



Self Defense Made Simple: Easy and Effective Self Protection Whatever Your Age, Size or Skill!

Phil Pierce

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Do you want to learn how to easily and effectively protect yourself - whatever your age, size or skill?!

The new #1 Self Defense Bestseller - Grab Your Copy Now!

Discover 'Self Defense Made Simple' from Bestselling Self Defense Author Phil Pierce: Your blueprint for smarter, easier and more intuitive self-protection without the years of training or complicated lessons.

- **Do you want to learn how to ensure you never get hit using one special technique?**
- Or how to use psychology 'hacks' to prevent violence before it happens and stay in control?
- **Learn how to really use everyday objects as weapons (90% of people get this wrong!)**
- Discover the truth behind pressure points - and how you can use them
- **How to defend yourself against the most common attacks**
- How to use the powerful self-defense tools your body already has
- **Learn the exact exercises you can use to quickly and easily build a 'self-defense body'**
- How to find the weak points on an attacker...that you can exploit!
- **How to choose the perfect self-defense class (and which ones are just wasting your time)**
- Understand how to identify a threat before it ever happens
- **How to avoid the No.1, life-threatening self-defense mistake**
- Free Bonus Book inside
- **And more!**

Based on the tactics of Self-Defense experts, top Martial Artists and security personnel the simple techniques included are all designed to enable you to stay safe on the streets whatever your age, size or skill!

Ever wondered what it takes in a real life or death situation to make the right choices? Or how to dominate any violent encounter on the streets without even throwing a punch? You may be surprised at the answers...

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