

# Self Defense And Survival Box Set A Guide With Preppers Pantry And Self Defense Tips Bushcraft Wilderness Survival

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*The WidowMaker Program* - Sammy Franco 2014-07-26

The Widow Maker Program: Extreme Self-Defense for Deadly Force Situation is a shocking and revolutionary fighting style designed to unleash extreme force when faced with the immediate threat of an unlawful deadly criminal attack. In this one-of-a-kind book, self-defense innovator Sammy Franco teaches you his brutal and unorthodox combat style that is virtually indefensible and utterly devastating. However, the true power of the Widow Maker Program comes from its ability to psychologically terrorize a street predator while simultaneously ripping him to pieces. LEARN HOW TO: Protect yourself and loved ones from vicious street criminals, safely close the distance gap between you and your attacker, evoke psychological terror in your adversary, shift from prey to predator during an assault, master quarter beat striking techniques, unleash powerful webbing techniques, quickly disorient and demolish your opponent, shutdown the opponent's cognitive brain, master offensive and defensive anchoring, perfect the wicked art of "razing", select the best targets to attack to maximize damage during a fight, condition your limbs to maximize your WidowMaker techniques, design your own WidowMaker workout routine, and much more. RATED "H" FOR HARDCORE SELF-DEFENSE With over 250 photographs and detailed step-by-step instructions, The Widow Maker Program teaches you Franco's surreptitious Webbing and Razing techniques. When combined, these two fighting methods create an unstoppable force capable of destroying the toughest adversary at will. The Widow Maker Program is a must-have for anyone interested in real world self-defense and who wants the ability to dispense extreme punishment when faced with a deadly force self-defense situation.

**The Practical Psychic Self-Defense Handbook** - Robert Bruce 2011-03-01

Is everything that goes on in your mind really you? Perhaps not, says Australian psychic researcher Robert Bruce. Drawing on more than two decades of firsthand research and experience, Bruce reports that our minds are subject to influences from many unseen spiritual sources. Some of these can influence how we think, feel, act, and even how our bodies function. They can make us unhappy, irritable, confused, sick, unstable, even crazy. This is why we need practical tools and countermeasures for psychic self-defense, all of which Bruce provides. This is the ultimate guide to combating the influences of earthbound spirits, deranged ghosts, astral snakes and spiders, demonic spirits, and poltergeists. This is a highly anecdotal and comprehensive practical guide to the dark side of the psychic universe.

*Survival* - Bennett Tate 2017-03-11

Survival Walking Stick How To Make A Survival Walking Stick The "Survival Walking Stick: 27 Simple And Essential Tips On How To Make A Survival Walking Stick That Can Save Your Life And Aid In Rescuing Others" is an excellent choice for those who are looking for something to increase their chances of survival in the wilderness. The survival walking stick is a multipurpose tool that can be used for your self-defense, protect your family, frighten intruders, walk on the bricks and stones, hunt for food, fishing, etc. You have to get one walking stick for your survival kit because it is easy to carry. You can design it at home with the

help of 27 essential tips given in this book. This book is written in a way so that you can easily understand the procedure to make the stick. You will be able to learn the ways to design this stick at home. This book will offer: Importance of survival walking stick Tips to make a survival walking stick Tips to make a compass know the direction Important survival skills for you and your family

**Health, Longevity and the Martial Arts** - Edmund A. Cruz 2018-06-16

There are many exercise programs out there to choose from; however, choosing martial arts as that exercise venue is a big decision. As in all sports, dedication and discipline are required in your chosen sport to become good. In choosing the martial arts as your pursuit, that dedication and discipline is at a very high standard. It becomes a lifetime devotion which is geared towards a code of honor, a creed to follow, and responsibility to carry your skills to a higher human level. This book is not just about martial arts or about you making a survival choice regarding a self-defense endeavor; it is also about life and longevity as well as how to stay and maintain that state of physical well-being. This maintenance or balance formulates the essence of "Taijiquan" the philosophical concept for both its defense training and its health benefits. I hope in reading this book it will help you to choose wisely. What would happen if the masters of different martial art's academies join forces to devise one master form of martial arts? This should include all the martial arts systems, styles, philosophies, and functionalities and to embrace the hidden secrets of their individual styles and formulate one master super self-defense universal system that is all incorporating and encompassing. A structure in which entails the very essence of human survival. This new system of martial arts would maintain the subsistence for the sacredness and protection of our evolutionary way. This "way" is the continuation of the human-species. Longevity depends on maintaining your survival skills and survival skills depend on maintaining your health. It is all tied together and there is no separation of these factors. This book is about that; to maintain and live a healthy and long life through the use of the martial arts format. I called the union above "The Yoda System."

