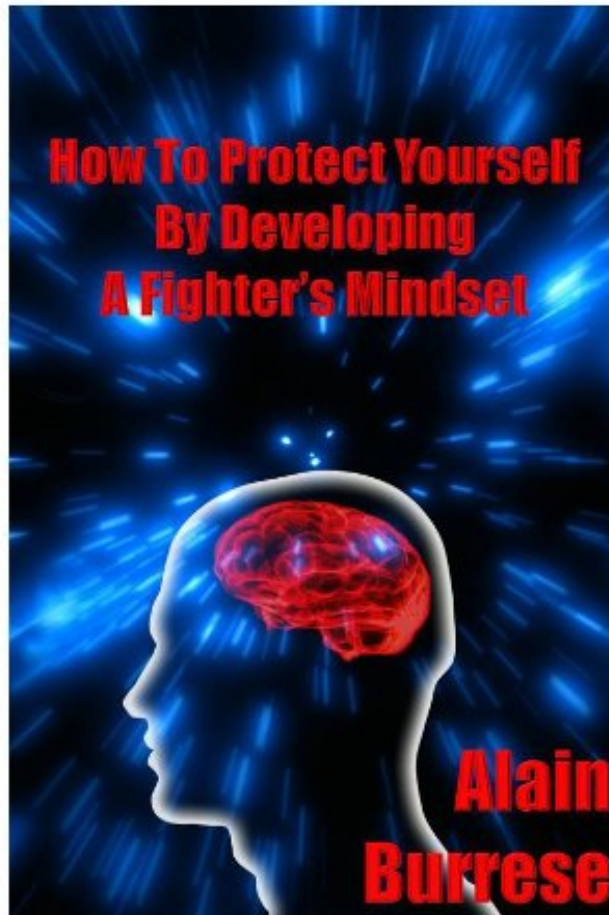



(Ebook pdf) How To Protect Yourself By Developing A Fighters Mindset (English Edition)

How To Protect Yourself By Developing A Fighters Mindset (English Edition)

Von Alain Burrese

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Von Alain Burrese : How To Protect Yourself By Developing A Fighters Mindset (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised How To Protect Yourself By Developing A Fighters Mindset (English Edition):

KurzbeschreibungThe Fighters Mindset is the foundation to build your safety and self-defense strategies upon. You

must have the proper mindset to stay safe, aware, and avoid potential danger, and you must have the proper mindset to escape to safety or attack back if you are assaulted or attacked. According to Stanford Strong, author of *Strong On Defense: Survival Rules to Protect You And Your Family From Crime*, The Fundamental principle of surviving violence is mental. Not physical, not gadgetry, but mental preparation, mind-setting. Another top self-defense and combatives instructor, Kelly McCann, author of numerous articles, books, and DVDs on self-defense and personal protection, says, Fighting is 90-percent mental and 10-percent technique. Its all about having a complete, or holistic, fight mentality. Now, in *How To Protect Yourself By Developing A Fighters Mindset*, Hapkido, self-defense, and safety expert Alain Burrese outlines the most important ingredients to develop your fighters mindset. Learn how and why you must be aware, be decisive, be courageous, be willing, be vicious, be determined, be cool and believe in yourself. He even shares why being nice is a safety and self-defense strategy. Filled with practical advice and quotations from many leading experts, this eBook guide to developing a fighters mindset will be the cornerstone to your safety and self-defense. Buy it. Read it. And learn from it to increase your safety and ability to defend yourself if ever attacked.

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ber den Autor und weitere MitwirkendeAlain Burrese is an author, safety speaker, and Hapkido/Self-defense instructor. He is a former paratrooper with the 82nd Airborne Division and Sniper Instructor with the 2nd Infantry Division. He has studied a variety of martial arts, but focuses primarily on Hapkido and realistic self-defense. Hes written six books and starred in ten instructional DVDs. Alains books include the self-defense book *Hard-Won Wisdom From The School Of Hard Knocks*, the novel *Lost Conscience: A Ben Baker Sniper Novel*, and the *Tough Guy Wisdom* movie quotes and trivia series. His DVDs include *Hapkido Hoshinsul*, *Streetfighting Essentials*, *Hapkido Cane*, the five volume *Lock On: Joint Locking Essentials* series and the two volume *Restraint, Control, and Come-A-Long Techniques* set.