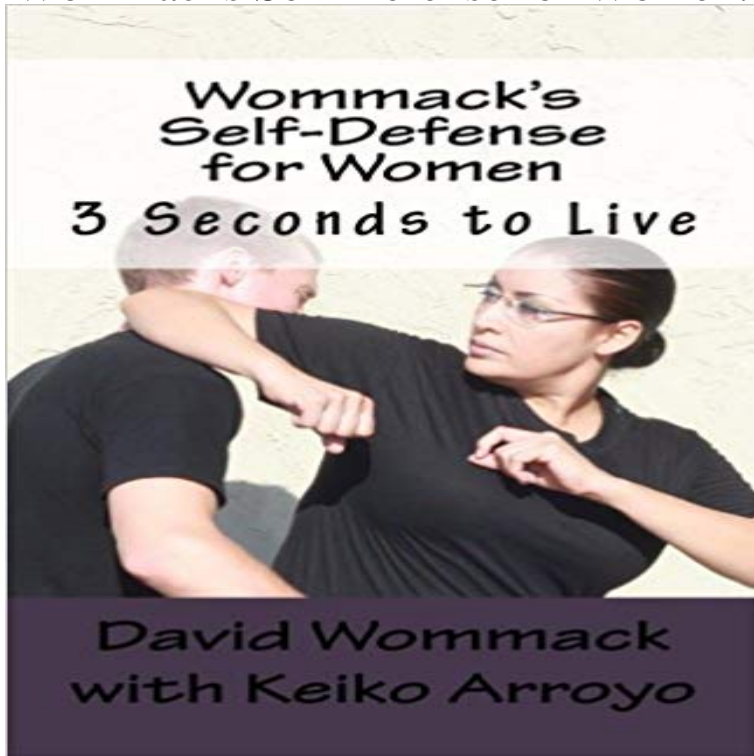


Wommacks Self-Defense for Women: 3 Seconds to Live



Every woman (or girl) has a secret fear: THE FEAR THAT SHE WILL BE VICIOUSLY ATTACKED OR SEXUALLY HARASSED. Its a recurring nightmare. This book simplifies REAL SELF-DEFENSE FOR WOMEN! Our guide is simple and straightforward. Not complicated. It can be learnedmentally & physicallyand practiced at home or the gym. We teach you the techniques, in words and photographs. Clearly. Concisely. We discard many techniques that might be OK for trained karate or other martial arts experts, but are useless to youand may even put you in more danger.Variations of these techniques have been taught to thousands of his students by the co-author, Keiko Arroyo. They can and should be part of every womans training.The world is getting more and more dangerous. Be prepared!

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