*Street Survival Guide* - Rory Christensen 2014-04-02

Take the nonsense and confusion out of learning self defense.This book will be your street survival guide and will simplify the process of learning self defense.If you want to learn about self defense this book will help you do that.In this book you will learn: How to defend yourself and NOT get arrested in the process How to avoid being a victim of violence How to spot and avoid trouble before it happens How to handle trouble when it does happen How to manage feelings of fear and adrenaline How to deal with the aftermath of violence And much more i>If you are just beginning your journey in self defense this book will help you do that by telling you exactly what you need to know in simple and concise terms. This is no bullshit self defense.i>

*Box Set Children's Books: Snakes, Frogs & Toads And Cat Vs Human Humor: Frog Facts & Frog Pictures, Snake Facts & Snake Pictures & Funny Cat Poetry - Intriguingly Interesting & Fun Animals Facts Discovery Kids Books* - Kate Cruise & Timmie 2014-07-20

This 1 In 3 Box Set includes intriguing & interesting frog & snake fact book for kids plus the LOL Dr. Seuss style cat jerk rhyming poem book with hilarious rhyming verses for kids. The box set includes: Book 1: 265 Million Years Ago...Until Today...FROGS ROCK! Frog And Toad, Frog Pictures For Kids, Kids Book About Frogs Book 2: Snake Adventure Book: Discover Amazing Snakes, Snake Pictures, Snakes As Pets (Snake Books For Kids with Intriguing & Curious Snake Secrets, Stories, Myths About Snakes) Book 3: Humor Cats: Cats Are Just Really Big Jerks! Book 1 & 2: Book 1: Does your child love cute frogs and toads? Inside the frog and toad discovery book your child will learn about things like: \* What Is The History Of Frogs? \* What Are The Differences Between Frogs & Toads \* Where Are Frogs Found All Over The World? \* Why Do Frogs Have Moist Skin & Why Do They Shed Their Skin? ... Book 2: Does your child love gracious & beautiful snakes? Inside the frog and toad discovery book your child will learn about things like: \* Ancient Snake Origins \* Where Do Snakes Hang Out? \* The Secrets Of A Snake's Skin \* Do Snakes Have A 6th Sense? ... Did you know that in captivity, many of the snake species can live for surprisingly very long times. The average is somewhere between 18-20 years! You and your child will learn lots more of such curious snake facts. Stimulation of thought & contemplation via discovery books like these increases intelligence and the brain power of your child. ON the other hand, TV kills the brain cells of your child. Parents & home-schoolers alike are reporting unprecedented results from using these types of discovery books as learning materials & educators are reporting great results even with children who usually hate reading books & have learning blocks. Book 3: Inside you'll find hilarious jerky cat moments like \* Stinky Pink \* Mean Latrine \* Scooping & Pooping \* Evil Eyes \* Turns Out Jerkier ... and lots more...

**Combatives for Street Survival** - Kelly McCann 2009

Leading the reader through simple yet powerful, brutally effective methods of self-defense designed for use in myriad street crime scenarios, this guide explains the use of force continuum and teaches how to efficiently avoid potentially violent encounters though the use of "pre-incident indicators." The techniques depicted are credible, relevant, practicable, and utilized by members of elite military units and U.S. government personnel traveling abroad to high-risk areas of operation. The philosophy of "less is more" results in a succinct system of self-defense that is drawn from the author's experiences as well as the collective experience of his students around the world.

*Homemade Booby Traps* - Alan Prep 2018-04-25

Homemade Booby Traps: Tricky But Simple Traps That Protect Your Property From Robbers Creating booby traps may seem like something that you do as a child but they are an excellent way of protecting your home and even capturing food while you are in the wild. Booby traps come in all shapes and sizes. Perhaps the greatest part is that you can always tinker with the set up and create your own booby traps. You can mix and match the ones in this guide or even create a completely new one. This guide is designed to introduce you to the world of booby traps and illustrate how easily you can create them. You have the right to defend yourself, your family and your home; but the amount of force you use must be reasonable. It is therefore important to consider which of these booby traps is suitable for your needs; depending on the situation in hand. The guide will show you: Why booby traps are essential in the modern world. Beginner booby traps for your yard that will warn you of an intruder's presence. Booby traps for outside that can deter or injure a would be attacker; persuading them not to continue with their quest. Booby traps to set up inside your home to continue the warning, deterrence and even fatally injure the intruder. Download your E book "Homemade Booby Traps: Tricky But Simple Traps That Protect Your Property From Robbers" by scrolling up and clicking "Buy Now with 1-Click" button!

*Homemade Survival Weapons* - Chad Brewer 2017-03-19

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Homemade Survival Weapons: (FREE Bonus Included) 20 Lessons How to Create Weapons for Self-Defense We live in a scary world, with threats often lurking just around the corner.

Having that said, we need to prepare ourselves in the event of a dangerous confrontation. Many would like to have weapons of self defense at their disposal, but when a crisis hits, we can't always have a factory made side arm or blade to help us, we may need to improvise. That's where this book comes in, bringing to you as clear as day, 20 incredible lessons in how you can build your own weapons if need be. If you ever have any doubt about your safety, and would like some reassurance in a troubled world then you should

consider the recommendations in this book! Because like never before this comprehensive DIY survival guide shows you how you can take just your bare hands and a few raw materials and construct formidable, homemade weapons of self defense. Whether you are in desperate need to ward off attack or find yourself stranded in the wilderness somehow, the lessons demonstrated in this book are both practical and effective in empowering you against any threats. This book covers a wide range of DIY weapons that you can make with materials just laying around the house! Have you ever heard of someone turning a regular, everyday coat hanger into a deadly set of bow and arrows? Well in this book you will! All 20 of these lessons in DIY weapon construction are covered in an in depth, step by step manner, perfectly easy for anyone to understand. So what are you waiting for? In this troubled world, you never know when you might need to defend yourself. Pick up this book so that you never have to go unarmed again! In this book you will learn how to: Make homemade knives Carve clubs from wood Develop Bow and Arrows Use Everyday Items as Weapons And a whole lot more! Download your E book "Homemade Survival Weapons: 20 Lessons How to Create Weapons for Self-Defense" by scrolling up and clicking "Buy Now with 1-Click" button!

