minutes to Live* provides simple tools to help in an active shooter scenario. Michael explains how to prepare ourselves using a security mindset and fight through individual fears in survival mode to evaluate the situation and react appropriately.

With the imminent threat of these deadly and traumatic incidents, several businesses are now requiring employees to take active shooter trainings to prepare for what could very possibly happen. Southern California resident Liz Moreno is a survivor of the Las Vegas Route 91 Harvest Festival shooting. She believes the training she took years before with Michael Julian is what ultimately saved her life.

"Instantly I remembered the alive active shooter class that I had taken at my job about three years ago, which I had never even thought about until that instant and I just knew that we had to run," said Liz.

Michael created and hosts regular active shooter survival training workshops called A.L.I.V.E., which stands for Assess, Leave, Impede, Violence and Expose. He coaches employees at utility agencies, medical facilities, schools, and businesses throughout the United States. His next A.L.I.V.E. workshop will be on Tuesday, February 20, at MPS Security in Murrieta, Calif. Those who register for this training will receive an autographed copy of *10 Minutes to Live*. The following link provides registration details: <https://activeshootersurvivaltraining.com/active-shooter-survival-training/>

Michael also hosts a REALTOR Safety class, where the first hour is dedicated to active shooter survival and the second hour is dedicated to specific REALTOR safety. The next REALTOR Safety class will be Monday, March 12, at the Murrieta Southwest Riverside County Association of REALTORS.

For more information about A.L.I.V.E. training courses and/or *10 Minutes to Live*, visit [www.security-mps.com](http://www.security-mps.com) or <https://www.amazon.com/dp/0692992197>.

To hear Liz's story: <https://www.youtube.com/watch?v=yZVBnAAGkCA&feature=youtu.be>