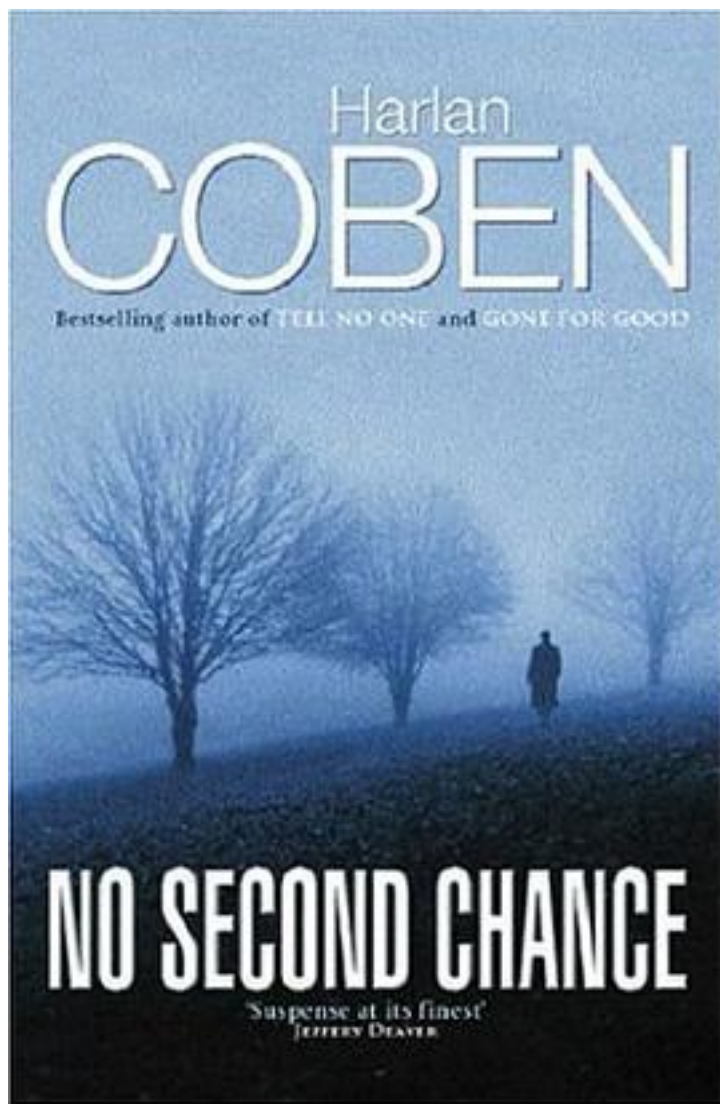


No Second Chance



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出版者:

出版时间:2009-2

装帧:

isbn:9781884654329

When violence becomes unavoidable, it's best to be informed, and this self-defence book provides revolutionary information that could mean the difference between life and death in the event of a physical assault. Included are drills to increase awareness, examples for using the environment as a self-defence tool, and methods that allow victims to best use their inherent strengths to repel an attack. An interesting look at the psychology of an attack -- exploring the mindset of both attacker and victim, and illuminating the dynamic between the two -- this manual puts the power back into the hands of concerned citizens.

作者介绍:

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