



Conceptual Self-defense: A Personal Guide to Self-Protection

By Cynthia Vannoy-Rhoades

Turtle Press, U.S. Paperback. Book Condition: new. BRAND NEW, Conceptual Self-defense: A Personal Guide to Self-Protection, Cynthia Vannoy-Rhoades, Successful self-defence begins with your most powerful weapon: your mind. This is your guide to harnessing your natural survival instinct to overcome fear and respond quickly and decisively when faced with a threat. The author examines the role our natural instincts play in self-defence: why we typically ignore them, how we can learn to tune in to them, and why we should listen carefully to what they are telling us in a crisis. With this knowledge as a foundation, you will discover specific methods for controlling fear, avoiding potentially dangerous situations, preparing yourself for a potential threat, understanding the role of weapons in an assault, and dealing with an assailant both physically and mentally. With a clear message and a wealth of experience, C.V. Rhoades brings a unique perspective to the role of self-protection in our daily lives.



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This book will not be straightforward to start on studying but really fun to read. it absolutely was writtern really flawlessly and helpful. You can expect to like just ho the writer write this publication.

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