**What's in Your Bug Out Bag?** - Corey Graff 2012-10-01

In What's In Your Bug Out Bag?, you'll hear from 15 everyday people as they describe their actual bug out bag list - the ultimate 72-hour go-kit guide from and for real people. Get survival kit ideas and find out what first aid, shelter, navigation, food, water and personal protection items people are counting on to get to safety. Each bug out bag checklist is described and analyzed by our expert staff plus in the words of the people who assembled these bug out bags. If you're wondering how to make a survival kit or how to make a bug out bag you've come to the right place. In What's In Your Bug Out Bag? You'll Learn: • Popular gear for bugging out and prepping • How to choose the best backpacks for bug out bags • How to organize and prioritize gear for your bug out bag

*Kuntao Jiu-Jitsu* - Marc Bochner 2006

Kuntao Jiu-Jitsu: Your Guide to Realistic Self-Defense and Street Survival is written by Marc Bochner, a fifth degree black belt in Kuntao Jiu-Jitsu. This book details the new hybrid system, explaining the important incorporated elements from each martial art into Kuntao Jiu-Jitsu; this includes Kuntao, Jiu-Jitsu, Aikido, Arnis/Kali/Escrima, Judo, Kung Fu, and Muay Thai, as well as nerve priming and scenario training. Kuntao Jiu-Jitsu is a reality-based martial arts system that is designed with one main objective: To teach you how to survive a life-threatening altercation. This extensive book is a worthwhile read whether you are looking for intense martial art training or simply looking to gain knowledge about quick, effective and realistic means of defending yourself and your loved ones. Learn how to strike, throw, and control an attacker; how to use joint manipulations, survive a ground attack, verbally defuse a potential volatile situation, proper knife and gun defenses; and how to effectively condition your body for street survival. After reading this book, you will be able to confront fears and gain confidence in yourself!

*Exploding the Myth of Self-defense* - Judith Fein 1993

Dr. Judith Fein gives you the key to the secrets of self-esteem & personal power. "Fein's book is a gift for women who want control over their lives"

**The Psychology of Self-Defense** - Christopher Sutton 2008-01-01

**Weapons: Homemade Survival Weapons and Tools** - Rick Canton 2016-04-29

Have you ever wondered what would happen if... You could not rely on modern technology to obtain food? You had to create fishing and hunting tools from scratch? Your family was counting on you to protect them? Learn How To Create Basic Weapons For Hunting, Fishing, And Self Defense Now! This is a short book that was written for anyone with an interest in making their own weapons for hunting, fishing, and self defense when surviving in the wild. All eight of the weapons described in this e-book can be made inexpensively and easily, both for the die-hard survivalists, and the average camper who wants to be able to catch their own food and protect themselves if necessary. As you'll learn, there are many different make weapons for hunting, fishing, and self defense. But make sure you apply what you learn from this book!

**Self-defense** - Katy Mattingly 2007

Hone your senses, increase awareness, and learn the techniques that could save your life. Self-Defense: Steps to Survival will teach you to identify danger, avoid assault, and defend yourself and others against

attackers in a variety of situations. Based on the proven strategies and techniques taught on campuses and in metropolitan areas worldwide, *Self-Defense: Steps to Survival* is both practical and immediately applicable for men, women, and teens regardless of previous experience. You'll learn these skills: -Assess your surroundings, notice warning signs, and remove yourself from potential harm. -Use the power of your own voice to thwart an attack. -Recognize warning signs of violence in an intimate relationship. -Resist and escape physical and sexual violence by strangers and acquaintances. -Free yourself from an assailant's grasp. -Develop an arsenal of strikes, kicks, and defense techniques for countering physical attacks. -Defend yourself against weapon attacks and multiple attackers. Don't live in fear! *Self-Defense: Steps to Survival* will change the way you approach everyday life, giving you the assurance that you'll be prepared for the unexpected. See all the titles available in the Steps to Success Series.

**DIY Survival** - Marit Rausing Chair in Field Linguistics Peter Austin 2018-04-10

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. *DIY Survival: Deadly Projects for Self-Defense* Welcome to *DIY Survival Projects: Deadly Defences*, a DIY book about prepping your home with a deadly defense that can kill your enemies or harm them enough to where you can protect your family. As we come nearer and nearer to nasty times and more of us become dependent on nature rather than the government, having natural defenses built up in-house goes a long way to making sure we can sleep soundly at night. This book is not only built to help you identify how you can build your traps effectively and for specific purposes but also shows you a wide range of different traps you can make yourself. In the first chapter, we will go over the purpose of a deadly defense and the three different aspects that make up a deadly defense, such as: Receiving knowledge that your enemy is about to hit your house Launching attacks on your opponent before they can even come close to you Building solid traps that will damage or kill your enemies before they reach you or your loved ones In the second chapter, we will get right into the traps by setting up some ways you can use to detect your enemies before they reach your more sensitive areas. In the third chapter, we will go ahead and build some deadly traps that will catch your opponents by surprise both inside of the house and outside of the house. This includes electrification all the way up to shoving a spear into their bodies while you hide behind cover. The last two chapters will cover some more traps, such as: What you can do with a jar of honey, glue, and wood to make your enemy regret stepping foot in or around your house. Using carpets as a natural form of defense. Using a modified old comedic gag as a deadly defense This book is not only designed to help you build deadly defenses for your home, but also generate new ideas that you can incorporate into your overall defense. Download your E book "*DIY Survival: Deadly Projects for Self-Defense*" by scrolling up and clicking "Buy Now with 1-Click" button!

