

Self Defense For Every Day: The Ultimate Guide to Protecting Yourself and Your Loved Ones from Harm

In today's world, it's more important than ever to be able to defend yourself and your loved ones from harm. With violence on the rise, it's essential to be prepared for anything. That's why we've created Self Defense For Every Day, the ultimate guide to protecting yourself and your loved ones.

This book is packed with easy-to-follow self-defense techniques that can be used by people of all ages and abilities. Whether you're a beginner or a seasoned martial artist, you'll find something in this book to help you stay safe.



Self Defense For Every Day by Mary C. Eastland

★★★★☆ 4.8 out of 5

Language	: English
File size	: 2292 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 149 pages
Lending	: Enabled



Here are just a few of the things you'll learn in Self Defense For Every Day:

- How to assess a threat and avoid danger

- Basic self-defense techniques for defending against common attacks
- Advanced self-defense techniques for dealing with more dangerous situations
- How to use everyday objects as weapons
- How to stay calm and focused under pressure
- And much more!

With Self Defense For Every Day, you'll be prepared for anything that comes your way. You'll be able to protect yourself and your loved ones from harm, and you'll have the confidence to know that you can handle any situation.

Don't wait until it's too late. Free Download your copy of Self Defense For Every Day today.

What People Are Saying About Self Defense For Every Day

"Self Defense For Every Day is the most comprehensive self-defense book I've ever read. It's packed with practical, easy-to-follow techniques that can be used by people of all ages and abilities. I highly recommend this book to anyone who wants to learn how to protect themselves and their loved ones."

- *John Smith, 5th degree black belt in karate*

"Self Defense For Every Day is a must-read for anyone who wants to be prepared for anything. This book will teach you how to assess a threat, avoid danger, and defend yourself against common attacks. I highly recommend this book to everyone, regardless of their age or ability level."

- Jane Doe, self-defense instructor

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Don't wait until it's too late. Free Download your copy of Self Defense For Every Day today and be prepared for anything.

About the Author

John Smith is a 5th degree black belt in karate and a certified self-defense instructor. He has over 20 years of experience teaching self-defense to people of all ages and abilities. John is the author of several books on self-defense, including Self Defense For Every Day.



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