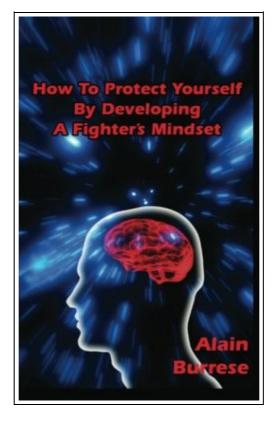
# How to Protect Yourself by Developing a Fighter's Mindset (Paperback)



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## Reviews

Extremely helpful to any or all category of individuals. It really is rally fascinating through studying time period. I am just quickly could possibly get a pleasure of reading a composed ebook.

(Lawrence Keeling)

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Burrese Enterprises, Incorporated, United States, 2012. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The most important weapon in the self-defense arsenal is your brain. Learn how to hone your instincts, forge a fighter s mindset, and keep yourself safe. An extraordinary and important read from an author who really knows his stuff! --Lawrence Kane, author of Surviving Armed Assaults, among others The Fighter's Mindset is the foundation to build your safety and self-defense strategies upon. You must have the proper mindset to stay safe, aware, and avoid potential danger; and you must have the proper mindset to escape to safety or attack back if you are assaulted or attacked. Now, in How To Protect Yourself By Developing A Fighter's Mindset, Hapkido, self-defense, and safety expert Alain Burrese outlines the most important ingredients to develop your fighter's mindset. Learn how and why you must be aware, be decisive, be courageous, be willing, be vicious, be determined, be cool and believe in yourself. He even shares why being nice is a safety and self-defense strategy. Filled with practical advice and quotations from many leading experts, this guide to developing a fighter's mindset will be the cornerstone to your safety and self-defense. Buy it. Read it. And learn from it to increase your safety and ability to defend yourself if ever attacked.



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