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Right Foot First.: A Practical Guide to Self Safety, Wellness, Awareness and Keeping Fit for Life (Paperback)

By Teddy Crawford

Balboa Press, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. YOU DON T NEED TO BUY THIS BOOK (EXCEPT AS A GIFT) If, you know for certain (100 positive) that you are capable of protecting yourself, your children and loved ones, if (God forbid) you were to experience any of the following: 1.You are out walking, with your kid(s) or with family members. Gunshots erupt suddenly around you. You are caught in the middle of a shoot-out between rival street gangs. 2. Midnight. You awake to find a man standing beside your bed, Naked ! 3.You surprised someone trying to break into your vehicle in the mall, supermarket or the movie parking lot. The burglar turns at you, crow-bar in hand. 4. You are jogging in the park, and is confronted by someone you are certain fits the description (put out by cops) of the serial rapist terrorizing the neighborhood. 5.You step onto the elevator. Someone slips in behind you, displays a dagger and tells you to go with him up to the roof. 6.Your Limousine is rear-ended. Your trusted body guard suffers serious, disabling injuries. Until the cops arrive, YOU must body...



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