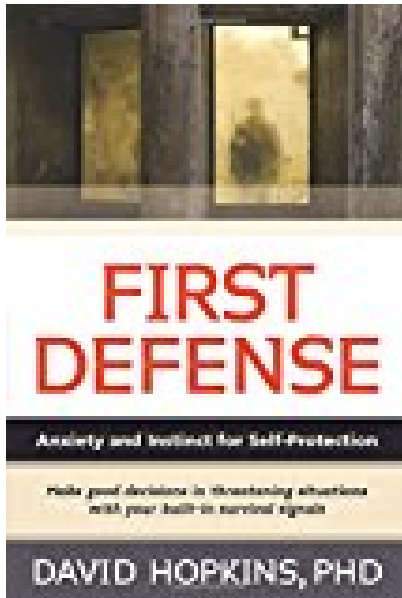


# First Defense Anxiety and Instinct for Self Protection

---



## BOOK DETAILS

- Author : David, Jr. Hopkins
- Pages : 144 Pages
- Publisher : Ymaa Publication Center
- Language : English
- ISBN : 1594393427

 [DOWNLOAD](#)

## BOOK SYNOPSIS

Anxiety is your built-in self-defense system. Use it. Anxiety happens whether you like it or not. It's your body's way of telling you "something is wrong here." Learning how to use anxiety as a personal weapon for self-defense is the best way you can achieve awareness and avoidance, which are the first two steps learned in self-defense preparedness training. Everyone is born with an instinctual survival mechanism. In fact, it has kept humankind safe for millennia. Unfortunately, most of us have been conditioned to ignore it. That's dangerous.

- Understand why your instincts are the key to making the right decisions.
- Recognize how anxiety is the link between decision-making and instinct.
- Learn how to be completely in the moment, so you can coordinate anxiety and instinct into a highly effective decision-making process. You will learn how to develop personal safety skills by doing thought exercises, both in your home and in public spaces. These important exercises will help you become more aware of your surroundings and empower you to make the right decision on what or who to avoid.

First Defense should be read by most people, including

- Parents
- Seniors
- College students
- Martial artists (especially females)
- Employees of midsize to large companies
- Teachers

"This book belongs in the library of any martial artist, law enforcement and military professional, close protection agent, and anyone interested in augmenting their warrior skills." —Tomer Israel, chief of Israeli Tactical School

**FIRST DEFENSE ANXIETY AND INSTINCT FOR SELF PROTECTION** - Are you looking for Ebook First Defense Anxiety And Instinct For Self Protection? You will be glad to know that right now First Defense Anxiety And Instinct For Self Protection is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. First Defense Anxiety And Instinct For Self Protection may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with First Defense Anxiety And Instinct For Self Protection and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with First Defense Anxiety And Instinct For Self Protection. To get started finding First Defense Anxiety And Instinct For Self Protection, you are right to find our website which has a comprehensive collection of manuals listed.