**How to Street Fight** - Sam Fury 2021-05-10

Discover all the street fighting techniques you need. 2+ books in 1 make this the only book you need on close combat fighting. Discover all the techniques you need to win any brawl, because this is a simple, unrefined, and aggressive street fighting guide. Get it now!

**Prepper's Home Defense** - Jim Cobb 2012-12-18

Provides instructions and guidelines for creating security strategies to protect against a potential failure of civilization, and includes tips on perimeter security, house fortifications, firearms and weaponry, and security animals.

*Street Survival* - Fumio Demura 1979

Techniques of karate, aiki-do, and judo are featured in a guide to the tactics and strategies of self defense

**The Art of Urban Survival, a Family Safety and Self Defense Manual** - Stefan Verstappen 2011-06

The complete guide to survival in the concrete jungle. The modern urban environment is rife with dangers. Crime, violence, natural disasters, wars, and terrorism are real life possibilities for which few people are prepared. The Art of Urban Survival offers readers simple, safe, and practical advice on how to prepare for, and react to dozens of life threatening situations. The author draws from psychology, sociology and anthropology to provide a deeper understanding of the laws of the urban jungle. In addition, elements of military strategy, eastern martial arts, and wilderness survival techniques are included to provide information on the full spectrum of urban survival skills.

*Self-Defense Survival* - Nigel Taylor 2017-01-04

This book is not intended to tell you what moves to do if you are attacked this way, or attacked that way. It simply doesn't work like that, because in reality you simply won't know what you would do until it happens, hopefully it won't so you never have to find out. This book is designed hopefully to help make you think more clearly about the potentially dangerous areas and situations that you might be placing yourself in, after all, prevention is better than the cure, in other words you only fight as a last resort, the key to all this is not to find yourself in that situation in the first place if at all possible.

**The Illustrated Art of Manliness** - Brett McKay 2017-05-16

An indispensable, hands-on guide dedicated to the lost art of being a man, *The Illustrated Art of Manliness* distills more than 100 practical skills every modern man needs to know into an entertaining, easy-to-follow visual format. Founder of *The Art of Manliness* Brett McKay and bestselling illustrator Ted Slampyak write brilliantly illustrated articles to help men be the best fathers, brothers, sons, and men they can be. This book features their most essential work alongside dozens of never-before seen guides on subjects ranging from chivalry and self-defense to courage and car repair, including: How to disarm an attacker How to fell a tree and start a fire anywhere How a car engine works, and how to fix it How to use every tool in your toolbox What to wear on a first date and to a job interview How to lead a meeting and command the attention of a room How to dance, fight, shave, shake a hand, pick a lock, and fire a gun And other advice for when you're lost, in danger, or merely confronting a shirt that needs to be ironed. *The Illustrated Art of Manliness* features a classic, timeless package, including full-color illustrations, and will be a perfect gift for you or the man in your life.

**Surviving with Condom** - Patrick Harris 2017-06-23

*Surviving With Condom: 20 Situations (Except Sex) Where Condom Can Save You* Mention the word 'condom' and you will get a smile to many people's lips. Others will go coy, but this is not a discussion about sex! The condom is actually a vital part of any survival kit. There are many different uses for a condom which can make the difference between your survival or not. This is not a new thing; condoms have been used for many years as very effective water carriers; amongst other things. They are surprisingly robust and can stretch to cover objects much larger than themselves. If you have an interest in survival, whether you are looking to be prepared for the end of the world or simply looking to survive a disaster; you will need to read this guide. You will, undoubtedly, be amazed at the array of things which can be done with the humble condom. In fact, you will quickly realize that this is just the start of your options. Once you embrace the idea and start to experiment with other possibilities you will understand why you must keep at least one box in your survival kit at all times! This book will help you see the potential in the condom by: Sharing why condoms are an essential part of your preparation procedures Giving you 5 ways to Use Your Condoms for basic survival. Providing 5 ways to use them to improve your safety whilst surviving. An additional ten lessons which show the potential and variance of condoms as part of your survival kit. Download your E book "*Surviving With Condom: 20 Situations (Except Sex) Where Condom Can Save You*" by scrolling up and clicking "Buy Now with 1-Click" button!

*Harlequin Love Inspired Suspense April 2019 - Box Set 2 of 2* - Maggie K. Black 2019-04-01

*Love Inspired Suspense* brings you three new titles at a great value, available now! Enjoy these suspenseful romances of danger and faith. *RESCUING HIS SECRET CHILD* True North Heroes by Maggie K. Black Trapped with armed hijackers aboard a speeding train in the northern Ontario wilderness, army corporal Nick Henry is determined to free the innocent hostages—especially when he realizes that includes his high school sweetheart, Erica Knight, and the secret son he never knew he had. *LETHAL RANSOM* by Laurie Alice Eakes When Kristen Lang's federal judge mother is kidnapped, the culprits have one ransom demand—her life for her mother's. But Deputy US Marshal Nick Sandoval refuses to let her make the trade. Can he succeed in his mission to keep both Kristen and her mother alive? *REUNION ON THE RUN* by Amity Steffen Framed for her husband's murder and on the run from both the killer and the police, Claire Mitchell needs help if she wants to survive. But when it arrives in the form of her ex-boyfriend, former army ranger Alex Vasquez, can she trust him with her life...and her heart?

