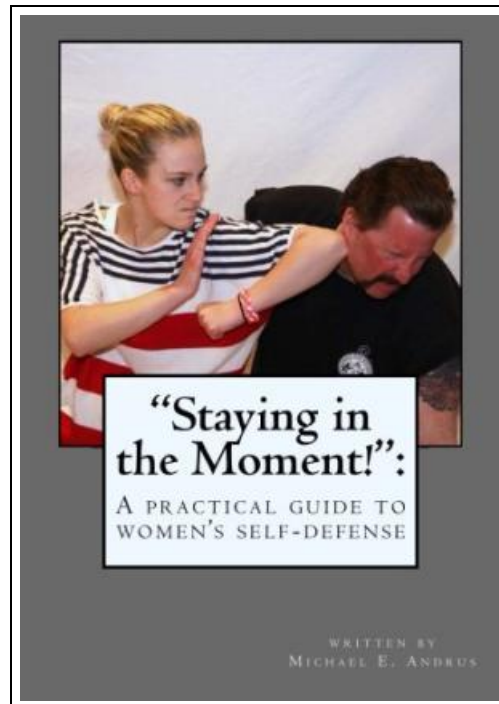


## Staying in the Moment: A Practical Guide to Womens Self-Defense: Staying in the Moment a Practical Guide to Womens Self-Defense



Filesize: 8.36 MB

### ***Reviews***

*Certainly, this is the finest work by any article writer. It really is full of wisdom and knowledge You will not sense monotony at at any time of your own time (that's what catalogs are for concerning should you ask me).*

***(Marion Mann DDS)***

## STAYING IN THE MOMENT: A PRACTICAL GUIDE TO WOMENS SELF-DEFENSE: STAYING IN THE MOMENT A PRACTICAL GUIDE TO WOMENS SELF-DEFENSE



To read **Staying in the Moment: A Practical Guide to Womens Self-Defense: Staying in the Moment a Practical Guide to Womens Self-Defense** eBook, you should refer to the button listed below and save the file or gain access to other information which are relevant to STAYING IN THE MOMENT: A PRACTICAL GUIDE TO WOMENS SELF-DEFENSE: STAYING IN THE MOMENT A PRACTICAL GUIDE TO WOMENS SELF-DEFENSE book.

Createspace. Paperback. Condition: New. This item is printed on demand. 74 pages. Dimensions: 10.0in. x 7.0in. x 0.2in. The world is changing every day. Its not the relaxed, safe place we once knew. These days, it is wise to understand your surroundings, have better awareness and be able to defend yourself if needed. Those who say, It always happens to someone else, never me! may regret those words if and when a tragedy strikes. Having the confidence to face our new culture is important for a happy and healthy life. The book includes: Effective self-defense techniques explained in simple terms Easy to follow pictures to help you practice at home Practical tips that can keep you out of trouble Identification of vital targets and pressure points to maximize effectiveness. Master Mike Andrus has learned and developed effective techniques from many years of training in multiple styles of martial arts. For this book he has selected the most effective practical self-defense techniques for women to use against an attacker who may be bigger and stronger. His book, seminars and workshops teach self-defense for individuals and their families. The training includes practical techniques designed to properly defend against attackers in a home or car invasion and other scenarios related to real-world violence. His street-proven self-defense techniques also include awareness drills and tips to keep you out of trouble. The concept of staying in the moment came about from his research of how women generally respond to danger events and why. By understanding the reactions, Mr. Mike was able to design his program to educate women and help them change the way they respond to external encounters. The result is that by using his principles, women are more confident and more aware of their surroundings and can respond properly by staying in the moment...

-  [Read Staying in the Moment: A Practical Guide to Womens Self-Defense: Staying in the Moment a Practical Guide to Womens Self-Defense Online](#)
-  [Download PDF Staying in the Moment: A Practical Guide to Womens Self-Defense: Staying in the Moment a Practical Guide to Womens Self-Defense](#)

## Other eBooks



**[PDF] Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age**  
Follow the hyperlink below to get "Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age" PDF document.

[Save ePub »](#)



**[PDF] Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home**

Follow the hyperlink below to get "Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home" PDF document.

[Save ePub »](#)



**[PDF] The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)**

Follow the hyperlink below to get "The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)" PDF document.

[Save ePub »](#)



**[PDF] Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers**

Follow the hyperlink below to get "Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers" PDF document.

[Save ePub »](#)



**[PDF] California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package**

Follow the hyperlink below to get "California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package" PDF document.

[Save ePub »](#)



**[PDF] Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package**

Follow the hyperlink below to get "Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package" PDF document.

[Save ePub »](#)