



Dicas De Autodefesa Que Todo Mundo Deveria Saber (Portuguese Edition)

Neal Martin

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O best-seller numero 1 em livros de auto-defesa!

Você quer dicas de defesa verdadeiras que são baseadas no que funciona no mundo real?

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Comentários:

"... um livro extrapolado a partir da experiência do mundo real que é baseado na realidade e não na teoria acadêmica."

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"... o único livro que eu li que me deu alguma confiança real na minha capacidade de me defender adequadamente. Leia-o."

Neste livro você vai aprender:

Como tomar corretamente a responsabilidade por sua segurança pessoal

Como formular um plano de jogo, de defesa pessoal que funciona

Como afiar suas habilidades de consciência e ficar "ligado"

Como vencer o medo e a adrenalina

Como realmente bater duro e bater em primeiro lugar quando necessário

As técnicas de autodefesa que instilam pânico em seu atacante e o força a capitular

E muito mais

No momento em que você terminar de ler este livro, você terá um plano de jogo completo de autodefesa adequado e você vai saber sobre como proteger-se mais do que a maioria das pessoas lá fora, mesmo quem já treino em legítima defesa! Este livro baseia-se em uma experiência de vida útil de artes marciais / treinamento de defesa pessoal e experiência no mundo real a partir da rua e do trabalho como segurança. Ninguém mais virá em seu socorro, se você ficar em apuros. Somente você pode proteger-se quando necessário. E este livro vai mostrar-lhe como.

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