**Self-Defense Guide** - Michael Garrett 2018-03-26

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. *Self-Defense Guide: Proven Survival Skills and Techniques For Women* Welcome to

Self Defense Skills and Techniques for Women, a no nonsense guide to both avoiding possible confrontations and handling yourself when you do have to confront assailants. Now more than ever, women find that they are still victims to easily avoidable situations and individuals who prey on the unsuspecting. This book is designed to help make sure women have a harder time falling in the category of prey for a mindless creature. In the first chapter, we'll cover the facts about self defense that many seem to bypass in the thrill of learning to defend oneself, such as: Self defense is often meant for one attacker and should be a last resort when it comes to facing a crowd of assailants. Not all self defense is justified, especially if it ends in the life of another person. What you say and do before meeting an assailant really does matter and avoiding certain habits may allow you to avoid an attack altogether. This is just to set the tone of self defense and provide some techniques you can do to avoid getting into a situation rather than having to deal with the situation. After all, assailants attack easy prey a good portion of the time so not providing the image of being easy prey is essential to avoiding a conflict. The second chapter will cover "1-shot defenses," which are techniques that require only one successful shot in order to deter attackers. Until an attacker is all the way in a fight, they are usually not sure if they want to continue an attack or not. By using one attack to drop them down to being vulnerable, you can easily deter oncoming assailants. In the third chapter, we'll cover techniques you can use to either attack from behind or handle being attacked from behind. Your back is one of the most vulnerable spots on the body so if you can protect it then you can usually endure your way through a lengthy fight. The fourth chapter is all about handling individuals who are bigger than you and use this to their advantage. Being big certainly has advantages, but it has a lot more disadvantages in the long run. The last chapter is the last resort chapter, which is where you will learn deadly techniques, such as: Stopping a heart with a knee Breaking a neck using your body Shoving the bone from the nose into your assailant's brain Needless to say, the last chapter truly is a last resort. All of this is to make sure that when you, or a woman that you know is attacked, they can fully defend themselves on the spot without requiring additional help. Download your E book "Self-Defense Guide: Proven Survival Skills and Techniques For Women" by scrolling up and clicking "Buy Now with 1-Click" button!

**Survival Prepping** - Jason Ryder Adams 2019-06-25

Food, water, first aid, and self-defense tips for surviving natural disasters, extreme weather, pandemics, biological threats, terrorist attacks, and riots. It could be a fire, flood, hurricane, tornado, or hailstorm. Financial system collapse or bioterrorism. Governmental shutdown or societal breakdown. The world is full of possible threats, and they seem to be coming at us from all sides these days. Jason Ryder Adams covers everything you need to know prepare your home, keep your family safe, and get ready to leave if the worst happens. You'll learn how to: Prep with children and pets (and do test runs ahead of time) Plan for staying put, sealing yourself in, and leaving depending on the threat Choose and protect a safe location and develop an escape route Defend your family with self-defense training and firearms Put together a seventy-two-hour emergency kit, bug-out bag, and first aid kit So don't panic—prepare! Prepping today is for everyone. Survival Prepping is written for ordinary folks who want to get started on preparing for the worst. Adams shares bug-out plans for every scenario, safety tips, and invaluable checklists for acquiring the right supplies for emergency situations. Survival Prepping will help you ensure your family survives—and hopefully thrives—should a disaster strike.

*Survival Self Defense and Tactical Kubotan* - Kit Crumb 2016-08-03

This handbook is based on three primary concepts that could save your life: Situational awareness—that is, awareness and evaluation of your immediate situation and surroundings. The ability to control fear—science states that we cannot, nor would we want to, eliminate fear. But through mental training that anyone can master, fear can be channeled into effective responses to threats. Knowledge of self-defense techniques—specific self-defense techniques that, when applied with intention, will disable an attacker long enough for you to escape. Through scenarios described from both the victim and mugger's points of view, you'll understand how and why situational awareness, channeling fear, and learning specific self-defense techniques work. In your journey to remain safe and to become empowered you'll need specifics. Survival Self-Defense includes detailed explanation and illustrations of the five body weapons and how they can be used to attack key vulnerable body targets. You'll also learn the five most prevalent self-defense myths and why they won't work. Written by a martial arts and self-defense instructor of over 40 years, this book isn't

about violence or paranoia, it's about the cultivation of empowerment for the purpose of personal safety.

Self-Defense - Micheal Edison 2017-02-19

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Self-Defense: (FREE Bonus Included) 20 Lessons How to Create Basic Homemade Survival Weapons Staying safe and protected is everyone's right, but it can happen that while walking on a quiet road you may be attacked by a group of a youngster. It is not always possible to call the police for your help. You need to learn few things by yourself in order to tackle such situations. It is what self-defense is all about. Many techniques can save you from an attack, but you need to learn those methods. It is what this e-book is aimed at to increase your information about how you can keep yourself protected. This book will comprehend on What is self-defense Process of self-defense Self-defense weapons made by kitchen elements Easy to make self-defense weapons Deadliest homemade self-defense weapons Download your E book "Self-Defense: 20 Lessons How to Create Basic Homemade Survival Weapons" by scrolling up and clicking "Buy Now with 1-Click" button!

