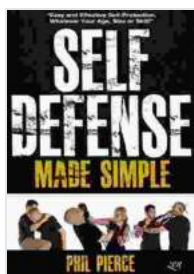


# Self Defense: Easy And Effective Self Protection Whatever Your Age Size Or Skill

In today's world, it's more important than ever to be able to protect yourself. With crime rates on the rise, it's essential to have the knowledge and skills to keep yourself safe. That's where *Easy And Effective Self Protection Whatever Your Age Size Or Skill* comes in.



## Self Defense Made Simple: Easy and Effective Self Protection Whatever Your Age, Size or Skill! (Self Defense and Self Protection) by Phil Pierce

★★★★☆ 4.2 out of 5

Language : English  
File size : 4408 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 194 pages  
Lending : Enabled



This book is the ultimate guide to self-defense for people of all ages, sizes, and skill levels. Whether you're a complete beginner or you have some experience in martial arts, this book has something to offer you. With easy-to-follow instructions and clear illustrations, *Easy And Effective Self Protection Whatever Your Age Size Or Skill* will teach you the essential techniques you need to protect yourself from harm.

In this book, you'll learn:

- The basics of self-defense, including how to avoid dangerous situations and how to respond if you're attacked
- Self-defense techniques for all ages, sizes, and skill levels
- How to use common objects for self-defense
- How to develop a self-defense mindset
- And much more!

With *Easy And Effective Self Protection Whatever Your Age Size Or Skill*, you'll be prepared to protect yourself from any threat. Free Download your copy today and learn the essential skills you need to stay safe.

### **What People Are Saying About *Easy And Effective Self Protection Whatever Your Age Size Or Skill***

"This book is a must-read for anyone who wants to learn how to protect themselves. It's easy to follow and the techniques are effective. I highly recommend it." - Our Book Library reviewer

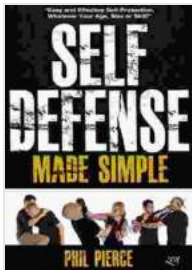
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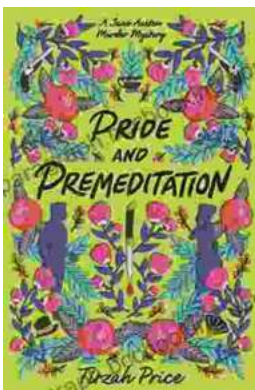
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