

*A Personal Guide to Self-Protection*



# CONCEPTUAL SELF-DEFENSE

*Topics include:*

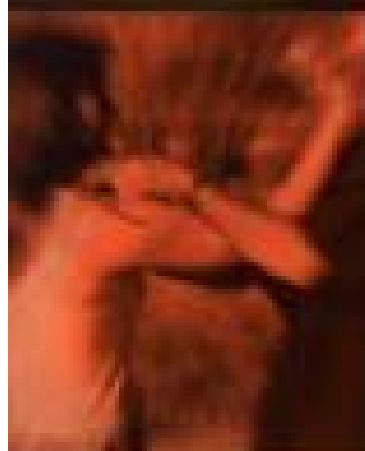
*How to manage fear.*

*How to avoid becoming a victim.*

*How to use role playing.*

*How to defend against weapons.*

*How to fight back.*



*C. V. Rhoades*

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# Conceptual Self-Defense by C.V. Rhoades

C.V. Rhoades

profitable self-defense starts off along with your strongest weapon: your mind. Conceptual Self-Defense is your consultant to harnessing your traditional survival intuition to beat worry and reply quick and decisively while confronted with a threat. writer C. V. Rhoades examines the position our animal instincts play in self-defense: why we ordinarily forget about them, how we will learn how to song in to them, and why we must always hear conscientiously to what they're telling us in a crisis. With Conceptual Self-Defense this data as a foundation, you'll find particular tools for controlling fear, fending off in all likelihood risky situations, getting ready your self for a possible threat, knowing the function of guns in an assault, and working with an assailant either bodily and mentally. With a transparent message and a wealth of experience, C.V. Rhoades brings a different viewpoint to the position of self-protection in our day-by-day lives.

## Conceptual Self Defense

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