**STRONG ON DEFENSE: SIMPLE STRATEGIES TO PROTECT YOU AND YOUR FAMILY FROM** - Sanford Strong 1996-05

Draws on true stories of people who have been involved in criminal violence to illustrate how to develop a survival mindset and quick, immediate reactions in the case of a criminal attack

**Survival Guide for Kids** - Andrew Russell 2017-10-09

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Survival Guide For Kids: Teach Your Children How To Be Safe In Big City Every parent worries about the safety of their child, and when you live in a large city, that worry can be even worse. There are so many things that could happen, so many things that go on that you aren't there for, and so much potential for harm in their day, you can't help but worry that they'll be ok. But, you know you can't just sit back and live a life of worry. You have to do something to make sure they will be ok when you aren't around, and to do this, you have to teach them how to make right choices. This in itself can be an adventure. How do you know what to say? How will you show your children that it's important for them to listen to you and do as you say even when you aren't there? How can you show them that this is important without making them fearful or paranoid? Being a parent is a delicate balance, and you have to know just what to say and how to say it, yet convey the importance of the situation you want to convey. And that's where this book comes in. In it, I am going to show you everything you need to know to teach your children safety in the big city, and how you can rest assured they are safe and making the right choices, even when you aren't there to supervise. There's great peace of mind when you know your children are safe, and with this book, you will have that peace of mind. Show your children what it means to make right choices, and help them understand why it is important that they do, especially in the big city you live in. Learn how to approach topics without frightening your children Teach your children how to make right choices in any situation Teach your children how to make the right choices And more! Download your E book "Survival Guide For Kids: Teach Your Children How To Be Safe In Big City" by scrolling up and clicking "Buy Now with 1-Click" button!

Box Set Children's Books: Horse Picture Books For Kids - Frog Picture Book - Dog Humor & Dog Cartoon - Kate Cruise 2014-08-07

The compilation includes: Book 1: 265 Million Years Ago...Until Today...FROGS ROCK! Frog And Toad, Frog Pictures For Kids Book 2: Snake Adventure Book: Discover Amazing Snakes, Snake Pictures, Snakes As Pets (Snake Books For Kids with Intriguing & Curious Snake Secrets, Stories, Myths About Snakes) Book 3: Book: Humor Dogs: Dogs Are Just Really Big Jerks! Book 1: Does your child love cute frogs and toads? Inside the frog and toad discovery book your child will learn about things like: \* What Is The History Of Frogs? \* What Are The Differences Between Frogs & Toads \* Where Are Frogs Found All Over The World? \* Why Do Frogs Have Moist Skin & Why Do They Shed Their Skin? \* Which Are The Most Poisonous Frogs On Earth? \* The Weirdest Looking Toads & Frogs \* The Absolute Most Bizarre & Weirdest Frogs On Earth \* Do All Frogs Sound The Same? \* Some Ultimate Answers To The Question Why Do Frogs Rock? \* Interesting, Curious & Intriguing Facts About Frogs more... Book 2: Does your child love gracious & beautiful snakes? Inside the frog and toad discovery book your child will learn about things like: \* Ancient

Snake Origins \* Where Do Snakes Hang Out? \* The Secrets Of A Snake's Skin \* Do Snakes Have A 6th Sense? \* What Is A Snake's Defense Tactic? \* Can Snakes Fly & Other Snake Specialities \* 16 Amazing Non-Venomous Snakes \* Most Beautiful Snakes On Earth \* Snakes As Pets \* Interesting, Curious & Intriguing Facts About Snakes \* Myths & Truths About Snakes much more... Did you know that in captivity, many of the snake species can live for surprisingly very long times. The average is somewhere between 18-20 years! You and your child will learn lots more of such curious snake facts. Book 3: Inside you'll find jerky dog moments like: \* The Perky Bullfrog Trick \* Egocentric Pesky Perks \* A Jerk's Agenda \* Soggy Doggy \* Proud Peeing Moments \* Barking Without A Spark \* The Flirt-Schooled Lord Of Misrule & much more...

*Build the Perfect Bug Out Bag* - Creek Stewart 2012-05-18

Be Ready When Disaster Strikes If an unexpected emergency or disaster hits, are you prepared to leave your home--fast? You will be if you follow the advice in this book. This book shows you how to create a self-contained disaster preparedness kit to help you survive your journey from ground zero to a safer location. Survival expert Creek Stewart details from start to finish everything you need to gather for 72 hours of independent survival--water, food, protection, shelter, survival tools, and so much more. You'll find: • A complete Bug Out Bag checklist that tells you exactly what to pack based on your survival skill level • Photos and explanations of every item you need in your bag • Resource lists to help you find and purchase gear • Practice exercises that teach you how to use almost everything in your bag • Demonstrations for multi-use items that save pack space and weight • Specific gear recommendations for common disasters The book even includes special considerations for bugging out with children, the elderly, the physically disabled, and even pets. A disaster could strike your home at any moment. Are you prepared to face the devastating aftermath? Protect yourself and your family by building a Bug Out Bag today!

