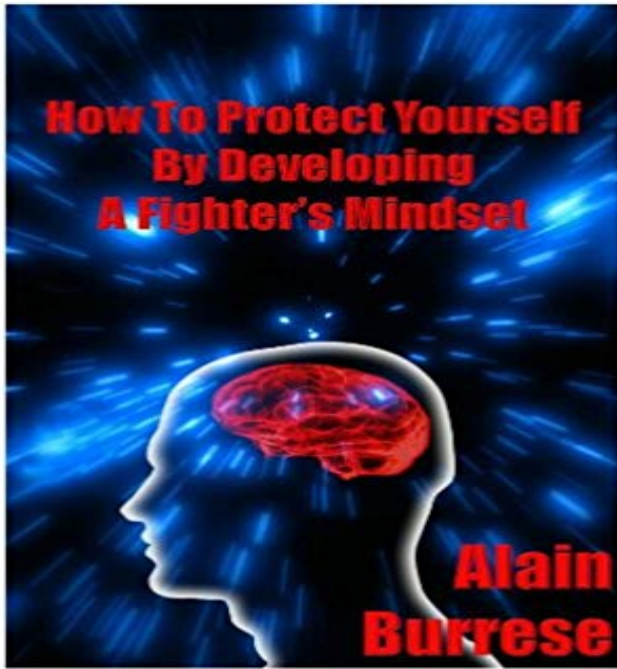


How To Protect Yourself By Developing A Fighters Mindset



The 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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