



Self-Defense: Self-Defense & Survival Tips: A Common Sense Guide Book For SHTF Prevention (Self-Defense: Survival, SHTF Prepper, Prepping Guide Handbooks 1)

Neal Martini Lee

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★?★ True Self-Defense & Survival is About Mastering Subconscious Understanding ★?★

★★★ Includes a FREE Gift! ★★★

Discover the Open Secret to Self-Defense!

Thankfully, most people go through life without becoming the victim of an assault or a violent crime. Unfortunately, there are still scores of people who aren't so lucky.

As the saying goes, an ounce of prevention is better than a pound of cure.

While self-defense is often synonymous with karate and other martial arts, this introductory booklet explains how the best self-defense is always *self-protection*.

Of course, we never want to become paranoid freaks, but it's important for everyone to subconsciously program preparedness into their minds so self-protection renders the need for active self-defense a moot point!

★ ? ★ Here's What You Learn Inside ★ ? ★

- ✓ **True Self-Defense Training**
- ✓ **How Not to Be an Obvious Target**
- ✓ **How to Spot Suspicious People**
- ✓ **When to Ignore a Situation**
- ✓ **What Increases the Chance of Violence**

✓ How to Defend Your Safety

✓ **What if You Don't Know Martial Arts?**

✓ Common Sense Comparison Safety Chart

★★★**FREE Numerology Reading**★★★

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Tags: self defense: survival: self-defense tips, SHTF, prevention, guide book, prepper, prepping

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As people who live in typically the modest era should be revise about what going on or facts even knowledge to make these individuals keep up with the era and that is always change and progress. Some of you maybe can update themselves by studying books. It is a good choice for you but the problems coming to an individual is you don't know what type you should start with. This Self-Defense: Self-Defense & Survival Tips: A Common Sense Guide Book For SHTF Prevention (Self-Defense: Survival, SHTF Prepper, Prepping Guide Handbooks 1) is our recommendation so you keep up with the world. Why, since this book serves what you want and need in this era.

Tiffany Zamora:

Spent a free time and energy to be fun activity to complete! A lot of people spent their sparetime with their family, or their friends. Usually they undertaking activity like watching television, likely to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could be reading a book is usually option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the e-book untitled Self-Defense: Self-Defense & Survival Tips: A Common Sense Guide Book For SHTF Prevention (Self-Defense: Survival, SHTF Prepper, Prepping Guide Handbooks 1) can be very good book to read. May be it is usually best activity to you.

Kristy Moore:

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