Urban Survivalist Guide - Max Stout 2015-01-02

Product Description A Beginner's Urban Survival Prepping Guide: Basic Urban Self Defense Guide And Survival Tips in the Prepping Urban Environment(The Prepper's Urban survival Guide) \*\*The Beginner's Urban Survival Prepping Guide Series - Has OVER 20,000 DOWNLOADS!\*\* And 20,000 Urban Preppers Cant be Wrong!!! Today only, get this 1# Amazon bestseller for just \$2.99. Regular priced is at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Here Is A Preview Of What You'll Discover... in the Basic Urban Self Defense Guide Thanks to popular culture such as movies, television, and books and even the MMA (mixed martial arts) there has been a renewed interest in the martial arts and self-defense. Everyone has visions of being a grandmaster and fighting off half a dozen attackers using just their thumb and while this does indeed look exceedingly cool on the silver screen in real life. However this is just simply not going to happen, because in real life, the 12 attackers are not going to attack systematically or one at a time with a prescribed set of moves for which you know, every counter every defense and every attack. There will more than likely attacks simultaneously using whatever means necessary, until they get you on the ground or any another compromise position, which of course means that the fight did not end well for you. Download Your Copy of Basic Urban Self Defense Guide Today To order the Ultimate Beginner's Urban Survival Guide, click the BUY button and download your copy right now! This Beginner's Urban Survival Prepping Guide Covers it All!!! Survival Tips, Preparation, Disasters, Survival Guide Book, Preparation For Beginners, prepping, free survival books survival books for kids, Beginner survival, preppers survival, preppers guide, preppers fiction, preppers survival guide homesteading LEARN TO PROTECT YOUR FAMILY AND THE ONES YOU LOVE MOST!!!

**The SAS Self-Defense Handbook** - Barry Davies 2011-07-08

Barry Davies is one of the most widely respected experts on the techniques and training of the elite British Special Air Service (SAS). In The SAS Self-Defense Handbook, Davies reveals the self-defense techniques of the SAS. The handbook is fully illustrated with nearly 130 photographs and illustrations that explain how to properly use your body and use everyday objects such as desktop items and cigarette lighters to protect yourself. Learn how to avoid physical attacks from humans and animals, and handle those confrontations that cannot be avoided.

**Box Set Set Children's Books: Snake Pictures - Frogs Facts About Frogs & Toads - Cat Vs Human Chew On This Cat Humor - Dog Humor & Poems By Dogs** - Kate Cruise 2014-07-21

This 4 In 1 Box Set includes intriguing & interesting frog & snake fact book for kids plus the LOL Dr. Seuss style cat jerk rhyming poem book with hilarious rhyming verses for kids. The box set includes: Book 1: 265 Million Years Ago...Until Today...FROGS ROCK! Frog And Toad, Frog Pictures For Kids, Kids Book About Frogs Book 2: Snake Adventure Book: Discover Amazing Snakes, Snake Pictures, Snakes As Pets (Snake Books For Kids with Intriguing & Curious Snake Secrets, Stories, Myths About Snakes) Book 3: Humor Cats: Cats Are Just Really Big Jerks! Book 1 & 2: Book 1: Does your child love cute frogs and toads? Inside the frog and toad discovery book your child will learn about things like: \* What Is The History Of Frogs? \* What Are The Differences Between Frogs & Toads \* Where Are Frogs Found All Over The World? \* Why Do Frogs Have Moist Skin & Why Do They Shed Their Skin? ... Book 2: Does your child love gracious & beautiful snakes? Inside the frog and toad discovery book your child will learn about things like: \* Ancient Snake Origins \* Where Do Snakes Hang Out? \* The Secrets Of A Snake's Skin \* Do Snakes Have A 6th Sense? ... Did you know that in captivity, many of the snake species can live for surprisingly very long times. The average is between 18-20 years! You and your child will learn lots more of such curious snake facts. Stimulation of thought & contemplation via discovery books like these increases intelligence and the brain power of your child. ON the other hand, TV kills the brain cells of your child. Parents & home-schoolers alike are reporting unprecedented results from using these types of discovery books as learning materials & educators are reporting great results even with children who usually hate reading books & have learning blocks. Book 3: Inside you'll find hilarious jerky cat moments like \* Stinky Pink \* Mean Latrine lots more... Book 4: \* The Perky Bullfrog Trick \* Soggy Doggy ... Lots More...

*Box Set Funny Animal Books For Kids: Sea Turtle Pictures & Sea Turtle Fact Book Kids - Weird Snake Facts & Snake Picture Book For Kids & Funny Humor Unicorns Cartoons* - Kate Cruise 2014-08-31

This 3 In 1 Box Set Compilation includes Kate Cruise's & Timmie Guzzmann's intriguing & interesting snake & sea turtle fact book for kids plus LOL funny unicorn humor book. The compilation includes: Book 1: Sea Turtle Discovery Book Book 2: Snake Discovery Book Book 3: Unicorn Humor Book Book 1: Inside the sea turtle discovery book your child will learn about things like: Does your child love cute sea turtles? Inside the sea turtle discovery book your child will learn about things like: \* What Is The History Behind The Origin Of Sea Turtles? \* What Are The Various Species? \* How Do Sea Turtles Reproduce? How Do Sea Turtle Babies Look Like? \* Are Sea Turtles Carnivore, Herbivore, Or Omnivore? What Do The Sea Turtles Eat? \* Are Sea Turtles Social? \* Some Revelations, Truths & Other Curious Stuff About Sea Turtles \* Can Sea Turtles Be Kept As Pet? \* Important Sea Turtle Resources & more... Book 2: Inside you'll find interesting, intriguing, funny & weird snake moments like: \* Ancient Snake Origins \* Where Do Snakes Hang Out? \* The Secrets Of A Snake's Skin \* Do Snakes Have A 6th Sense? \* What Is A Snake's Defense Tactic? \* Can Snakes Fly & Other Snake Specialities \* 16 Amazing Non-Venomous Snakes \* Most Beautiful Snakes On Earth \* Snakes As Pets \* Interesting, Curious & Intriguing Facts About Snakes \* Myths & Truths About Snakes and lots more... Book 3: Inside you'll find funny & jerky unicorn moments like: \* Rainbow Fairy Dust & Magical Ray Of Goopy Rainbow Dust \* Unicorns & Clogged Toilets \* Unicorn Dreads & Rainbow Spreads \* Trees Are Like Guardian Angels \* Rainbow Fairy Fluff \* Turkey Dinner Turns Out Jerkier Than You Might Think and lots more... Get this 3 In 1 box set compilation today because buying the 3 in 1 box set compilation gives you more value for a smaller prize, but you can also buy each book individually.

