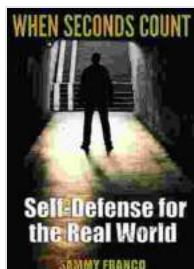


Empower Yourself: Discover the Ultimate Self-Defense Guide for the Real World



When Seconds Count: Self Defense for the Real World

by Sammy Franco

★★★★☆ 4.1 out of 5

Language : English
File size : 14469 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 144 pages
Lending : Enabled
Screen Reader : Supported



In a world where danger lurks around every corner, it's crucial to equip yourself with the knowledge and skills to stay safe. Introducing 'Self Defense For The Real World,' the definitive guide that empowers you with practical self-defense techniques and invaluable insights to navigate potential threats effectively.

Why Choose 'Self Defense For The Real World'?

- **Practical and Accessible:** No prior martial arts experience required. Our easy-to-follow instructions and step-by-step illustrations make self-defense attainable for everyone.
- **Real-World Scenarios:** We focus on practical techniques that work in everyday situations, not just in the controlled environment of a dojo.

- **Situational Awareness:** Learn to identify potential threats and assess risk factors, giving you an edge in avoiding dangerous encounters.
- **Confidence and Empowerment:** With increased self-defense skills, you'll develop a sense of inner strength and the confidence to face any challenge.
- **Expert Guidance:** Authored by experienced self-defense instructors, this book provides a comprehensive and reliable guide for your safety.

Unleash Your Inner Warrior

Through 'Self Defense For The Real World,' you'll master a range of self-defense techniques, including:

- Basic strikes, kicks, and blocks
- Effective takedowns and restraints
- Escapes from various holds
- Verbal de-escalation tactics

Develop Situational Awareness

Self-defense extends beyond physical techniques. 'Self Defense For The Real World' teaches you how to:

- Identify potential threats by analyzing body language and environmental cues
- Assess risk factors and make informed decisions to avoid or mitigate danger
- Trust your instincts and react appropriately to potential threats

Boost Your Confidence

Knowing how to defend yourself not only keeps you safe but also empowers you in all aspects of life. By mastering the techniques in 'Self Defense For The Real World,' you'll:

- Increase your self-assurance and reduce anxiety in potentially dangerous situations
- Develop a sense of control and power over your personal safety
- Gain the confidence to live your life fearlessly

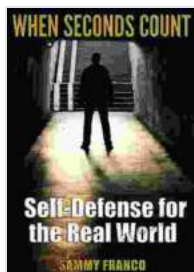
About the Author

The author of 'Self Defense For The Real World' is a seasoned self-defense instructor with years of experience in training individuals from all walks of life. Their expertise and passion for empowering others through self-defense are evident in every page of this comprehensive guide.

Free Download Your Copy Today

Don't wait until it's too late. Invest in your safety and empower yourself with 'Self Defense For The Real World.' Free Download your copy today and take the first step towards a life of confidence and security.

Available now at all major bookstores and online retailers.



When Seconds Count: Self Defense for the Real World

by Sammy Franco

★★★★☆ 4.1 out of 5

Language : English
File size : 14469 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 144 pages
Lending : Enabled
Screen Reader : Supported

FREE

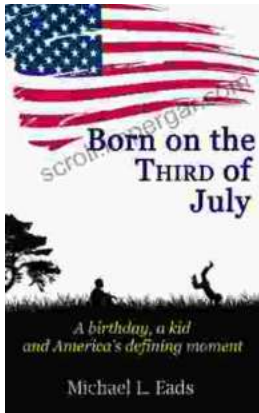
DOWNLOAD E-BOOK





Very Short Introductions: A Gateway to Knowledge Unleashed

In the realm of academia, where vast oceans of information await exploration, Very Short s (VSI) emerge as a beacon of clarity and accessibility. These concise yet...



Born on the Third of July: An Unforgettable Journey of Resilience, Courage, and Hope

Born on the Third of July is a powerful and poignant memoir that chronicles the author's experiences as a young man drafted into the Vietnam War and...