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CONCEPTUAL SELF-DEFENSE: A PERSONAL GUIDE TO SELF-PROTECTION



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...

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