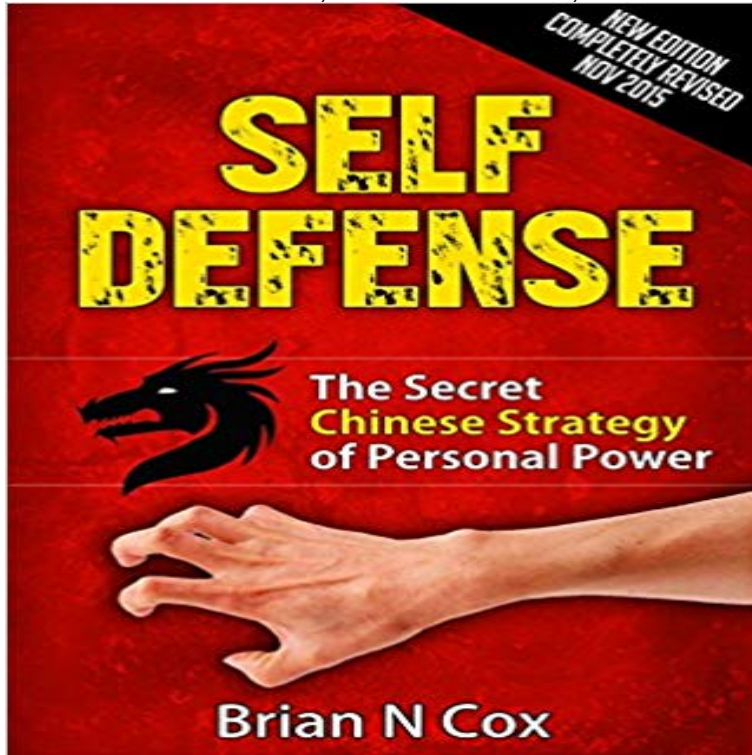


Self-Defense: The Secret Chinese Strategy of Personal Power (Deadly Attack Survival, self defense, self defense for women Book 1)



I used to believe, as do most martial art/self defense experts, that self defense cannot be learned from a book...you must receive lessons from an actual instructor. After training in China for several years, I have changed my mind on that subject. I still agree that most self defense skills must be physically taught by a qualified instructor, but this book is about the one unique exception to that rule. We have all been preconditioned since childhood to be intimidated and fearful of big, strong, nasty looking men. This conditioning is so powerful that most people will freeze, panic and/or cower if attacked by one of these intimidating males. It would never cross our mind that there are points on the body of every man, including the big, strong, nasty looking ones, that are just as vulnerable as the same points on a thirteen year old child. The key to all self defense, not just self defense for women, is to learn where these vulnerabilities are and how to strike them. Probably more important is to learn how to program you mind to react to an attack logically and effectively without panic or fear AND to react instinctively and automatically with self defense techniques that will render your attacker incapable of continuing his attack. Being intimidated and fearful is a barrier to the ability to defend yourself successfully. Once you learn to program your subconscious mind, that will no longer be a problem. This is what Deadly Attack Survival (DAS) will do for you if you take the time to understand and learn the strategy. When you have done this, and it will only take a week or two, possibly only a few days, you will have attained a personal power that you have never experienced before. The essence of self defense is as the ancient Chinese masters said.to master one technique will be far more valuable than training in one-hundred techniques. I sincerely believe this book will change your life...not only how you

view others but how you understand yourself and your capabilities. For more information, go to: www.bcoxbooks.com

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