



## Surviving the Unthinkable: A Total Guide to Women's Self-protection

By Tim Larkin

Rodale Incorporated. Paperback. Book Condition: new. BRAND NEW, Surviving the Unthinkable: A Total Guide to Women's Self-protection, Tim Larkin, Approximately 1.9 million women are physically assaulted annually in the United States alone. In Surviving the Unthinkable, Tim Larkin empowers women to understand that surviving a potential attack isn't about being physically bigger, faster, or stronger; it's about knowing how to self-protect, not self-defend. Surviving the Unthinkable reveals the effective, proven principles behind Target Focus Training, the system Larkin has used to train Navy SEALs, celebrities, and soccer moms. It's a counter-intuitive mind / body approach women can use to protect themselves and their loved ones. Readers learn how to identify the difference between social aggression (which can be avoided) and asocial violence (which is unavoidable), recognize personal behaviours that may jeopardize safety, and target highly specific areas on an attacker's body for a strategic counterattack. Larkin discusses how predators think and teaches women how spot them, outsmart them, and stop them in their tracks. With principles proven to work regardless of size, strength, or athleticism, Larkin's approach revolutionizes women's perspective on violence and self-protection. Armed with the tools to neutralize any threat, readers will blast through the victim mindset and...



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