*Box Set Set Children's Books: Snake Picture Book - Frog Picture Book - Humor Unicorns - Funny Cat Book For Kids Dog Humor* - Kate Cruise 2014-08-07

Inside the frog and toad discovery book your child will learn about things like: \* What Is The History Of Frogs? \* What Are The Differences Between Frogs & Toads \* Where Are Frogs Found All Over The World? \* Which Are The Most Poisonous Frogs On Earth? \* The Weirdest Looking Toads & Frogs \* The Absolute Most Bizarre & Weirdest Frogs On Earth \* Do All Frogs Sound The Same? more... Book 2: Does your child love gracious & beautiful snakes? \* Ancient Snake Origins \* Where Do Snakes Hang Out? \* The Secrets Of A Snake's Skin \* Do Snakes Have A 6th Sense? \* Can Snakes Fly & Other Snake Specialities \* 16 Amazing Non-Venomous Snakes \* Most Beautiful Snakes On Earth much more... Book 3: Inside you'll find jerky cat moments like: \* Stinky Pink \* Fighting Laws Are Not For Jerks \* The Mean Latrine \* Kitty Litter & Dusty Glitter \* Scooping & Pooping \* Evil Green Eyes \* The Hypnotizing & Traumatizing Cat's Ball Of Fur \* Turns

Out Jerkier Than You Might Think and lots more... Book 4: Inside you'll find jerky unicorn moments like: \* Rainbow Fairy Dust & Magical Ray Of Goey Rainbow Dust \* Unicorns & Clogged Toilets \* Unicorn Dreads & Rainbow Spreads \* Trees Are Like Guardian Angels \* Rainbow Fairy Fluff \* Turkey Dinner Turns Out Jerkier Than You Might Think and lots more... Book 5: Inside you'll find jerky dog moments like: \* The Perky Bullfrog Trick \* Ego-centric Pesky Perks \* A Jerk's Agenda \* Soggy Doggy \* Proud Peeing Moments \* Barking Without A Spark \* The Flirt-Schooled Lord Of Misrule & much more... Get this 5 In 1 box set compilation today because buying the 4 in 1 box set compilation gives you more value for a smaller prize, but you can also buy each book individually. If your kid loves frogs, toads, snakes and hilariously funny dogs, cats and unicorns this box set compilation will give you an awesome value and makes your child smiling longer!

**The Lioness Within** - Graciela Casillas 2018-08-31

**Survival** - Jonah Ramsey 2017-03-04

Survival Homemade Weapons Out Of Everyday Objects For Self-Defence The environment is becoming uncertain day by day and it is really hard to rely on security forces because the attackers have different ways to ditch them. If you want to stay safe in every situation, then you have to design your own handheld tools. The "Survival: 10 Homemade Weapons Out Of Everyday Objects for Self-Defense" is particularly designed for you. This book is great for the needs of every person because it has 10 useful weapons. These are good for your protection and you can make them easily by following the instructions given in this

family. There is no need to disturb your budget because the things are available in your surroundings to make these weapons. This book offers: Importance of Self-defense Weapons and Benefits to Make them at Home Homemade Weapons to Get rid of Wild Animals Weapons to Hunt Food Weapons to Deal with Intruders and Outside Attackers Weapons to Use in Your Defenses If you want to design your own weapons, then download this book because it has easy and simple instructions to make 10 most effective homemade weapons.

*Common Sense Self-Defense* - Mark James 2010-11

My objective is to help women increase their awareness of risks and threats, while giving you effective countermeasures to prevail in the event of an attempted assault. At the start of each chapter on defensive techniques are everyday real life events that serve to caution. We or someone we love may stand just a moment away from a life altering situation. Our defense concepts are simple and focus on the tried and true elements of traditional martial arts training. Attack the weaker parts of the aggressor's body with the stronger parts of yours. Our defense strategies are strength, size and gender neutral. The main focus of our training centers on attacking a perpetrator's vital areas such as eyes, nose, ears, throat, groin, and solar plexus. Common Sense Self-Defense focuses on: \* Basic and intermediate self-defense skills (strikes, escapes, improvised weapons and verbal commands) \* Characteristics of an attacker \* Characteristics of a victim \* Strategies to decrease your odds of being attacked \* Strategies to increase your odds of survival if you are attacked Risk reduction is like self esteem, it doesn't need anyone's permission but yours. Take control. Empower yourself today!